

Sweet Porridge



May 2026



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.

Family Constellation Therapy

Heal the Past
Shift the Present
Empower the Future

Feeling stuck or repeating the same patterns?

Family Constellation reveals hidden dynamics in your family system that may shape your emotions, relationships, and choices.

Helps with:

- ✓ Relationship difficulties
- ✓ Anxiety, grief, or emotional overwhelm
- ✓ Feeling "stuck"
- ✓ Repeating patterns or family tensions
- ✓ Stress, burnout, or inner conflict

Sessions with Sandra Rosa – Sacred Connections

Online or in-person (Yarra Valley)

☎ 0410 951 128

✉ sandrarosa.info@gmail.com

Instagram: [@sandrarosa.welcome](https://www.instagram.com/sandrarosa.welcome)

Free 15-minute consultation available



Reconnecting to Life

Creative arts therapy for chronic conditions such as anxiety, chronic pain, fibromyalgia, endometriosis, chronic fatigue syndrome, chronic pain, depression...etc

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reconnectingtolife.com

Norma: +61 45 244 2317

Whatsapp: +64 210 884 3185

norma@reconnectingtolife.com

Unlock a calmer, brighter future for your child and family!



As a parent of 4 LYSS students, I've seen first-hand how energy healing (Reiki) can transform stress, anxiety, depression, and learning challenges into confidence and well-being. I also offer Kinesiology, where your body guides the way to lasting change, releasing old traumas, patterns and conditionings.

Take the first step – book a session with Jennie de Vine and feel the difference! Ph 0438 706 135



Advertising rates and artwork specifications

- Small ad / 25 words – \$3
- Business card size: 92.5 x 65.5mm or 100 words – \$6
- Quarter page: 92.5 x 136mm – \$10
- Half page (Horizontal): 190 x 136mm – \$17
- Full page: 190 x 277mm – \$30
- Community Notices – Free of Charge
- All year by arrangement

All revenue raised from Sweet Porridge benefits the Parents

Association of Little Yarra Steiner School.

Advertising payments can be made via EFT.

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

Please email all content to

sweetporridge@lyss.vic.edu.au

Embracing Autumn

After some amazing warm and sunny weeks well into the early autumn season we are now well and truly experiencing the colourful display of autumnal beauty around us. Whilst the sun's warmth still invites moments of shedding layers of clothing the nights are chilly, and morning fogs greet the day.

This is the time of year to slow down, nourish the body and soul with warmth and connect with the earth.

Warmly,
Sonja



Red in Autumn

by Elizabeth Gould

Tipperty toes, the smallest elf,
Sat on a mushroom by himself,
Playing a little tinkling tune
Under a big red harvest moon;

And this is the song that Tipperty made
To sing to the little tune he played.

Red are the hips, red are the haws,
Red and gold are the leaves that fall,
Red are the poppies in the corn,
Red berries on the rowan tall;
Red is the big round harvest moon,
And red are my new little dancing shoon

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More than just a meal: the dining table as a place of learning

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This month in the Garden

Waring, Wombat Season (April-July)

From April to June, when morning mists cover the land, nights become longer, and wombats emerge from their burrows it comes into Waring Season. Migrating birds arrive from Tasmania and male *bulen-bulen*, lyrebirds, begin to display their mounds, their spectacular tail feathers, and their songs to attract a mate.

As the solstice approaches, Scorpius, at the heart of which is the reddish star Antares, *Balayang* (*Djuít* in Boorong naming), rises at sunset. 'Two seasonal indicators become tied in together – our closest star the Sun and the distant stars like Antares.'



Source: museumsvictoria.com.au

The Life of a Leaf

by Reg Down, from –Chapter 46 – The Lost Dragon

Once upon a time there lived a leaf. It was a green leaf, as green as a green leaf can be. It loved the sun, and the leaf lay itself out flat so the sun could shine down upon it with its golden rays. And the leaf had rays too, five big ones, just like the sun, for it grew upon a maple tree. This leaf had been born in springtime, growing quickly, and very, very quietly, on the end of a branch high above the ground. It waved in the wind and fluttered in the breeze. How the leaf loved to tremble when it was stroked by the breeze!



put on a warmer coat,' said the leaf, and turned himself bright orange. 'Oh, how pretty I look in my orange jacket!' he declared, very proud of himself

But two nights later, when the moon was full, Jack Frost returned, glistening and crackling in the moonlight. He breathed white frost over the ground, on the trees, and on all the leaves. He made pools of water stand as still as ice, and people had to blow on their fingers and nails. So the leaf put on his last warmest coat—a bright red one. Now he really looked festive. 'Oh, how festive I am!' exclaimed the leaf to himself. 'I have the warmest, reddest jacket of all the leaves in the forest! I burn with fire and I shall chase Jack Frost away!' But Jack Frost did not stay away. Down he flew over the land and all that night the tree's roots called out: 'Oh, leaf! Beautiful leaf! Cover me up and keep me warm or I shall freeze!'



The next morning, just as the sun was rising, the leaf let go of his branch. For a little while he fluttered here and there—just like a red bird flying in the air. Then he lay on the ground. Hundreds and thousands of his brothers



and sisters let go of their branches too. Whole flocks of them flew down to the earth to keep the roots warm. And they did keep the roots warm—all winter long. Then Jack Frost could not freeze the roots and the tree felt safe from harm. In the spring, when the sun finally chased Jack Frost away, the leaf had turned brown—just like the earth. Soon he broke into little pieces and the red worms carried his body down to the hungry tree roots. This made the tree strong, and it put forth new green leaves, as green as green leaves can be. And when the breeze came blowing by, all the leaves fluttered and trembled to her touch.



Novel Nook

21 Bell St, Yarra Glen VIC

www.novelnook.com.au



Nourish yourself this May

As the cooler months arrive,
The Wellspring offers space to
slow down, restore and reconnect.

Visit us for grounding, healing and
seasonal support.

What's on offer?

- | | |
|-----------------------|-------------------|
| Massage &
Bodywork | Herbal Remedies |
| Moxibustion | Immune Support |
| Energy Healing | Nourishing Broths |
| Herbal Consults | Local Herbs |
| Yoga Classes | Skincare |
| Events &
Workshops | Natural Incense |
| | Ritual Tools |
| | Artwork |



Scan to book
or shop

The Wellspring
WARRBURTON



Little Yarra Steiner School
Yarra Valley's Independent K-12 Steiner School

Playgroup

Looking for a warm, welcoming space for your little one to play and grow? Join our playgroup community! Our playgroup is designed for children who are two turning three in 2026- a gentle, nurturing space to explore, play, and connect.

Tuesday or Wednesday Mornings
Register Your Interest using the QR Code
or contact our registrar
registrar@lyss.vic.edu.au
(03) 5967 1953



www.lyss.vic.edu.com

Craft: Leaf Fairies

Collect pretty autumn leaves and use a Flower Press to dry them. They need 1-2 weeks depending on how damp the weather is. You will need 2 similar leaves for each fairy.

Cut a 'hat' from one of the leaves, as shown. Cut from paper a head (with some neck) and colour in as you like. Glue hat to head, glue head to leaf.

Decorate your home or add to gift parcels for a seasonal touch.

From Myriad Natural Toys & Crafts



Music Register

Instruments for Sale

(Please email sweetporridge@lyss.vic.edu.au to add or remove an instrument)



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, 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 & pad, rosin and good hard case. \$70. Vasudha 0451 944 051.

3/4 size violin Amore 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 violin "Prelude". 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

1/2 size Viola (12.5") Gliga III Made in Romania 2010. In good condition. Included are: Viola, case, bow, shoulder rest & rosin. Price: \$250.00 Please contact Naomi 0421424544

Cello

1/4 size cello. Salieri brand. Bought in 2018 through the LYSS music department. Excellent condition. Comes with bow and semi-hard case (case will require replacement). \$550 Call Monique 0401353 698.

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

1/4 size cello, Chamber Student Model – Plus, great condition, \$700. Nadine 0423 539 718.

1/4 size cello Chamber brand 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 -Call Amber on 0417 590 359

1/2 size cello second hand in good condition, comes with bow and new hard case. \$400 ONO. Gerry Ross 0418- 565-023

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

1/2 size cello Chamber 300 brand and bow. Excellent condition. Hybrid hard case. \$1000. Victoria 0411 016 299.

3/4 size 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 cello 'Arco' Animato Strings, 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 size cello and 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

Saxophone

Brass Tenor "The Sound" Saxophone. Comes complete with reeds, neck strap and hard case. All in excellent condition. This sax has always been well looked after and always stored in its carry case, \$500. email us in Healesville, lisa.n.marko@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 or our staff are qualified to value. Please make sure that any instruments are clearly labelled with a contact phone number for collection



On Sunday the 31st of May the Wesburn/Millgrove CFA will be running the sausage sizzle, perfect for your lunch snack.

FREE Giant Family Games will be set up for those who like a challenge.

Bring a picnic rug and stay for the community spirit; make a day of it and enjoy the Autumn Magic in Millgrove.

The Millgrove Market is organised by MRAG (Millgrove Residents' Action Group) and runs year-round.



Next markets: Sunday 31 May and Saturday 20 June (9am till 2pm)
Inquiries: market@mrag.net.au 0494 325 638

A promotional poster for 'ECOSS VALLEY MARKET'. At the top, it says 'YARRA VALLEY ecoss Presents:'. The main title 'ECOSS VALLEY MARKET' is in large, bold, orange letters. Below that, it says 'EVERY FRIDAY - 3.30PM - 6PM'. There are five circular images: a man in a 'VALLEY MARKET ecoss' t-shirt, a person on a bicycle, a man with a beard holding a bowl of food, a person in a field, and two people at a market stall. Below the images, it says 'Produce - Tacos - Chocolate - Wine'. At the bottom, there is a photo of a crowd with arms raised. The footer contains the address 'YARRA VALLEY ECOSS 711 OLD WARBURTON RD WESBURN', the website 'WWW.ECOSS.ORG.AU', and logos for the Australian flag, the Yarra Ranges Council, and a disability access symbol.

SUPPORTING OUR LOCAL COMMUNITY BUSINESSES

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HOURS

FRI 3.30PM-6.00PM

SAT 9.00AM- 3.00PM



COFFEE

TACOS

CHOCOLATE

HOT CHOCOLATE

COLD DRINKS



711 Old Warburton Rd, Wesburn, 3799

'Beyond Yellingbo' wins Conservation Award



The Australian Wildlife Society (AWS), founded in 1909 in NSW, is one of Australia's oldest national wildlife conservation organisations. For the first time a Victorian project has won the AWS Community Wildlife Conservation Award.

Beyond Yellingbo emerged in 2017 as a collaborative response to the need for extended habitat for the Helmeted Honeyeater. Friends of the Helmeted Honeyeater invited the neighbours - Johns Hill Landcare Group, Monbulk Landcare and Macclesfield Landcare - to join an initiative focussing on strengthening habitat connectivity on private land surrounding the reserve.

At its heart, it is a community story. Volunteers, landholders, scientists and agency partners have worked side by side for years, quietly and without fanfare, to restore habitat one paddock, one creek line and one planting day at a time. Recognition through the Australian Wildlife Society Community Wildlife Conservation Award 2025 affirms that this steady, collaborative work matters.

Beyond Yellingbo was born, oddly, out of success. In 1989, there were just 50 Helmeted Honeyeaters left in the wild. Victoria's critically endangered avian emblem, teetered on the brink of extinction. Through the collaboration of Friends of the Helmeted Honeyeater, Parks Victoria and Zoos Victoria's captive breeding program, numbers slowly climbed. Today there are approximately 200 birds. They are still vulnerable but quadruple the 1989 population. That success created a new challenge.

The birds had begun to outgrow their last refuge - Yellingbo Landscape Conservation Area. This was also where the last of the known Lowland Leadbeater's Possums, another critically endangered species, were found. Recovery required more than protection of a reserve, it required expansion. More habitat. More connectivity. More landholders involved in stewardship. With philanthropic and agency support, the *Beyond Yellingbo* project has engaged the owners of more than 120 private properties and coordinated habitat restoration and extension across over 300 hectares of priority habitat.

Alan Clayton, current Convenor of the *Beyond Yellingbo* group, and former President of Friends of the Helmeted Honeyeater, said the Award acknowledges nearly four decades of community determination. "The Helmeted Honeyeater recovery began as a rescue effort. *Beyond Yellingbo* represents the next evolution - from saving a species to securing a landscape. This Award recognises what can happen when community, agencies and scientists work together with patience and persistence."

Former Convenor, Dorothy Scott, reflected on the long view of the project. "Recovery of critically endangered species is never quick. What we have learned is that habitat connectivity is everything. *Beyond Yellingbo* demonstrates that private landholders are willing partners when the vision is clear and the support is practical."

Jenny Lyndon, President of Johns Hill Landcare Group, said the recognition is deeply meaningful. "We are very grateful to the Australian Wildlife Society for creating an award that specifically honours community-led conservation. It sends a powerful message that recovery of Australia's wildlife is not only the work of institutions, but of committed local people willing to care for threatened species in their own backyards". We are also very proud to be the first Victorian project to receive this Award.

Nangana Landcare Network came out of the *Beyond Yellingbo* collaboration. It is now evolving further with a community-led plan for a 128,000-hectare landscape stewardship initiative across the Yarra Valley and Dandenong Ranges. C411 COUNTRY - Natural Capital for Generations has a long-term vision: a model where biodiversity recovery, regenerative agriculture, community resilience and structured environmental investment operate together across an entire catchment. Inspired by *Beyond Yellingbo*, C411 Country will demonstrate that biodiversity stewardship can be embedded in the fabric of a working peri-urban landscape.

For further information please contact Jenny Lyndon info@nangana.net



Healthy Chocolate Mousse

(from Live, Love, Nourish)

Prep Time 10 minutes

Servings 4

Ingredients

1 large Avocado

1 cup coconut cream

4 tbsp cacao powder

3 tbsp natural liquid sweetener of choice*

1/2 tsp vanilla extract

Topping Options:

Gluten free biscuits

Fresh raspberries

Refined sugar free dark chocolate

Dry roasted almonds

Fresh cherries,

Fresh mint leaves

Method

- In your blender, add avocado, coconut cream, cacao powder, sweetener and vanilla.
- Starting on low speed then quickly increasing to high combine all ingredients until smooth and creamy.
- Pour into individual serving glasses and put into fridge to allow to thicken.

Choose your toppings.

Just before serving, decorate with your choice of toppings.

Serve chilled.

Roast Pumpkin & Sweet Potato Soup

From Performanceinhealth.com.au

Sweet potato and pumpkins are rich in beta carotene. Beta carotene is processed by your body into a powerful antioxidant called vitamin A, which is a very important vitamin for health. Your immune system depends on Vitamin A to work optimally. It is also needed for healthy, calm & happy skin, good eyesight especially at night, reproduction, adrenal function meaning mood, the stability of each cell in your body and healthy mucus and secretions.

Ingredients

- 1 medium butternut pumpkin
- 1 large, sweet potato
- 2 onions cut in quarters
- 3-4 garlic cloves
- 1/4 cup cold pressed olive oil
- 3 cups of vegetable stock
- Pepper

Method

Pre heat fan forced oven to 180 degrees C

Chop the pumpkin and sweet potato into medium sized chunks. Keep the garlic cloves whole and cut the onions in quarters. Mix all ingredients, except the stock in a bowl with the olive oil so they are covered and season with pepper. Line a baking tray with baking paper.

Place all the veggies on the baking tray, laying the pumpkin and sweet potato on top of the garlic and onion as best you can as they can cook more quickly. I try and hide them if you like.

Roast in the oven for 75mins or so depending on your oven. The veggies need to be soft, tender and you can see a brown roasting colour, meaning they are a little caramelized which makes them very tasty.

Now, remove your tray from the oven and transfer to a large saucepan. Add the vegetable stock to the saucepan and simmer for a further 15 minutes.

Cool a little and transfer to blender and blend.
Soup done.



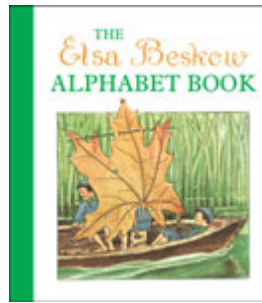
Books

A charming alphabet book for everyone who loves the whimsical artwork of Swedish author and illustrator Elsa Beskow.

Journey through the world of Elsa Beskow whilst exploring the alphabet -- from A for Accordion to Z for Zoom. Discover the rich details of Beskow's vintage artwork along the way, from Cow and Elephant to Flowers and Hare and even Polar Bear and Tomte.

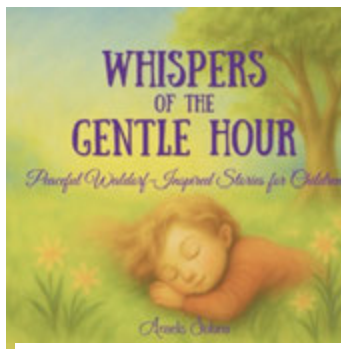
This beautifully presented gift book brings together both much-loved and never before published illustrations from across the whole Elsa Beskow library, including favourites such as The Flowers' Festival, The Sun Egg, Pelle's New Suit, and Woody, Hazel and Little Pip. This wonderful new edition features a unique hand-crafted design, premium-quality paper, gold foil signature and a luxurious cloth spine.

Out in July 2026



Tending the Spark – Lighting the Future for Middle School Students

This book could have been titled, 'how to get your pre-teen to fire you as a manager and hire you back as a consultant'. Parents and carers of twelve- to fifteen-year-olds often find their children pulling away and almost disappearing from view. Based on her decades of experience as a Waldorf high school teacher, Betty Staley offers clear explanations for pre-teen behaviour that parents can use to actively support young teenagers. Full of insightful ideas and illuminating examples, this book will guide parents to help their young person over the bridge of early puberty and on to a productive life as a young adult. Far from seeing them as problems to be solved, this book is a celebration of pre-teens and offers a wise understanding of these wonderful, powerful, strange and private souls who are looking for an identity apart from childhood.



Whispers of the Gentle Hour is a collection of gentle bedtime and midday rest stories for children, inspired by Rudolf Steiner's anthroposophy,

the Waldorf world, and the quiet beauty of nature.

Written in a tender, poetic voice, these stories soothe, nurture, and awaken a sense of wonder. Inside, you'll find ten peaceful tales — about little trees who dream of growing tall, rain-listening frogs, patient flowers, kind fireflies, and wandering clouds — each one opening the heart and inviting silence, imagination, and love. Perfect for bedtime, midday rest, naptime, or quiet family moments, these stories create a calming ritual that helps children relax and drift peacefully to sleep. Parents, grandparents, and teachers will appreciate the gentle messages about kindness, patience, mindfulness, connection with nature.

At Bonsai Steiner-Waldorf Kindergarten, the children happily clean their plates at every meal, even when they're served Brussels sprouts or kale! Meals are nutritious, delicious, vegetarian and 100% natural.



This beautifully illustrated cookbook contains over 80 seasonal recipes that celebrate nature: from campfire soup to strawberry ice lollies, swede fries to kale pasta, and green pea cake to cherry focaccia.

Living and eating holistically, in tune with the natural world, is key to the philosophy at Bonsai. Food forms part of play and meals are fun: the children grow vegetables and forage for herbs and berries; they help to peel, chop and bake; food is involved in play and songs, and is celebrated through seasonal festivals.

As well as offering new ways to serve a range of delicious vegetables, grains and fruit, this inspirational book contains a wealth of advice on developing your own food culture and encouraging children to enjoy healthy food.

What's on in Yarra Ranges in May and June



*Winter Solstice
Candle Light Concert*

With **Arielle**
Violinist

June 17th
Wednesday
Session 1. 5.30-6.30pm
Session 2. 7.30-8.30pm

Engaging, family-friendly performance
A cozy, magical winter experience
for all ages, featuring a range of classics beloved
by both adults and children alike

Fiona
Pianist

Book here! 

www.trybooking.com/events/landing/1573119

For a magical winter warming, join us for a spectacular candlelight concert featuring local musical artisan Arielle accompanied with local guest musicians. This 60-minute performance is designed for the entire family to enjoy.



R & C
Sundays

Venue: **MINDFUL AF, Emerald**

REST • RECEIVE • RECONNECT

A HEART-LED CACAO EXPERIENCE TO NOURISH YOUR MIND, BODY & SOUL

- CEREMONIAL CACAO
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FOR THE GIVERS, THE CARERS, THE ONES WHO HOLD SPACE FOR EVERYONE ELSE
It's your time to be held

SUNDAY 31ST MAY
2PM – 4PM
REFILL YOUR CUP.

Come home to you.

BOOK NOW ON HUMANITIX 



 kindred warrior

NOURISH & RESTORE:

Women's Circle

A midweek space to slow down, release the mental load, and reconnect to yourself

27 MAY 2026 | 7:30PM – 9:00PM
231 Main Street Lilydale

kindredwarrior.com.au

  @kindredwarrior.yoga



Three Bridges

\$850,000 - \$920,000

Come Home to Serenity and Nature on over 9 acres

Set on approx. 9.1 acres, (3.69ha) the family home is thoughtfully positioned well back from the road, framed by open paddocks to the front and rear, creating an exceptional level of privacy. Inside, the home features a modern kitchen with generous bench space. Three well-proportioned bedrooms, all with built-in robes, enjoying peaceful views across the surrounding forest and paddocks. Completing the property is a large powered shed offering ample space for vehicles, storage, and recreational equipment, along with water tanks and established vegetable gardens.



Rebecca Doolan
M 0401 832 068
P 5967 1277

3  1  6 



What's on in Warburton and Millgrove in May and June

1 st Sun of month	Warburton Valley Market – 11:00am – 3:00pm
Every Monday	Free Chair Pilates – Redwood Centre Warburton – 12:30pm – 1:20pm
Every Monday	Warby Walkers – meet at Redwood Centre front entrance – 2:00pm
1 st & 3 rd Mon of month	Upper Yarra Rotary Meeting – 7:00pm at Yarra Junction CFA
3 rd Mon of month	Upper Yarra Valley Garden Club – 7:00pm at Oscar's
2 nd Tues of month	Yarra Ranges Film Society – 7:30pm at The Arts Centre Warburton
3 rd Wed of month	Warburton Advancement League meeting – 7:30pm at YREC
Every Wednesday	Warburton CFA training – 7:30pm – 9:00pm
Every Wed and Sat	Upper Yarra Museum (Yarra Junction) 10:00am – 4:00pm
Last Wed of month	River Valley Church – Free Dinner – 6:00pm
Every Thursday	Koha Community Café – Community Dinner from 6:00pm – by donation
1 st Thurs of month	Warburton Emergency Planning Group meeting – 7:00pm at Redwood Centre
Every Friday	Yoga with Sandra Rosa at the Wellspring – 9:30 – 10:30am
Every Friday night	Free Friday Soup Night – Redwood Centre Warburton – from 5:30pm
Every Friday night	Yarra Valley ECOSS Market (711 Old Warburton Rd Wesburn) – 3:30pm – 6:00pm
2 nd Friday of month	Yarra Valley Spoken Word (ECOSS Dome) – 6:00pm – 9:00pm
Every Saturday	Summer Yoga with Kath at the Wellspring – 8:00 – 9:00am
3 rd Sat & 5 th Sun of month	Millgrove Market – 9:00am – 2:00pm
Every Sunday	Warburton CFA training – 9:30am – 11:30am
3 rd Sun of month	Sunday Circle (Mend, Make & Bake) 10:00am – 2:00pm



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Professionals Yarra Valley
Yarra Junction | 03 5967 1800 | Warburton | 03 5966 2800

This month in the Garden



Lucky Dip Garden Jobs

If you have a big garden, a big list of tasks to tackle, or little enthusiasm for garden tidying, why not try making into a kind of game?

Write each of the 9 jobs below onto a separate piece of paper, pop them into a bag, and each day pull out a task to do. It's a lucky dip!

Set a timer and see how much you can get done in ten minutes. We bet once you start, you'll want to carry on a little longer.

Challenge a friend to see who can get the most jobs ticked off their list before the end of the month.

Grab your sharp snips, your garden gloves, a bucket or binbag, and a cuppa - and pick a list below!

Plant or sow or clean

1. Plant up a pot of spring-flowering bulbs like daffodils, ranunculus, and freesia – they need six months of growing before they flower, on average, some like tulips need a spell of cold to trigger buds
2. Sow seeds of cold-hardy veggies like the cabbage family and onions
3. Sow seeds of peas and beans and tomatoes in pots indoors, ready to plant out when the weather warms up.
4. Give your glossy houseplant leaves a gentle wipe with a damp cloth, to remove the dust of summer and help them breathe
5. Wash and sort your empty plant pots ready for sowing seed and repotting plants
6. Sow seeds of cold-hardy veggies like the cabbage family and onions
7. Clean your garden tools, and oil any wooden handles to keep them in good condition for years to come. Sharpen your secateurs, snips, and saws, and clean the blades with disinfectant
8. Sweep up fallen leaves and add them to your compost heap
9. Get groundcover plants in the soil and establishing now - ready to create a cooling living mulch come summer

Create an indoor herb garden

Creating a mason (or other wide opening) jar herb garden is a fun and functional project. Because glass jars lack drainage, the secret is building a solid base of rocks and charcoal to prevent root rot. Place jars in a sunny spot, use high-quality potting mix, and water them lightly when the soil dries.

What You'll Need

- **Glass Jars:** Standard or wide-mouth mason jars (clean and dry).
- **Drainage Base:** Small pebbles, river rocks, or marbles.
- **Horticultural Charcoal:** A thin layer to balance soil pH and prevent bacteria buildup (highly recommended for jars with no drainage).
- **Potting Mix:** Organic, well-draining soil (avoid heavy garden dirt).
- **Herbs:** Small starter plants (like basil, mint, or thyme) or seed packets.

5 Easy Steps to Build Your Garden

1. Establish the Drainage Layer

Since mason jars do not have drainage holes, add 2 to 3 cm of rocks or pebbles to the bottom of your jar. This prevents roots from sitting in excess water.

2. Add Horticultural Charcoal

Place a thin layer (about 1 to 2 cm) of charcoal on top of the stones. This helps absorb moisture, keeps the soil fresh, and prevents bacterial growth and mould in your jar.

3. Fill with Potting Soil

Fill the rest of the jar with your potting mix, leaving about 3 to 5 cm at the top. Make a small well in the centre for your seeds or plant.

4. Plant and Secure

If using starter herbs, gently remove the plant from its original container, massage the roots slightly, and tuck it into the jar. Press the soil down gently. If using seeds, sprinkle a few seeds over the soil and cover them lightly according to the seed packet's instructions.

5. Label and Display

Add a decorative touch by wrapping twine around the rim or applying a Chalkboard Label so you know exactly which herb is which. Place your jars in a sunny indoor or outdoor spot that receives at least 6 hours of direct sunlight daily

More than just a meal: the dining table as a place of learning

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When children are involved in food preparation and have a say in what is eaten, they develop healthy eating habits that last a lifetime – all the more so when eating is associated with a pleasant atmosphere. This is demonstrated by a review by Meints-Korinth et al. (2025) [1]. Far more happens at the dining table than simply eating. It is the place where children gain numerous experiences that will stay with them for life. Here, they encounter the diversity of food and the dining community, right through to their own bodies and needs.

Children learn about a variety of foods by imitating the eating habits of adults. This happens primarily at the dining table and when adults set a good example. While strong flavours, such as those found in Brussels sprouts, may initially be rejected, this can change through adapted dishes and repeated offers. Whilst it is the adults' responsibility to decide which foods are offered, each child should be able to decide for themselves what and how much to eat – without stress or pressure. In this way, a healthy sense of hunger and satiety can be developed from the very beginning. Phrases such as “Finish your meal so we'll have nice weather tomorrow” are counterproductive. Through so-called “nudging” – gently encouraging food intake – adults can foster desired behaviour. This involves providing certain prompts: for example, to encourage vegetable consumption, they can be offered repeatedly or presented in a particularly appealing way. Previous studies show that repeatedly offering a vegetable that is still unpopular promotes its acceptance by the child – even during the weaning phase [2].

At the dining table, mealtimes become a rich sensory experience: smell, appearance, texture, temperature and taste appeal to different senses and stimulate children's already highly sensitive perception. At the same time, general learning can take place. For example, children can learn about religious and cultural eating rituals, such as the traditional lamb served at Christian Easter. Cutting up a pizza helps to teach maths concepts such as sharing and portioning. Food studies can also be easily integrated: where does the banana come from and how is it grown? This can spark a stimulating discussion.

Regular shared meals are genuine spaces for connection, with relationships nurtured through table talk. When everyone feels at ease and can eat in a way that suits them, a pleasant atmosphere is created in which development is possible. This is also the approach of ‘Positive Nutrition’: understanding nutrition as a conscious, self-determined and positive relationship with food. Instead of restrictions, the focus is on trying new things and exploring. Experiencing meals as enjoyable, stress-free moments shared with others thus has a positive effect on health [3].

In addition to the atmosphere, children's involvement and participation are another key element in developing healthy eating habits – ideally from the very start: from drawing up a weekly meal plan, through shopping and preparation, to setting or clearing the table. Children should be given the opportunity to participate in mealtimes in a self-determined manner and with self-efficacy. This not only boosts their self-esteem but also their body awareness: they can learn early on to recognise what is good for them. This reduces the risk of developing eating disorders; one in five children or adolescents in Germany showed symptoms of an eating disorder in a large population survey [4]. It is important in this context to develop confidence in their abilities. Children should therefore be allowed to make their own decisions and gain experience in line with their individual abilities and skills. This requires time and patience. It is therefore a question of the inner attitude of the adults who act as role models, take responsibility and set the boundaries. They ensure that mealtimes become learning opportunities and that the foundations are laid for a healthy future.

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