

Sweet Porridge



August 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.

The Midwinter MASQUERADE BALL

Step back into the 1800s
enter only with a costume & enjoy
an exquisite experience
of dance & entertainment.

Sat 2nd August
7 pm till 10 pm

Tickets

\$25 Adults \$15 child \$65 Family of 4
@ culturetracks.info & box office 1300 368 333

Arts Centre Warburton

3409 Warburton Hwy



Guling Orchid Season (August)

Cold weather is coming to an end. Guling (orchids) are flowering.

'The orchids, that's those little ones. They grow down on the flat too across Badger Creek - has a little flower like a star. If we had a headache Granny Jemima would pick that and boil it and give you a very little bit to drink.' Jessie Hunter, 1999

Ae-noke (caterpillars) of Common Brown butterfly feed on grasses at night.

Muyan (Silver Wattles) are flowering.

Bulen-bulen (Superb Lyrebird) males perform the last of their courtship displays.

The star Arcturus is seen on the northwestern horizon soon after sunset.

Gurrborra (Koalas) begin mating. Males bellow at night.



Contents

Rough and Tumble Play	5
Craft: Window Stars	7
Music Register	9
Recipes	11
The Crystal Ball	12
Planting for our Sustainable Future	15
Regular Community Events	21
Rudolf Steiner (1861 - 1925) and the Waldorf School	24
Art Exhibitions	33

Sensory Integration for Development and Wellbeing

Online Thursdays, starting 31 July, 7 - 9 pm

WELLBEING IS MORE THAN JUST BEING WELL!



Offered for the first time, this one-term course is designed for those seeking to foster wellbeing at a deeper level! In a world filled with demands and overstimulation, traditional approaches to relaxation—such as meditation or physical activity—may not always suffice. Rudolf Steiner's understanding of the twelve senses offers a profound path towards nurturing the whole human being.

MELBOURNE
RUDOLF
STEINER
SEMINAR

50 years of teacher training
& Adult Education



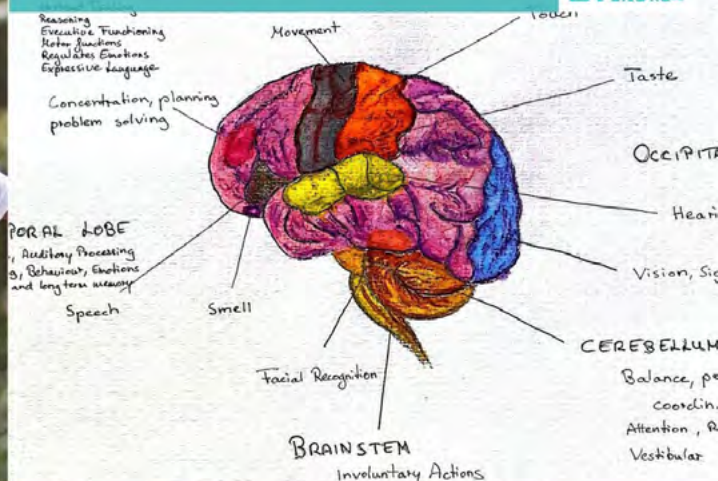
Led by Gordon Woolard, an experienced Extra Lesson practitioner and educator, the course includes a sequence of exercises that strengthen sensory awareness, promote inner balance, and support the transition from stress to calm. These techniques also assist with sleep, daily rhythm, and emotional regulation.

<https://teachsteiner.org/SensoryIntegrationOnlineCourse>

Harmonising Trauma & Stress Disorder Through the Arts

Term 3 & 4, Online, Mondays 7-9pm, starting Jul 28

TRAUMA 2025



Rudolf Steiner described teaching as "a general therapy," one that supports the balanced development of body, soul, and spirit.

In our time, when trauma and stress-related challenges are increasingly present in the home and classroom, educators and carers need to develop deeper insight, capacity, and presence.

This course addresses the theme of trauma through a reflective, experiential approach. It combines several anthroposophical perspectives with contemporary understandings of the brain and nervous system, attachment theory, phenomenological observation, and the healing capacities of the arts, movement, and self-reflection to recognise trauma, support healing, and cultivate a deeper connection with the developing human being.

<https://teachsteiner.org/harmonisingtrauma>



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Shop 3, 2455 Warburton Highway, Yarra Junction



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Yarra Junction or browse online at
hugsforkids.com.au and pick up in store

Rough and Tumble Play

A “Frisky” category of “Risky Play” by Jeff Tunkey

In the June 23rd issue of Waldorf Today, Dr. Ellen Sandseter compellingly outlined the importance of what she describes as “risky play” for childhood development. She noted that, unlike in her native Norway, in many other cultures young people have markedly less time and opportunity to be immersed in the outdoors, free to challenge themselves via adventurous activities like climbing trees, jumping streams, etc. Ellen’s work was recently highlighted in the medical journal *Nature*, for her insights into why kids need risky play, and how parents can help make it happen.

As a long-time Waldorf school movement and Extra Lesson teacher, I loved that Waldorf Today provided a platform for her inspiring call for play to be re-balanced, and would like to add to this conversation a brief snapshot of my research and teaching experience with a subset of risky play: rough and tumble play. Playfully rowdy physical competition is one of the most common types of play throughout the animal kingdom. Why is this true for young humans as well? Fergus Hughes, the author of the book *Children, Play and Development*, notes: *“There is a correlation between the appearance of this activity and the maturity of the frontal lobes of the brain. The executive functions of the frontal lobes include reflection, imagination, empathy, and creativity; and when these develop, they allow for greater behavioral flexibility and foresight, for well-focused, goal-directed behavior. Then, as the frontal lobes mature, the frequency of rough and tumble play goes down.”*

A Call for Rebalancing Movement Programs

When we consider changes to elementary movement programs over recent decades, perhaps the curriculum area which has been most drastically reduced is rough and tumble. And yet, there is little question that the explosion of ADHD and other classroom behavior challenges seems to have traveled in parallel time with the loss of risky outdoor play and the type of tussling play that children, especially boys, seek when left to their own devices. An appropriate fear of student injuries is of course a part of the reason for this reduction. But I think that there also has been a growing cultural discomfort with the way that boys tend to work things out, and a fear that this kind of play looks a lot like bullying (or might look that way to others).

Frisky Play

To the contrary, true rough and tumble play is, at heart, play: you know it’s happening in the right way if the contestants are similar in size and vigor. They’re playful. They’re laughing. They can meet each other eye to eye, and there is flexibility, a frequent give-and-take alternation of winning and losing. Keep in mind that the ultimate key to good sportsmanship (and a happy life) is an ability to laugh at oneself.

A wonderful book, *The Art of Roughhousing*, that I recommend for parents of young children states the following: “Almost all children love and benefit from roughhousing, but boys engage in rough-and-tumble play much more frequently than girls. Of course, many girls roughhouse and many boys don’t. Boys as a group tend to tease, shove, and hit more than girls, even when they’re having fun and being friendly. Girls, meanwhile, are famous for what is called ‘relational aggression’: cruelty through gossip, dirty looks, or a cold shoulder. Roughhousing can in fact help break this mean-girl pattern. Through roughhousing, girls learn to be more direct about their feelings.”

Suggested books:

For parent education - *The Art of Roughhousing: Good Old-Fashioned Horseplay and Why Every Kid Needs It* (2011) by Anthony T. DeBenedet and Lawrence J. Cohen

For deeper research into the science behind play - *Children, Play, and Development* (2009) by Fergus P. Hughes.

Jeff Tunkey taught Grade 1 to 8 Movement classes, and also Extra Lesson academic support, at Aurora Waldorf School from 1992 to 2020. He has visited over two dozen Waldorf schools in the USA and Canada as a mentor and workshop presenter, and was a teacher/lecturer for numerous lengthier courses for Waldorf teachers, including Renewal sessions at High Mowing, and Extra Lesson professional development courses via the Association for a Healing Education.

The School of Biodynamic Gardening

Gardening with the Spirit

Biodynamic Gardening Workshops

All Things Planting - Earthly & Cosmic!

Saturday 6th September 2025

9.30am to 4.30pm



***Explore & use the Biodynamic Planting Calendar.**

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***Garden question time.**

***Practices for Perceiving Nature.**

***Morning tea & Lunch provided from the garden.**

***Take home some seed plantings from the day for your garden!**

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Workshops - \$130 full, \$90 concession & 2nd booking if couple.

For more information and bookings please contact Lisa

Ph: 0412 209 761

email: elementalliving.lisa@gmail.com

*elements
of living*

The School of Biodynamic Gardening - at ... elementsofliving.com.au

Craft: Window Stars

From:

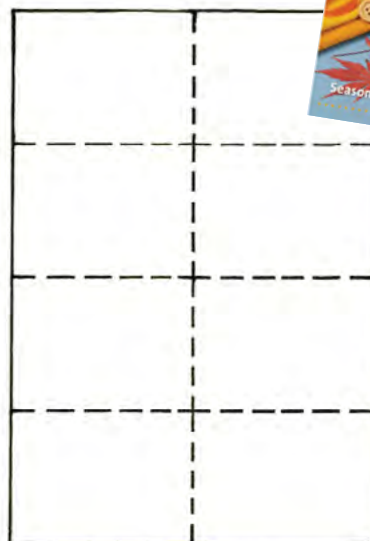
***Making the Children's Year:
Seasonal Waldorf Crafts
with Children***
By Marije Rowling



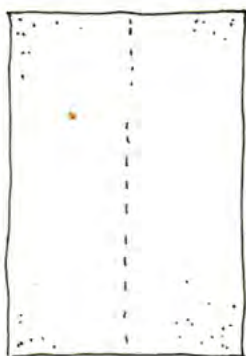
YOU WILL NEED

- Kite paper (or tissue paper) any size but 30 x 25cm/12 x 10" or 23 x 19cm/9 x 7½" are good starting sizes
- Glue stick
- A4 sheet of white paper
- Sharp scissors

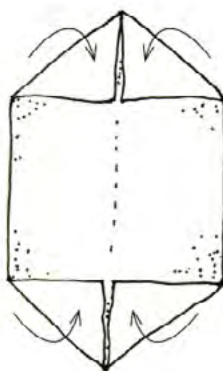
NB: Always work on the white paper when making the folds. This allows you to see clearly where to overlap the tissue paper.



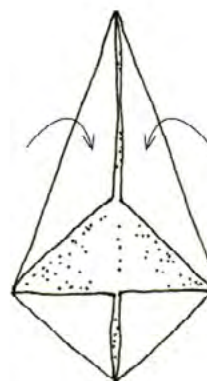
1. Fold and cut eight pieces of tissue paper as shown.



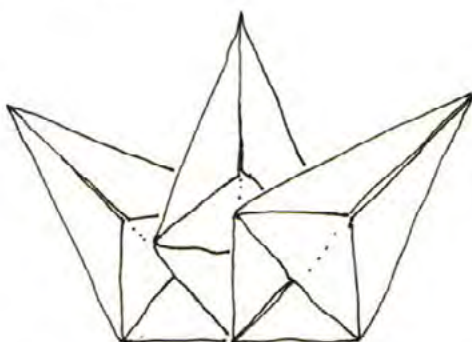
2. Fold each piece in half lengthwise (bringing the long sides together) and unfold again.



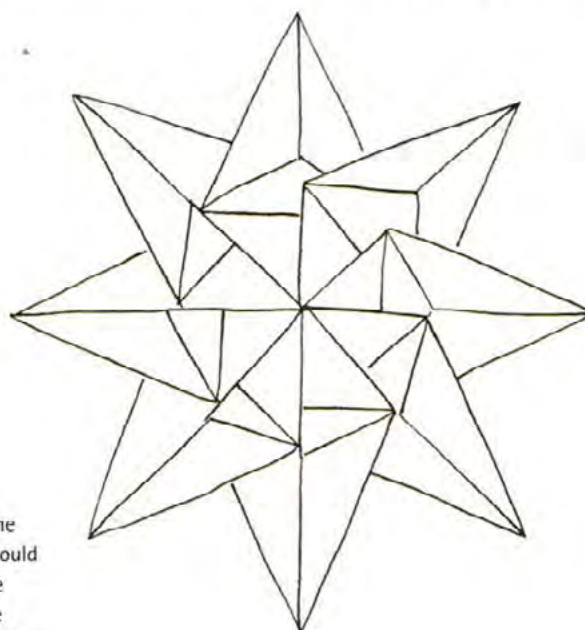
3. On each piece fold all four corners onto the middle crease.



4. On each piece fold two of the corners once again so that they meet at the crease.



5. Place three folded paper pieces as above and glue neatly where they overlap.



6. Continue adding pieces and gluing them until you have done seven. Now, one edge on the first and on the seventh piece should touch. Lift the first piece and slide one half of the eighth piece underneath it so that it completes the star. Glue neatly where they overlap. You may have to apply an extra bit of glue if some of the corners do not lie flat.

Moontime Cycles

**FEMALE PHYSIOLOGY &
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SUNDAY 17TH AUGUST 10AM- 1PM LUNCH PROVIDED**

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TICKETS & INFORMATION



**Bring a scarf, rebozo or
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belly wrapping.**

[https://events.humanitix.com/moontime-
cycles-young-girl-circle](https://events.humanitix.com/moontime-cycles-young-girl-circle)



**CONTACT
JESSICA
0415 291 172**

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. Chamber Student Model 300. Great condition. Comes with bow and soft foam case. Purchased second hand in 2022 from Bows For Strings. Lovely balanced and full sound. Selling price \$400. Can easily drop it off to Music Department for assessment. Contact Cosimo 0406 136 810.

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.

1/2 size cello Second hand in good condition, comes with bow and new hard case. Happy to drop at music department for assessment. \$400 ONO. Gerry Ross 0418-565-023

Cello - Chamber Student - 1/2 size. With bow, rosin, and hard case. Very good condition. \$750 ono. Tel: 0458 254 828

1/2 Chamber Student 301 Cello and hybrid wheeled case. Originally purchased new from Bows for Strings in 2023. \$1,000. Please contact Nastassia 0401579137

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 lizmyes3357@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 lizmyes3357@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

Beans and Bananas

Fruit and Vegetable Co-op

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

Full or half boxes are packed and available fortnightly.

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

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

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



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

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

Illustration and Graphic Design: Nightingale Graphics 0450 034923



Double bean & roasted pepper chilli

Source: [BBC Good Food.com](#)

This warming vegetarian chilli is a low-fat, healthy option that packs in the veggies and flavour. Serve with Tabasco sauce, soured cream or yoghurt.

- 2 onions, chopped
- 2 celery sticks, finely chopped
- 2 yellow or orange peppers, finely chopped
- 2 tbsp sunflower oil
- 2 x 460g jars roasted red peppers
- 2 tsp chipotle paste
- 2 tbsp red wine vinegar
- 1 tbsp cocoa powder
- 1 tbsp dried oregano
- 1 tbsp sweet smoked paprika
- 2 tbsp ground cumin
- 1 tsp ground cinnamon
- 2 x 400g cans chopped tomatoes
- 400g can refried beans
- 3 x 400g cans kidney beans, drained and rinsed
- 2 x 400g cans black beans, drained and rinsed

Method

- Put the onions, celery and chopped peppers with the oil in your largest flameproof casserole dish or heavy-based saucepan, and fry gently over a low heat until soft but not coloured.
- Drain both jars of peppers over a bowl to catch the juices. Put a quarter of the peppers into a food processor with the chipotle paste, vinegar, cocoa, dried spices and herbs. Whizz to a purée, then stir into the softened veg and cook for a few mins.
- Add the tomatoes and refried beans with 1 can water and the reserved pepper juice. Simmer for 1 hr until thickened, smoky and the tomato chunks have broken down to a smoother sauce.
- At this stage you can cool and chill the sauce if making ahead. Otherwise add the kidney and black beans, and the remaining roasted peppers, cut into bite-sized pieces, then reheat. (This makes a large batch, so once the sauce is ready it might be easier to split it between two pans when you add the beans and peppers.) Once bubbling and the beans are hot, season to taste and serve.

In playgroup this term we are making ‘Stone Soup’, where each family contribute a vegetable/ herb to a shared soup, and all I add is water and a little stock or salt and pepper – its always a wonderful surprise to see how the final soup looks and tastes! Last week we had an amazing golden yellow soup with sweetcorn, red capsicum, carrots and spinach. In playgroup we serve our soup with freshly baked bread rolls, lathered in butter or coconut oil, delicious!

For those of you who prefer a more exact recipe, here’s one version!

Vegetable Stone Soup

Source: [Forks Over Knives.com](#)

- 3 cups vegetable stock
- ½ can diced tomatoes
- ¼ cup green lentils, uncooked
- ¼ cup barley, uncooked
- 1 small onion, diced (1 cup)
- 1½ cloves fresh garlic, minced (¾ teaspoon)
- 1 celery stalk, diced (½ cup)
- 1 medium carrot, sliced (½ cup)
- 1 small zucchini, sliced (⅔ cup)
- 2 small, thin-skinned potatoes, such as Yukon gold or red, diced (2 cups)
- ½ cup sliced mushrooms
- ¼ teaspoon black pepper
- ¼ teaspoon paprika
- ½ teaspoon dried thyme
- ½ teaspoon dried oregano
- ¼ teaspoon dried mustard
- 3 slices whole grain bread
- ½ tablespoon lemon juice
- 2 tablespoons chopped fresh herbs (e.g., parsley, chives, basil)
- Sea salt (optional)



The Crystal Ball

by The Brothers Grimm - Translated by Margaret Hunt (1884)

source: rawpixel on pixabay.com



There was once an enchantress, who had three sons who loved each other as brothers, but the old woman did not trust them, and thought they wanted to steal her power from her. So she changed the eldest into an eagle, which was forced to dwell in the rocky mountains, and was often seen sweeping in great circles in the sky. The second, she changed into a whale, which lived in the deep sea, and all that was seen of it was that it sometimes spouted up a great jet of water in the air. Each of them only bore his human form for two hours daily. The third son, who was afraid she might change him into a raging wild beast a bear perhaps, or a wolf, went secretly away. He had heard that a King's daughter who was bewitched, was imprisoned in the Castle of the Golden Sun, and was waiting for deliverance. Those, however, who tried to free her risked their lives; three-and-twenty youths had already died a miserable death, and now only one other might make the attempt, after which no more must come. And as his heart was without fear, he caught at the idea of seeking out

the Castle of the Golden Sun. He had already travelled about for a long time without being able to find it, when he came by chance into a great forest, and did not know the way out of it. All at once he saw in the distance two giants, who made a sign to him with their hands, and when he came to them they said, "We are quarrelling about a cap, and which of us it is to belong to, and as we are equally strong, neither of us can get the better of the other. The small men are cleverer than we are, so we will leave the decision to thee." "How can you dispute about an old cap?" said the youth. "Thou dost not know what properties it has! It is a wishing-cap; whosoever puts it on, can wish himself away wherever he likes, and in an instant he will be there." "Give me the cap," said the youth, "I will go a short distance off, and when I call you, you must run a race, and the cap shall belong to the one who gets first to me." He put it on and went away, and thought of the King's daughter, forgot the giants, and walked continually onward. At length he sighed from the very bottom of his heart, and cried, "Ah, if I were but at the Castle of the Golden Sun," and hardly had the words passed his lips than he was standing on a high mountain before the gate of the castle.

He entered and went through all the rooms, until in the last he found the King's daughter. But how shocked he was when he saw her. She had an ashen-gray face full of wrinkles, blear eyes, and red hair. "Are you the King's daughter, whose beauty the whole world praises?" cried he. "Ah," she answered, "this is not my form; human eyes can only see me in this state of ugliness, but that thou mayst know what I am like, look in the mirror it does not let itself be misled it will show thee my image as it is in truth." She gave him the mirror in his hand, and he saw therein the likeness of the most beautiful maiden on earth, and saw, too, how the tears were rolling down her cheeks with grief. Then said he, "How canst thou be set free? I fear no danger." She said, "He who gets the crystal ball, and holds it before the enchanter, will destroy his power with it, and I shall resume my true shape. Ah," she added, "so many have already gone to meet death for this, and thou art so young; I grieve that thou shouldst encounter such great danger." "Nothing can keep me from doing it," said he, "but tell me what I must do." "Thou shalt know everything," said the King's daughter; "when thou descendest the mountain on which the castle stands, a wild bull will stand below by a spring, and thou must fight with it, and if thou hast the luck to kill it, a fiery bird will spring out of it, which bears in its body a burning egg, and in the egg the crystal ball

lies like a yolk. The bird will not, however, let the egg fall until forced to do so, and if it fall on the ground, it will flame up and burn everything that is near, and melt even ice itself, and with it the crystal ball, and then all thy trouble will have been in vain.”

The youth went down to the spring, where the bull snorted and bellowed at him. After a long struggle he plunged his sword in the animal’s body, and it fell down. Instantly a fiery bird arose from it, and was about to fly away, but the young man’s brother, the eagle, who was passing between the clouds, swooped down, hunted it away to the sea, and struck it with his beak until, in its extremity, it let the egg fall. The egg did not, however, fall into the sea, but on a fisherman’s hut which stood on the shore and the hut began at once to smoke and was about to break out in flames. Then arose in the sea waves as high as a house, they streamed over the hut, and subdued the fire. The other brother, the whale, had come swimming to them, and had driven the water up on high. When the fire was extinguished, the youth sought for the egg and happily found it; it was not yet melted, but the shell was broken by being so suddenly cooled with the water, and he could take out the crystal ball unhurt.

When the youth went to the enchanter and held it before him, the latter said, “My power is destroyed, and from this time forth thou art the King of the Castle of the Golden Sun. With this canst thou likewise give back to thy brothers their human form.” Then the youth hastened to the King’s daughter, and when he entered the room, she was standing there in the full splendour of her beauty, and joyfully they exchanged rings with each other.





Community Planting

.....
Sunday 3 August | 10am
Warburton Rail Trail, Seville
.....

Find out more/register
trybooking.com/DCHPX



Planting for our Sustainable Future

Thanks to a collaboration between Yarra Ranges Council and MRAG, 400 plants were planted out on a section of the Dee Rd River reserve on Sunday 22 June. The plants were provided through a partnership between Council and Melbourne Water, for which we are most thankful.

It was a perfect morning to carry out the revegetation project with a number of community members working alongside council staff to complete the project in just over 2 hours. This was followed by delicious sandwiches for lunch, made by the current Citizen of the year, Maureen Halit.

Site preparation works to eradicate many of the evasive weeds were completed by the Council to give the best chance for the new native vegetation to take hold.

Through a Tiny Towns Grant, a further 1200 plants will be planted along the Dee and River Rd reserves to further revegetate the area in the near future, which will also be preceded by weed eradication works. In addition, interpretative signage will be installed to explain the history of the area and local vegetation.

Millgrove can be very proud of the river reserve area, which over many years of hard work by the community has been transformed from an area to dump rubbish to a beautiful area to walk along the river trail and enjoy the outdoors, flora and fauna. It will be a lasting legacy for many future generations to come



Photos above, Community helpers and planting site

Millgrove's own community gardens underway

Coming into Millgrove from Wesburn on the left side is a large allotment of 6000 sq metres that is being leased from the Department of Transport and Planning to establish the Millgrove gardens. Site preparation has commenced with regular slashing, a large quantity of gravel has been delivered and we have rescued a cubby house, pine logs and steel equipment from the Redwood Centre for use at the site. Committee meetings are happening every Second Tuesday at MRAG office to plan and develop the gardens.

Interested in helping, please contact us:
info@mrage.net.au / www.mrage.net.au

Community planting day - Seville

As part of Councils annual National Tree Day families will help to plant grasses, shrubs and trees - stay for as little or as long as you like.

- BYO gloves and refreshments.
- Please wear sturdy footwear and weather-appropriate clothing.
- Warburton Rail Trail, Seville
- Sunday 3 August 10am to 1pm
- Along the Wandin Yallock Creek west of Victoria Road.
- Park at old Seville Railway Station

This location can get very muddy, gumboots are advised.

Bookings and further information

THE CHRISTIAN COMMUNITY IN MELBOURNE

Annual Conference

22 - 24 AUGUST 2025

319 Auburn Rd, Hawthorn VIC

Change of Heart and Mind ...the journey of humanity

Between the festivals of St John and Michaelmas, our attention turns from the great Christian pictures of Christmas, Easter, and Whitsun—where we honour the profound gifts and guidance Christ has offered humanity—to a deeper reflection on our path of evolution. It is during this season that we contemplate the human journey: how we take up the task of our earthly development and spiritual responsibility.

This year, we are delighted to welcome priests from across our region who will lead talks and workshops exploring this powerful theme. Presenters will be: Hartmut Borries, Darryl Coonan, Lisa Devine, Damien Gilroy, Cheryl Nekvapil, Ioanna Panagiotopoulos, and Cheryl Prigg. Elke Baublies and Veronika Plantener will also attend.

For more information and registration details:

<https://www.thechristiancommunity.net/melbourne/> or
email: theccmelbourne@gmail.com. or
call Robin on 0402 855 655

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Dads Chat - Term 3 Workshop series

Attention dads and male carers - Term 3 Dads Chat is now open for booking.

Maroondah and Yarra Ranges Councils will be back hosting the strengths-based Dads Chat series of four workshops with Building Better Brains, with a focus on connecting local dads and diving deep into your role as a dad or male carer.

For dads and male carers of children aged 0-8 years.

- Date: Monday 11th, 18th, 25th August and 1st September 2025
- Time: 7pm - 9pm
- Location: Chirnside Park Football Club
- Cost: free
- Booking is required

Join other dads and male carers for a strength-based series of workshops that focus on sharing ideas and getting hands on with tools and techniques that make you feel more connected to your children and other dads.

Participants are encouraged to attend all 4 workshops.

This is a joint project between Yarra Ranges Council & Maroondah City Council.

Further information and to book your place

Term 1 and Term 2 testimonials:

"Honestly the entire course was great. The amount of knowledge and advice from Tony was amazing. I am already seeing improvements with my 4 year old. It's huge! And now I am setting myself up better with my 1 year old from the start"

"These workshops have put us all in contact with a lot of dads who have either already gone through stages of dading or are going through same stages of dading. This is very important. I really enjoyed hearing the science and theory side of the child's brain and hearing from other dads about their challenges struggles and solutions. These workshops are great and bring a real sense of community which is often missing in these times. Really enjoyed the whole experience. Thank you."

"Learning new ways to engage with my kids through play and meeting other dads in the area who are experiencing the same ups and downs of fatherhood."

"Learning about the physiology of a child's brain and all the factors that play into their development. Also the networking and camaraderie gained by meeting other men rowing in the same direction. Added to the tactics and tips of how to come at challenges in different ways."



The Christian Community Melbourne

Yarra Valley Study Group

with Rev. Darryl Coonan

Friends of The Christian Community are now holding a regular study group at LYSS. We are grateful that Little Yarra Steiner School has provided a space for this to occur.

The starting theme for our study is the '*Christian Festivals*'.

The festivals return each year, giving us another opportunity to deepen our understanding of what these festivals have to offer us on our path to becoming truly human. The initial focus of our study group is to explore the meaning of each approaching festival. We are beginning with Emil Bock's "*The Rhythm of the Christian Year*" as the foundation for our study together and welcome participants to bring in other sources and their own personal insights regarding the festivals.

If you do not have access to the book please contact us for a pdf copy of the current chapter as, if you can, it will be beneficial to read the chapter prior to the evening.

Our upcoming monthly study group dates and timings are:

August 11th

6.30pm - All welcome to come for a social cup of tea and chat. Tea provided.

7.00pm - Study group formally begins

8.15pm - Close of Day service

8.30pm - Close and tidy up.

Venue: Little Yarra Steiner School, Admin Hall, 205 Little Yarra Road, Yarra Junction.

Attendance is by donation.

For enquiries please contact Rev Darryl Coonan on 0447 881 957.

I am looking forward to what unfolds between us.

Rev Darryl Coonan

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.

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

Cire Community Hub Yarra Junction

Cire Community Hub, 2463 Warburton Hwy Yarra Junction

Cire Community Hub in Yarra Junction is your local hub for growth and connection! We offer diverse programs to empower you, from building digital skills and confidence to preparing for employment and connecting with the community. Whether you want to learn new technology, find your career path, gain essential certifications, or engage in creative activities and community conversations, we have something for you. Explore our upcoming programs below and go to our website to find out more and book,

Untutored Art Group

Wednesdays, 10am – 1pm

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.

**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 29th August**

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New Revamped Market is a GREAT SUCCESS

The revamped Millgrove Community Market run by MRAG has exceeded expectations, with over 30 stall holders regularly offering a great variety of quality food and goods.

The township has been a hive of activity on market day, providing a great buzz and excitement in the town. Not to be missed, Markets are operated on the 3rd Saturday of the month and the 5th Sunday of the month.



Photo above of the Millgrove Community Market

Yarra Junction Library

Yarra Junction Planters – Green Thumbs & Community Spirit!

Every Wednesday (during school terms) | 9:00 AM

Love gardening or just want to help enhance our beautiful town? Join the Yarra Junction Planters! Every Wednesday during school terms, this welcoming group comes together to maintain Yarra Junction's vibrant planters and community gardens. It's a fantastic way to enjoy some fresh air, get light exercise, and connect with fellow plant and nature lovers. All ages are welcome, and your efforts directly contribute to making our town more beautiful. Stay afterwards for a friendly morning tea and great company!

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!



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

3rd Saturday and 5th Sunday, 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

1st Sunday, 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.

Seville Community Market

1st Sunday, 10am-2pm

Seville Community Hall, 590 Warburton Highway, Relaxed market, food and drinks for sale. Come support local stall holders with awesome stuff for sale.

Rudolf Steiner (1861 - 1925) and the Waldorf School

By Nana Goebel (Source: *Waldorf Today* issue 711)

When Emil Molt acquired the Uhlandshöhe restaurant on Kanonenweg, situated between opulent villas, it was on a walking route that the people of Stuttgart chose on Sundays to escape the smog of the valley and enjoy the fresh air of higher altitudes.

But not just the clear air, but also the cakes and coffee on the restaurant's spacious terraces, which were a real savory treat so soon after the violent years of the First World War.



Postcard of the Uhlandshöhe restaurant, where the first Waldorf school was later established.

A postcard has survived showing the walkers on the Kanonenweg as well as the tram that transported the foot-tired guests.

Of course, the founders of the first Waldorf School also walked along Kanonenweg, and after 1919 an increasing number of younger and older children crowded into the school, as after just a few years almost a thousand pupils were attending lessons in the remodeled rooms and, from 1923, in a new building on the slope of the Ameisenberg.

Emil (1876-1936) and Berta (1876-1939) Molt were responsible for the purchase of the school building and the establishment of the first Waldorf School.

They invested a large part of the fortune they had acquired with the Waldorf Astoria cigarette factory in this school.

Rudolf Steiner laid the foundations of the Waldorf School's pedagogy in his lecture cycle General Study of Man from 21st August to 5th September 1919, in Stuttgart.

They engaged Herbert Hahn (1890-1970), from the Baltic, and the Baden teacher E. A. Karl Stockmeyer (1886-1963), who was tasked with finding the teachers and organizing the school.

The names most frequently used today for this free educational impulse - Waldorf School and Rudolf Steiner School - still refer to the founders, Emil Molt and Rudolf Steiner.

Their founding impulses remain linked to the schools by their names; on the one hand, a pedagogy based on an anthropology of the developing human being, and on the other, a school that is committed to freedom in education and humanity.

The educational approach has been developing for over a century, and is one of the most successful, yet relatively unknown, German cultural exports.

Rudolf Steiner intensified his work during the last years of his life and laid the foundations not only for the education, but also for many other fields of work, such as agriculture and medicine.

In the vast majority of cases, Rudolf Steiner based his work on questions posed to him by people who were looking for a different approach to their profession.

Rudolf Steiner stood out as a person who listened to people very carefully and, once he had answered, encouraged them to enter into a practicing relationship with themselves and each other. The practicing relationship never referred only to his own person but always included references to the world.

Many descriptions of encounters with Rudolf Steiner bear witness to this. He left no one untouched.

Rudolf Steiner could fill large halls and speak to thousands of people; for example, when he spoke about possible social developments after the First World War, but he could also speak to the smallest circles, for example to the audience of just twenty-four listeners at the General Study of Man course in Stuttgart in 1919.



The Stuttgart school community on the gymnastics field in 1927.

When, from time to time, Rudolf Steiner walked along the Kanonenweg with his hat and walking stick, you could not tell what revolutionary thoughts he was harboring.

His ideas for a society in which individuals could develop their own initiative and the freedom to use it responsibly, guided by common sense (I am aware that the term 'common sense' is currently being misused by certain political forces), his thoughts on the practical participation of all in matters that concern everyone, his thoughts on entrepreneurship, on the tasks of the state and its financing, all these thoughts are only revolutionary because they build on the self-determination and ethical competence of the individual and grant him the ability to use his or her own freedom responsibly, and to act for the good of the whole.

The good of the whole, as defined by those in power, does not provide the framework for the authorized actions of the individual.

There is no question that these revolutionary ideas only work in practice if the education system has strengthened the ethical competence of the individual.

And how this ethical competence can be stimulated and strengthened in the individual can be found a hundredfold in the idea and practice of the Waldorf school.



The Swabian entrepreneurs Berta and Emil Molt, from whose impulse the first Waldorf School emerged.

Rudolf Steiner, one could say, utilized his collaboration with Emil Molt, Herbert Hahn and E. A. Karl Stockmeyer to create the Waldorf School, an institution in which, as in a pilot project under a burning glass, it could be tested whether individual people could grow up with all their baggage from the past and work and deal with each other in such a way that a society of freedom might be possible.

And in Rudolf Steiner's thinking, a free society is likely always to be a society in which each and every individual is involved with his or her respective abilities and impulses, in which all those involved agree with each other on how they want to organize, and manage life together and make life possible for each other.

During his lifetime, Rudolf Steiner's impact was limited to smaller, culturally interested circles, even though he repeatedly attracted many people to his lectures.

After his death, his impact probably waned, but the yeast of his ideas and impulses continued to ferment. Subsequently, his suggestions were taken up in many areas by people who were not content with the materialism of the 20th century and have had a practical effect on their lives.

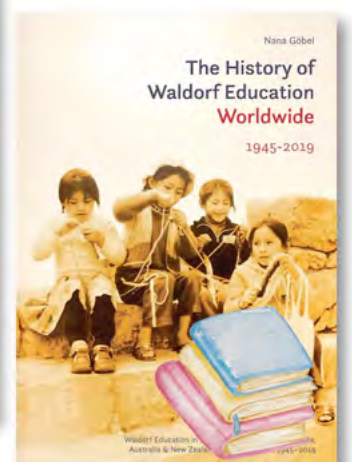
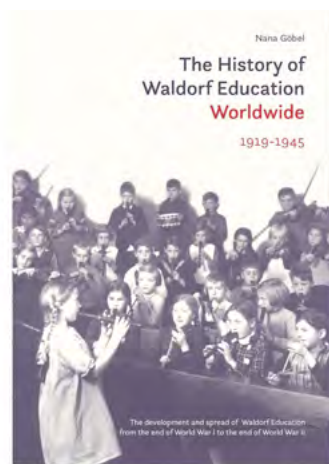
The Waldorf movement developed despite the interruptions of the Second World War and continued to spread from the last decade of the 20th century onwards, so that today it can be found in every part of the world.

And when you walk along the former Kanonenweg, renamed Haußmannstraße in 1946, and reflect on these developments, it is deeply astonishing how an idea that was put into practice by twelve teachers in 1919 could spread so far in a century, develop in so many different forms, and gain significance for so many thousands of people.

This is how you bring something new into the world.

Read more in Nana Goebel's *The History of Waldorf Education Worldwide Vol I and Vol II*.

Available at Waldorf Publications





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Volunteer for Conservation – Plant & Protect!

Location: 1217 Macclesfield Road, Yellingbo

Make a difference! Join the Friends of the Helmeted Honeyeater. Help in our Indigenous Plant Nursery (Tues, Thurs, Fri, 9:30am) to propagate native plants for local restoration. Or join our “Seeds and Weeds” team (second Sunday of month, 9:15am) to collect seeds and tackle weeds. All skill levels welcome!

Indigenous Plant Nursery

Drop in and visit the Friends of the Helmeted Honeyeater Indigenous Plant Nursery where a wide range of local indigenous plants may be purchased at very affordable prices.

The Friends nursery has over 150 species of trees, shrubs, grasses, herbs, lilies, sedges, groundcovers, climbers and aquatic/semi-aquatic plants available for sale throughout the year.

We grow plants which are specific to the Woori Yallock Creek sub-catchment around Yellingbo, Macclesfield, Seville, Emerald and surrounds. Since its inception in 1991, the Friends nursery has supplied over 700,000 plants for local revegetation activities. Volunteers are the life-blood of the nursery. New volunteers are always welcome. No experience necessary.



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

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.

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Please email all content: PDF's or JPG's, to sweetporridge@lyss.vic.edu.au

Celebrating YOUth Awards!

2025

Nominations open until October 31st



Yarra Ranges Council acknowledges the Wurundjeri and other Kulin Nations as the Traditional Owners and Custodians of these lands and waterways. We pay our respects to all Elders, past, present, and emerging, who have been, and always will be, integral to the story of our region. We proudly share custodianship to care for Country together.



CelebratingYOUth - Nominate Now

Do you know a young person who has made a stella effort this year?
Maybe a student who has gone above and beyond to lead a school activity?
Or an emerging artist building a name for themselves in the community?

Celebrating YOUth Awards (CYA) are our way of recognising the incredible contributions of young people in the Yarra Ranges community – and nominations are open now until Friday, October 31st!

More information and nominate here

Art Exhibitions



A Sense of Touch By Allie Stone and Rebecca Wolske

The Arts Centre Warburton. On Display 19 Jun 2025 - 31 Aug 2025

Immerse yourself in “A Sense of Touch,” a captivating exhibition now on display at The Arts Centre Warburton. This unique collection invites you to engage with art in a profound new way, exploring textures, forms, and the tactile experience. Discover pieces that challenge your perceptions and invite a deeper connection through the sense of touch. Don’t miss this opportunity to experience a truly engaging exhibition running until the end of August.

Engage your senses and feel the art come to life under your hands, exploring nature’s sensory wonders reclaiming its domain in a captivating colourful journey.”

Step into a world of colour, texture, and transformation with this sensory-focused exhibition celebrating the power of touch. Beginning with a bold urban aesthetic, the space initially draws you into a realm of recycled textiles and reclaimed materials shaped into striking 3D sculptures and tactile wall art. The contrast of sharp lines and industrial textures sets the stage for an evolving journey, as urban life slowly gives way to the organic beauty of nature.

Over the course of the exhibition, nature begins to assert itself, reclaiming the environment week by week. The rigid lines of the urban world are gradually softened and overtaken by the playful, organic shapes of nature-inspired textiles. Each week, visitors are invited to witness this mesmerizing transformation firsthand, as artists breathe life into the space with vibrant, colourful creations. Scheduled installation times provide a rare behind-the-scenes glimpse into the artistic process, offering the chance to meet the creators and connect with their vision.

This exhibition is more than just a display of art—it’s an interactive, sensory adventure. The playful, tactile elements invite visitors to engage not just with their eyes, but also with their hands and imaginations. Vibrant creatures and captivating textures spring to life, showcasing the power of upcycling and celebrating the intersection of art, nature and touch.

Flora, Fauna and Folklore

Closing Event and Artist’s Talk

The Memo Healesville

27 Sep 2025 1:00 PM - 4:00 PM

Join artist and science illustrator Martha Iserman for an engaging talk exploring the history, techniques, and evolving role of scientific illustration in bridging art and knowledge.



The Christian Community Melbourne Yarra Valley Service

Saturday 9th August 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 if you can

11.30am – 12.30pm: Talk: 'The Sermon on The Mount – then and now'.
In conversation with Rev. Cheryl Nekvapil.

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

Darryl Coonan: 0447 881 957

Tuning in to Kids



Tuning in to Kids - Term 3 booking now open - Lilydale

Tuning in to Kids is a 6-week parenting program that provides information and practical strategies for parents and carers to:

- Talk about emotions and feelings with your child
- Understand your child's development and behaviours
- Support your child to positively express emotions
- Manage conflict resolution

For parents and carers of children aged 2.5 to 5 years - this program is not suitable for children to attend.

- Date: Wednesdays 30 July, 6th, 13th 20th, 27th August and 3 September 2025
- Time: 1pm - 3pm
- Location: Yarra Ranges Council, Civic Centre, Lilydale
- Cost: Free
- Booking is required: enhancedmch@yarraranges.vic.gov.au or call 1300 368 333

Participants are encouraged to attend all 6 workshops.

Click here for further information

Tuning into Kids - Mooroolbark

Tuning into Kids will support parents and carers of children aged 0-7 years, to learn strategies to help your child deal with anger, anxiety, grief and jealousy. Discover effective communication strategies to connect with your child and find solutions to manage challenging behaviours.

- Mondays
- 9:30 - 11:30 am
- July 28 to September 8 2025 (no session on August 18th)
- The Parents Hub, Mooroolbark Free - bookings essential

For enquiries contact Erin at The Parent Hub 0430191784 or erin@theparentshub.com.au

*Limited childcare is available - contact Erin for information.

Further information and booking



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Seeking host families for our new German volunteers

Dear LYSS Community,

It is almost time to farewell our current German Volunteers Arno and Louie who have been a wonderful addition to the LYSS school community. If you see them in the school grounds perhaps you would like to wish them well in their ongoing journey into life.

We have selected our next two German Volunteers through Friends of Waldorf.

Felix and Julia will be arriving on Friday 22nd August 2025 and we are seeking host families who can accommodate them for some or all of the time they are with us. A bit about them:

Felix is nearly 19 and the oldest of four siblings (two brothers (16 and 9) and a sister (13)). He likes being around children and has a lot of patience with them. He has a passion for outdoor activities, such as rock climbing and spending time in nature. He has a drivers license and will have a car so a more remote location is ok, although the volunteers can also utilise the bus services.

Julia is 19 and plays piano, guitar and drums and has a keen interest in art. She has experience in child minding, likes to read and grew up in a large family. She has a Waldorf background through her mother who works with inclusion groups in Waldorf schools.

Volunteers are usually with us for about 12 months. Sometimes volunteers stay with one host family for the entire duration of their stay, other times they may stay up to three or four host families. Each experience has its merits and the length of stay with each family really depends on the family and the volunteer. There will be times when the volunteers are away for extended periods, either attending a camp or during the school holidays for traveling. There is a payment to cover food and accommodation costs for each volunteer.

If you are interested we would love to hear from you and will provide you with more information regarding all aspects of hosting these young people. Please contact the office as soon as possible if you would like to host either Felix or Julia.

