

# Sweet Porridge



August 2026



Your 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.



LITTLE YARRA STEINER SCHOOL

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Spring has arrived, bringing longer days, fresh green growth, blossoms opening and the familiar hum of bees returning to our gardens.

For this issue of *Sweet Porridge*, I have chosen *bees* as our seasonal theme. These small and remarkable creatures invite us to look more closely at the world around us, at the flowers in our gardens and the quiet activity happening among them. Mine is certainly coming back to life, and as I begin to spot the bees returning, I find myself curious about the important work of pollination happening every day.

Within these pages you will find stories, poems, books and activities inspired by bees and the awakening of spring. We also take a closer look at some of the bees that live here in Australia, along with simple ways we can make our gardens more welcoming to pollinators.

This season feels like a fresh start, a renewed chance to pollinate our own lives with more sunlight, friendship, creativity, art, time in nature, or whatever helps fill our cups.

Wishing us all an inspiring spring season and happy reading!

Sandra Rosa

# Poems

By Emily Dickson

Emily Dickinson (1830–1886) was an American poet known for her close attention to nature, seasons, flowers, birds and small creatures. Bees appear often in her poetry, sometimes playful and sometimes mysterious, as part of the living world she observed so carefully. Her bee poems are full of movement, colour and wonder, making them a lovely companion to a stroll in the garden.

## The Bee

Like trains of cars on tracks of plush  
I hear the level bee:  
A jar across the flowers goes,  
Their velvet masonry

Withstands until the sweet assault  
Their chivalry consumes,  
While he, victorious, tilts away  
To vanquish other blooms.

His feet are shod with gauze,  
His helmet is of gold;  
His breast, a single onyx  
With chrysoprase, inlaid.

His labor is a chant,  
His idleness a tune;  
Oh, for a bee's experience  
Of clovers and of noon!

## The Bee is not afraid of me

The Bee is not afraid of me  
Emily Dickinson  
The bee is not afraid of me,  
I know the butterfly;  
The pretty people in the woods  
Receive me cordially.  
The brooks laugh louder when I come,  
The breezes madder play.  
Wherefore, mine eyes, thy silver mists?  
Wherefore, O summer's day?

## The Pedigree of Honey

The pedigree of honey  
Does not concern the bee;  
A clover, any time, to him  
Is aristocracy.





# Story Time

## The Queen Bee

Brothers Grimm



Two king's sons once started to seek adventures, and fell into a wild, reckless way of living, and gave up all thoughts of going home again. Their third and youngest brother, who was called Witling, and had remained behind, started off to seek them. When at last he found them, they jeered at his simplicity in thinking that he could make his way in the world, while they who were so much cleverer were unsuccessful. But they all three went on together until they came to an ant-hill, which the two eldest brothers wished to stir up, that they might see the little ants hurry about in their fright and carrying off their eggs, but Witling said,

"Leave the little creatures alone, I will not suffer them to be disturbed."

And they went on farther until they came to a lake, where a number of ducks were swimming about. The two eldest brothers wanted to catch a couple and cook them, but Witling would not allow it, and said, "Leave the creatures alone, I will not suffer them to be killed."

And then they came to a bee's-nest in a tree, and there was so much honey in it that it overflowed and ran down the trunk. The two eldest brothers then wanted to make a fire beneath the tree, that the bees might be stifled by the smoke, and then they could get at the honey. But Witling prevented them, saying, "Leave the little creatures alone, I will not suffer them to be stifled."

At last the three brothers came to a castle where there were in the stables many horses standing, all of stone, and the brothers went through all the rooms until they came to a door at the end secured with three locks, and in the middle of the door a small opening through which they could look into the room. And they saw a little grey-haired man sitting at a table. They called out to him once, twice, and he did not hear, but at the third time he got up, undid the locks, and came out.







Without speaking a word he led them to a table loaded with all sorts of good things, and when they had eaten and drunk he showed to each his bed-chamber. The next morning the little grey man came to the eldest brother, and beckoning him, brought him to a table of stone, on which were written three things directing by what means the castle could be delivered from its enchantment. The first thing was, that in the wood under the moss lay the pearls belonging to the princess, a thousand in number, and they were to be sought for and collected, and if he who should undertake the task had not finished it by sunset, if but one pearl were missing, he must be turned to stone. So the eldest brother went out, and searched all day, but at the end of it he had only found one hundred; just as was said on the table of stone came to pass and he was turned into stone. The second brother undertook the adventure next day, but it fared with him no better than with the first; he found two hundred pearls, and was turned into stone.

And so at last it was Witling's turn, and he began to search in the moss; but it was a very tedious business to find the pearls, and he grew so out of heart that he sat down on a stone and began to weep. As he was sitting thus, up came the ant-king with five thousand ants, whose lives had been saved through Witling's pity, and it was not very long before the little insects had collected all the pearls and put them in a heap.

Now the second thing ordered by the table of stone was to get the key of the princess's sleeping-chamber out of the lake.

And when Witling came to the lake, the ducks whose lives he had saved came swimming, and dived below, and brought up the key from the bottom. The third thing that had to be done was the most difficult, and that was to choose out the youngest and loveliest of the three princesses, as they lay sleeping. All bore a perfect resemblance each to the other, and only differed in this, that before they went to sleep each one had eaten a different sweetmeat, the eldest a piece of sugar, the second a little syrup, and the third a spoonful of honey. Now the Queen-bee of those bees that Witling had protected from the fire came at this moment, and trying the lips of all three, settled on those of the one that had eaten honey, and so it was that the king's son knew which to choose. Then the spell was broken; every one awoke from stony sleep, and took their right form again.

And Witling married the youngest and loveliest princess, and became king after her father's death. But his two brothers had to put up with the two other sisters.

# Bees Around Us

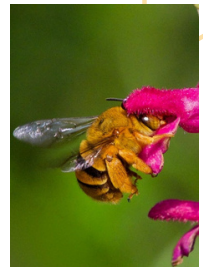
## Native Australian Bees

*Some Australian native bees are solitary bees, meaning they don't live as a colony in a nest or hive, nor do they have Queen or worker bees. Thanks to their evolution over hundreds of years in Australia, they come in a range of sizes from 2mm to 4cm long and can be fluffy, shiny, single-coloured or brightly coloured.*

*A few types include:*

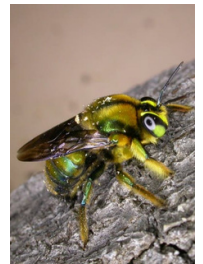
### Teddy Bear Bees

With their round, furry bodies, Teddy Bear Bees certainly live up to their name. They are native to Australia and can be found across most of the country. Teddy Bear Bees use a special method called buzz pollination. They vibrate their bodies against a flower, helping shake loose the pollen hidden inside. Plants such as tomatoes, capsicums and blueberries can benefit from this kind of pollination.



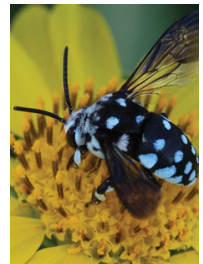
### Carpenter Bees

Carpenter Bees are some of Australia's most striking native bees. They have beautiful metallic green and golden colouring. They get their name from the way they make their nests, burrowing into wood to create a safe place for their young.



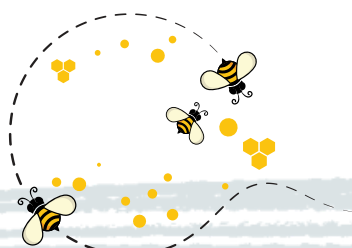
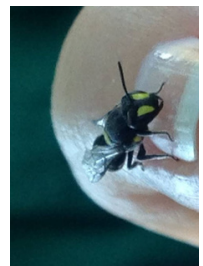
### Cuckoo Bees

The Cuckoo Bees are decorated with beautiful blue and white spots or stripes. Like the cuckoo bird, they have an unusual way of raising their young: instead of building their own nests, they lay their eggs in the nests of other bees.



### Quasihesma Bees

Some native bees are remarkably small. The Quasihesma Bee is the Australia's smallest native bees and can be less than 2 millimetres long. It lives in northern Australia and can often be found visiting eucalypt flowers.



# 10 Reasons Why Bees Are Worth Buzzing About

by Charlotte Milner



While they may be small, bees' special relationship with plants makes them hugely important to our planet. Bees are incredibly industrious, brilliant at building, super social, and – most importantly – responsible for a third of every mouthful of food you eat! But bees are in decline across the world. It is important that we understand the world of bees not only to help support them but also because it's a fascinating example of our natural environment at work. As you'll see below, there are plenty of reasons to be buzzing about nature's hardest worker.

1. There are around twice as many species of bees as there are species of birds. In fact, there are around 20,000 different species of bees. But when most of us picture a bee, a furry, black and yellow striped insect comes to mind. Yet with such an enormous variety of bees found all over the world, they can look and behave very differently. The smallest of bees is just 2 millimeters long while the largest is 20 times bigger. Some bees work alone and some, like the honeybee, work together in huge colonies.
2. Bees are the world's top pollinators. After 100 million years of evolution, bees are the perfect pollinators. Their longstanding relationship with plants makes them perfectly adapted to recognize flowers and collect pollen; the length of a bee's tongue is even adapted to what flower they feed on. By effectively moving pollen from flower to flower, bees allow plants to reproduce over long distances.
3. Honeybees are the ultimate social species. There are about 35,000 honeybees in a colony, all working together for the survival of the colony. There are three types of bee in a hive – workers, drones, and the queen – and each has a distinct role in keeping the colony healthy.
4. Honeybees and humans have a special relationship. Honeybees have been sweetening our lives for 13,000 years. Beekeeping has allowed us to collect and enjoy the hive's golden treasure: honey. Even the Ancient Egyptians enjoyed the sweet reward of honeybees' hard work and would offer honey to the gods.



**5.** It takes the lifetime's work of 12 honeybees to make one teaspoon of honey. Honeybees need to store honey in order to survive the colder months, and it's so important to the survival of the colony that worker bees spend most of their lives making honey by collecting nectar from flowers. Next time you buy honey, put some thought into the efforts that went into making it: It takes 55,000 miles of flying for honeybees to make one jar of honey!

**6.** In a colony, all of the workers are female. If you see a honeybee, it is most likely female. In fact, most of a colony is made up of female worker bees. These busy bees have the most jobs to do, which include cleaning and guarding the nest, collecting nectar, and making honey. The male bees (drones) are only around during the summer, when they mate with a queen. Come autumn, the females kick them out of the nest.

**7.** The queen is the mother of every bee in the hive. A queen honeybee is responsible for populating the colony and lays up to 2,000 eggs every day. This supermom can even control whether an egg will hatch into a male drone bee or a female worker bee.

**8.** Honeybees communicate by dancing. A honeybee does the waggle dance to tell another bee where to find the best flowers. By walking around in loops and shaking their furry bodies, they can communicate the direction of flowers and how far away they are. From inside the dark hive, the colorful outside world is mapped out using some smart dance moves!

**9.** One third of the food we eat has been made thanks to pollinators such as bees. Bees are busy pollinating a huge range of plants vital to humans. Many of these plants include crops that are collected and sold as food. Without bees, mealtimes would be a lot less colorful, as we could lose many types of fruit and vegetables.

**10.** Bees help create habitats for birds, insects, and mammals. Not only are bees important to the production of food through pollination, they also support a huge variety of wildlife. If we take a look at the bigger picture, we see that by pollinating wildflowers, bees help to create natural areas where other animals can live and find food.





## Wool Bee Mobile

### You will need:

- Yellow wool or yarn
- Black or dark brown wool or yarn
- A little white wool, felt or tissue paper for wings
- A small piece of cardboard
- Scissors
- Needle and thread or string
- A small branch or wooden hoop for hanging



1  
Cut a small oval piece of cardboard, about 4–6 cm long. Wrap yellow wool around the cardboard until it is nicely covered.



2  
Add a few wraps of black or dark brown wool to create the bee's stripes.



3  
Tie the wool firmly around the middle and slide it carefully off the cardboard.



4  
Trim and shape the wool so it forms a soft little bee body.



5  
Cut two small wing shapes from white felt, tissue paper, tracing paper or thin fabric.



6  
Tie or stitch the wings onto the middle of the bee.



7  
Add a hanging thread through the top.

### Make the mobile

Find a small fallen branch with an interesting shape. Tie each bee to the branch at a different height, then add a longer piece of string at each end of the branch so it can hang.

You could also add a few felt leaves, small wool flowers or little beeswax flowers between the bees.





# Recipe

## Honey and Oat Biscuit

These Honey and Oat biscuits are quick, easy and never last long. They can be kept in the freezer for a month.

### Ingredients

- 250g butter (softened)
- 1 egg
- 1 cup Ironbark honey
- 2 tsp vanilla
- 1 1/2 cup coconut moist flakes
- 2 cups plain flower
- 2 cups quick oats
- 1 tsp baking powder
- 1tsp baking soda
- 1/4 tsp salt

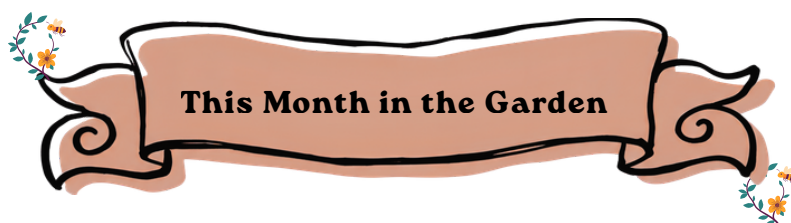


### Method

- Preheat oven to 180 degrees Celsius
- Grease baking tray or line with baking paper
- Beat butter until fluffy
- Add egg, honey, vanilla and beat together
- Add dry ingredients and mix well. Do not overmix
- Roll mixture into balls and place on tray, flatten slightly and allow room for spreading
- Bake for 15-20 minutes or until golden brown
- Allow to cool on trays before transferring to wire rack. Store in an airtight container







## **HOW TO PLANT A BEE-FRIENDLY GARDEN**

### *Tips on a Bee-Friendly Garden*

A backyard garden can become a haven for native bees. It can provide a long-lasting and varied source of the nectar, pollen and building materials that bees need. A well-planned garden can be even better for the bees than natural bushland, where the trees and shrubs may all flower at once and little may be available at other times of the year. Here are some tips to help you plan your Bee-Friendly Garden.

### **Five Tips for a Bee-Friendly Garden**

#### **1. Select plants that flower right through the year.**

Many native bees need nectar and pollen throughout the year. Although many of the solitary species, such as Blue Banded Bees and Resin Bees, only fly in the warm months, others, such as Stingless Bees, Reed Bees and Carpenter Bees, fly on warm days all year round. So choose plants with a long flowering period, or choose a selection of plants that will flower in sequence in each season of the year.



*Grevillea 'Poorinda Royal Mantle' is a low spreading shrub that provides copious nectar to bees for most of the year.*



Native bees enjoy exotic flowers as well as native flowers. Indeed, even weed flowers can help support native bees! Dandelions are tough, drought-tolerant and long flowering. Stingless Bees and Lasioglossum Bees love them. So it is a good idea to consider the seasonal conditions and the availability of other flower resources thoughtfully, when you weed your Bee-Friendly Garden.

#### **2. Select flowers with a variety of colours and shapes.**

Different kinds of native bees like different kinds of flowers.

- Some have short tongues and like shallow flowers such as daisies, tea tree (Leptospermum) and Eucalypt blossom. Others have long tongues and like tubular flowers such as Coastal native rosemary (Westringia), lavender and salvia.
- Some prefer blue or purple flowers. However, mauve, pink, yellow and white flowers are also popular.
- Some native bees have strong preferences for a particular native flower. However many will happily visit a wide range of both exotic and native flowers.







### 3. Plant a group of each flower species.

If you can plant a bed or row of a particular flower, this will attract native bees more easily than scattered plants. However, even a small Bee-Friendly Garden will help the bees, as they will visit your garden along with those of your neighbours.



This row of Abelia shrubs provides substantial, long-lasting nectar and pollen resources during summer at the Australian Native Bee Research Centre.



The soft leaves of this Salvia provided ideal nesting material for some local Leafcutter Bees. Salvia flowers are also popular with a wide range of bees.

### 4. Select plants that provide nesting materials for the bees too.

In addition to nectar and pollen, some bees need collect materials to build their nests. Leafcutter Bees cut small circular or oval-shaped pieces of soft leaf to construct nest cells for their young. They particularly like the leaves of rose bushes, Buddleja, Bauhinia, Desmodium and wisteria. Resin bees need to collect resin from trees to construct their nests. We sometimes collect some resin from our Stingless Bee hives and put this out for the Resin Bees to use.

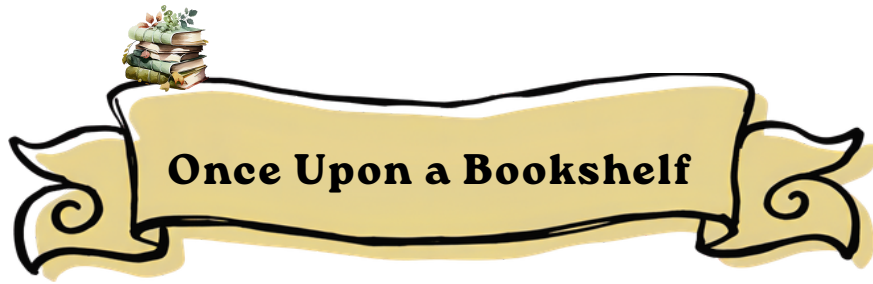
### 5. Avoid insecticides in your Bee-Friendly Garden.

Insecticides will kill native bees as well as garden pests. Try to avoid using any insecticides in your garden. However, if you really have to use one, choose an insecticide that has low toxicity for bees, try to apply it when bees are not active (such as at night or on a cold day) and avoid spraying the flowers of the plant.



Natural predators such as this solitary wasp can help a gardener avoid using insecticides. Wasps like these catch caterpillars and other garden pests to feed to their young, and they often nest in Bee Hotels along with the native bees. Other natural garden predators include ladybirds, flies, lacewings and preying mantis.





## Once Upon a Bookshelf

*Discover a selection of beautiful stories and thoughtful reads from our library. Whether you're looking for adventure, wisdom, or inspiration, these books invite readers of all ages to explore new worlds and timeless ideas.*

Spring is a season of awakening, movement and new life and few creatures capture its spirit quite like the bee. These gentle, nature-inspired books invite children to slow down, observe closely and discover the beauty of bees, flowers and the changing season.

Whether read aloud together or explored quietly, each one offers a lovely way to deepen our connection with the small but important lives buzzing around us.

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### The Honeybee

**Kirsten Hall, illustrated by Isabelle Arsenault**

A lyrical and beautifully illustrated journey through the life of a honeybee, from flower to hive and back again. Its rhythmic language and gentle celebration of the natural world make it especially lovely for reading aloud.



### The Bee Who Spoke

**Al MacCuish, illustrated by Rebecca Gibbon**

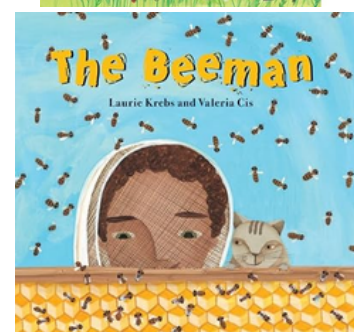
A whimsical story about a child's encounter with a bee and the wider natural world. Gentle, imaginative and full of wonder, it encourages children to notice the small living things around them.



### The Beeman

**Laurie Krebs, illustrated by Valeria Cis**

A warm story about a child learning from a beekeeper about hives, honey and the work of bees. With its simple storytelling and traditional illustrations, it offers an inviting introduction to beekeeping and the seasonal rhythms of the hive.



# Music Register

## Instruments for Sale

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

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

### VIOLINS

- **1/4 Size Violin** – Hard foam case, good condition. \$250.

Contact Crystal – 0416 361 012

- **1/2 Size Enrico Violin** – Hard case, shoulder rest, bow, rosin and new strings. \$120.

Contact Kaku – 0435 798 714

- **1/2 Size Skylark Violin** – Bow, shoulder rest, rosin and hard case. Good condition. \$70.

Contact Vasudha – 0451 944 051

- **Full Size (4/4) Prelude Violin** – Copy of Stradivarius. Bow and case included. Valued at \$2,500. Selling for \$1,500.

Contact Aladdin Jones – 0490 123 199 or Tessa Priest – 0405 390 348

- **Full Size (4/4) Gliga III Violin**, Romania 2011 – very good condition, including the case and C.O.Reichel bow. \$250.

Contact Claudia – 0400 339 235

### VIOLA

- **1/2 Size Gliga III Viola** (Romania, 2010) – Includes case, bow, shoulder rest and rosin. \$250.

Contact Naomi – 0421 424 544

### CELLOS

- **1/4 Size Salieri Cello** – Bow and semi-hard case included. Excellent condition. \$550.

Contact Monique – 0401 353 698

- **1/4 Size Chamber Student Cello** – Bow and soft case. \$400 negotiable.

Contact Cat – 0403 334 808

- **1/4 Size Cello** – Hard foam case and bow included. \$350.

Contact Crystal – 0416 361 012

- **1/4 Size Chamber Student Plus Cello** – Great condition. \$700.

Contact Nadine – 0423 539 718

- **1/4 Size Chamber Cello** – Hybrid Case – Good condition. \$575.

Contact Amber – 0417 590 359

- **1/2 Size Chamber Student Cello** – Bow, rosin and hard case included. Very good condition. \$750 ono.

Contact – 0458 254 828

- **1/2 Size Chamber 300 Cello** – Hybrid hard case included. Excellent condition. \$1,000.

Contact Victoria – 0411 016 299

- **1/2 Size Cello** – Serviced.

Contact Rosemary – [rbrennanherrera@gmail.com](mailto:rbrennanherrera@gmail.com)

- **3/4 Size Skylark Cello** – Case and bow included. \$400 negotiable.

Contact Luna – 0433 337 161

- **3/4 Size Arco Cello** (Animato Strings) – Hard foam case and bow included. \$550.

Contact Liz – 0401 054 881 or [lizmynes3357@gmail.com](mailto:lizmynes3357@gmail.com)

- **Full Size (4/4) Enrico Student Plus II Cello** – Near new. Bow and hard foam case included. \$800.

Contact Liz – 0401 054 881 or [lizmynes3357@gmail.com](mailto:lizmynes3357@gmail.com)

- **3/4 Size Chamber Student 300S Cello** – Semi-hard case included. \$750 ono.

Contact Kelly – 0414 391 039

- **7/8 Size Cello** – Includes stand and bag. \$888.

Contact Loene – 0433 510 501

### GUITAR

- **Yamaha Steel 6 string guitar** – Good Quality. Well loved, playable, nice action (but needs new strings). No case. Very good condition. \$250. Please email Max on [nsu.maxx@gmail.com](mailto:nsu.maxx@gmail.com). Thanks for your interest.

### BASS GUITAR

- **SX Electric bass guitar** – With soft case and practise amp. Plays well and good for beginners. Very good condition. \$250. Please email Max on [nsu.maxx@gmail.com](mailto:nsu.maxx@gmail.com). Thanks for your interest.

### BANJO

- **Oakridge 5 string (steel string) banjo** – With humble 'Mother of Pearl' inlay, hard case & currently has nylon strings (for that 'Old-Timey' sound, Yee Hah!!). very good condition. \$250. Please email Max on [nsu.maxx@gmail.com](mailto:nsu.maxx@gmail.com).

### PIANO

- **Victor Upright Piano**, fully reconditioned, all felt on keys and some of the ivory on keys professionally renewed, some strings replaced, concert pitch tunes, in very good condition, plays well, beautiful warm sound, no longer needed as we have another piano. \$1100. Pick up from Yarra Junction. Sonja 0417 434 272.

- **Korg D1 88 Note Weighted Key Stage Piano** with case and stand, brand new condition. \$999 ono. Contact Stephanie on 0490 533 697.





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](mailto:registrar@lyss.vic.edu.au)  
(03) 5967 1953



[www.lyss.vic.edu.com](http://www.lyss.vic.edu.com)



You, your Family and Friends are invited to join us for a **SPRING  
CLEANING WORKING BEE**  
at the **MICHAEL CENTRE.**

**Saturday September 5<sup>th</sup>, 11am till 3pm**  
37A Wellington Park Drive, Warranwood



There is plenty to be done including clearing up branches and leaves on the grounds, cleaning windows, cobwebs, gardening, weeding, sweeping paths and other tasks both big and small ...  
it should be so much fun as we all work and socialise together!!

We will conclude with afternoon tea and cakes and a short discussion for those who wish to stay.

Let's love the Michael Centre up in preparation for the warmer weather ahead.

Please RSVP to Con 0419 007445.

# Michael Festival

*"It is now time for me to haste away from this environment, for whensoever his sight can think*

*killeth me." - Ahriman from the forth mystery drama by Rudolf Steiner*



*"Fire in the Heart" - by Birgith Lugosi*

We warmly invite you to participate in this  
years festival of St Michael.

Birgith Lugosi will present a lecture for us;  
The path the seeker of the spirit walks.

The Drama group, directed by Johanna  
Schaefer, and the Aurora Australis  
performing artists will create a scene from  
Rudolf Steiners Mystery Play - The Soul's  
Probation.

Stay on for afternoon tea and a chat

*\*The Mystery Dramas by Rudolf Steiner are an Initiation  
path from different individuals meeting karmically again in  
the present time. The first two Mystery Dramas were  
spiritually perceived through Rudolf Steiner. The third and  
forth dramas he wrote himself.*

## Sunday 11th October 2026 3pm

### VENUE

2 Union Street Kew  
Parking available at Kew Library

### PRICES.

Members \$30  
Friends \$35  
(pre-pay or cash at the door)

### BOOKINGS & ENQUIRIES

Call Birgith Lugosi  
0448 844 453

Email  
birgith.lugosi@gmail.com

### MAKE PAYMENTS TO

BSB 633000  
Acc No. 207414764

*This course is for anyone who is interested in exploring*  
**The Spiritual Essence of the Word**



We form words via the alphabet and each letter expresses an underlying spiritual etheric substance in movement.

Curative Eurythmy was developed by Rudolf Steiner arising from an understanding of the health-giving strength of the Word in relation to Spiritual Science.

This term we invite you to explore the deep spiritual significance of the alphabet through Eurythmy and the healing sequences contained within it.

**- Birgith Lugosi.**

**4 WEEKS 2 OPTIONS**

Monday mornings 10am - 11.30am

Starting 5th October

Or Saturday mornings 10am - 11.30am

Starting 10th October

**COST**

\$200 for 4 weeks

**VENUE**

Aurora Australis

2 Union Street Kew

Parking available at Kew Library

**BOOKINGS & ENQUIRIES**

Call Birgith Lugosi 0448844453

Email [birgith.lugosi@gmail.com](mailto:birgith.lugosi@gmail.com)





# COMMUNITY MARKET DAY



## ECOSS Valley Market

### **Date & Time**

4th Saturday of the month, 10:00 AM – 2:00 PM

### **Location**

Yarra Valley ECOSS, 711 Old Warburton Road, Wesburn

### **Highlights**

Local produce, artisan foods, sustainability, permaculture, community workshops.

[ecoss.org.au](http://ecoss.org.au)



ECOLOGICAL &  
SOCIAL  
SUSTAINABILITY



## Millgrove Market

### **Date & Time**

Selected Saturdays, 8:00 AM – 2:00 PM

### **Location**

3060 Warburton Highway, Millgrove

### **Highlights**

Handmade crafts, local produce, plants, community atmosphere.

[ourranges.com.au](http://ourranges.com.au)

## Warburton Valley Market

### **Date & Time**

Monthly (check current dates)

### **Location**

Warburton Arts Centre, 3409 Warburton Highway, Warburton

### **Highlights**

Handmade goods, local artists, food stalls, live music.

[warburtonvalleymarket.com.au](http://warburtonvalleymarket.com.au)



## Upper Yarra Community Market

### **Date & Time**

2nd & 4th Sunday of the month, 8:00 AM – 2:00 PM

### **Location**

1 Park Road (adjacent to Recreation Reserve), Yarra Junction

### **Highlights**

Fresh produce, handmade crafts, plants, family-friendly atmosphere.

[www.upperryarracommunitymarket.com.au](http://www.upperryarracommunitymarket.com.au)

# Studio For Rent

Hoddles Creek

One bedroom, furnished, Bungalow / Studio

**\$250 per week**

Terms negotiable

For more information call 0458 698 478

Thanks,  
Janet



 **Professionals**

**Care You Can *Count On***

Selling or Buying?  
Make your move with Yarra Valley experts.

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

## Invitation to parents of the Little Yarra Steiner school to become directors of Together for Wildlife



After 20 years, and raising over \$4.5 million for wildlife, **Together for Wildlife** is launching its website in a couple of weeks. We are seeking two directors who are passionate about wildlife and conservation to join our board as we become more online focused.

Please email [Lauriewebbbushpoet@gmail.com](mailto:Lauriewebbbushpoet@gmail.com) with your expression of interest.

### **Our history and achievements**

Judith Eardley had a lifelong passion for wildlife conservation. After her early death, friends established the Judith Eardley Save Wildlife Association (JESWA) in her honour in 2000. Over 17 years, the association raised over \$4.5 million through the sale of books and artworks in Healesville and Yarra Glen.

JESWA's mission was to purchase land and fund projects protecting endangered species and their habitats — from Victoria's Yellingbo Nature Conservation Reserve (helmeted honeyeater) and South West Victoria (Red-tailed Black Cockatoo), to Queensland's Mon Repos turtle project and the Charles Darwin Reserve in WA. Internationally, JESWA supported an Orangutan Sanctuary in Kalimantan, Moon Bear releases in Southeast Asia, and Tree Kangaroo conservation in Papua New Guinea. This work earned recognition from the International Fund for Animal Welfare and two Shire of Yarra Ranges Awards.

When the retail landscape changed, JESWA wound down its shopfront. With the support of Healesville Rotary, the organisation has since been restructured and relaunched as Together 4 Wildlife — with a new board, a new online presence, and the same founding principle: 100% of all funds raised go directly to wildlife projects.

We continue to support individuals, groups, and organisations working to protect endangered species and their habitats. Together 4 Wildlife is an incorporated Not-for-Profit, currently seeking Charitable Organisation status.

*Laurence Webb, Director*



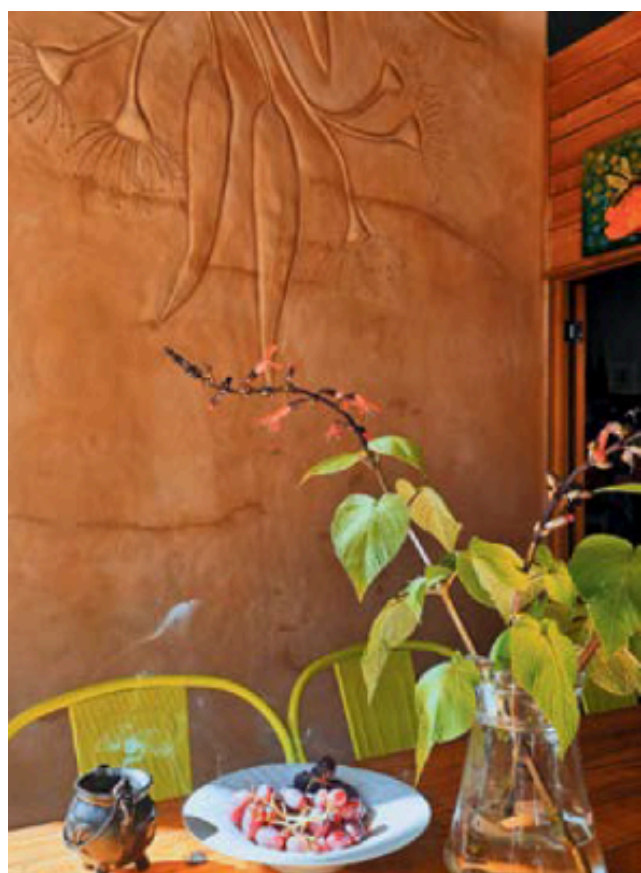
## SUPPORTING OUR LOCAL COMMUNITY BUSINESSES

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21 Bell St, Yarra Glen VIC

[www.novelnook.com.au](http://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 &<br>Bodywork | Herbal Remedies   |
| Moxibustion           | Immune Support    |
| Energy Healing        | Nourishing Broths |
| Herbal Consults       | Local Herbs       |
| Yoga Classes          | Skincare          |
| Events &<br>Workshops | Natural Incense   |
|                       | Ritual Tools      |
|                       | Artwork           |



Scan to book  
or shop

The Wellspring  
WARRBUSTON





## Connected Travel with Nada

*Specialising in Family Travel with Tweens and Teens*

- Are you planning a family holiday?
- Dreaming of exploring Europe together?
- Love travelling through Asia Pacific?
- Need expert family travel advice?
- Want to make sure everyone's needs are catered for on the holiday?

I help families with tweens and teens experience travel that actually works for older kids — think immersive cultural experiences, real adventures, and yes, the occasional theme park. I design itineraries that balance teen energy with family connection, attending to every detail so the whole family comes home happy.

Feel free to join my Facebook Group: **Travel with Tweens & Teenagers: Family & Multigenerational Holidays** by scanning the QR code



✉ [nada.cottrill@connectedtravel.com.au](mailto:nada.cottrill@connectedtravel.com.au)  
 🌐 <https://nadacottrill.connectedtravel.com.au/>



### 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](mailto:sweetporridge@lyss.vic.edu.au)

# Family Constellation Therapy

*Opening inner doors  
so life can flow again.*

Family Constellation reveals hidden family dynamics and patterns that may be influencing your emotions, relationships and choices.

It may support you with:



Repeating relationship  
or family patterns



Feeling stuck  
or overwhelmed



Grief, anxiety  
or inner conflict



Finding clarity  
during times of change



SANDRA ROSA  
SACRED CONNECTIONS

Sessions with Sandra Rosa – Sacred Connections  
Online or in-person (Yarra Valley)

☎ 0410 951 128

✉ sandrarosa.info@gmail.com

📱 @sandrara.welcome



*For anyone*

who feels ready to  
understand, release  
and move forward  
with more clarity  
and connection.



FREE  
15-MINUTE  
CONSULTATION

*Let's connect.  
I'd love to hear from you.*

*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

## Reconnecting to Life

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

I support you in understanding the landscape of your nervous system, restoring your well-being, and rediscovering yourself beyond the chronic condition.

[reconnectingtolife.com](http://reconnectingtolife.com)

Norma: +61 45 244 2317

Whatsapp: +64 210 884 3185

[norma@reconnectingtolife.com](mailto:norma@reconnectingtolife.com)





## MEDITATION FOR CHILDREN

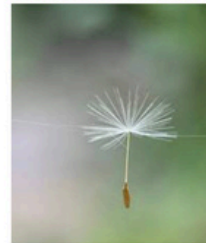
**Saturday 5 September**  
**10am-11.30am**



- ✦ Creative guided meditation
  - ✦ Animal/nature affirmation cards
  - ✦ Artistic activity
  - ✦ A touch of yoga
- Located in Wesburn*  
*Contact Tammy 0490 402 331*



## School Holiday meditation | art | nature



THURSDAY 24 SEPTEMBER  
9am~2pm  
WESBURN

✦  
ENQUIRIES TAMMY 0490 402 331

*Don't forget to fill your own cup*

*You are allowed to slow down.  
You are allowed to receive.*

*You are allowed to take time out, without needing to give anything back*

**Join us for nourishing monthly  
Cacao Ceremony &  
Sound Journey Events**

**Mt Evelyn Public Hall ~ Sunday Afternoons**

**Experienced Facilitators**

Ange - SanaMEAA is a Holistic Health Coach and Energy Healer, passionate about self-care, self-love, and the healing power of nature, guiding others to live more balanced & fulfilling lives.



[www.soulfoodhealing.com.au](http://www.soulfoodhealing.com.au)

Anita - AnSaRA is a Breakthrough Coach and Chakra Energy Healer, known for creating powerful shifts, breaking patterns, unwinding trauma, helping to create clarity & empowerment.

[www.whhnz.com](http://www.whhnz.com)

We create heart-led experiences to help you slow down, reconnect, and come back to yourself.



Scan for Monthly Event details



## IN-SPIRIT ELEMENTS

BREATHE. RELEASE. AWAKEN.



SUNSHINE COAST | SEP 10

*The Elements*  
**Are Calling You...**

Are you feeling tired, stressed and overwhelmed with life?

Are you constantly giving to others and feeling like your own cup is empty?

Or maybe you are looking for some more adventure?

We created the In-Spirit Elements experience so you can unplug from the busy world for 5 nights and fully immerse in the magic of nature.

🧘 Silencing the busy mind.

🌬 Coming back to your breath.

💖 Back to your heart.

👤 Choosing YOU!

*This is an opportunity to...*

RECONNECT. RECHARGE. REMEMBER WHO YOU ARE.



5 NIGHTS. NATURE. BREATHWORK. CONNECTION. TRANSFORMATION.

**MORE INFO & REGISTER HERE** → <https://bit.ly/InspiritSunshineCoast>



## The Christian Community in the Yarra Valley

Our activities are held at:  
Little Yarra Steiner School  
205 Little Yarra Road, Yarra Junction

### Saturday Service - 29th August 2026

#### 10am: The Act of Consecration of The Human Being

(please arrive at least 5 mins before)

**11am:** Morning-tea & Conversation - please bring a shared plate if you can.

**11.30am:** Talk: The Human Being was Made for Joy and Woe (Blake) -  
contemplation with Cheryl Nekvapil.

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

### Monday Night Study Group - 10th August, 14th September ...

The **2nd Monday every month, 7pm for a social 30 mins, 7.30pm start**, Movement Room, Primary School. We are currently studying Emil Bock's The Rhythm of the Christian Year. PDF's are available for those that do not have the book.

### Wednesday Night Study Group - 26th August, 23rd September ...

The **4th Wednesday every month, 7pm for a social 30 mins, 7.30pm start**, Movement Room, Primary School. Study is on the Gospel readings of the Festival we are studying on the Monday night.

All Welcome. Each study group evening may be attended independantly.  
Donations for attendance are gratefully received for the work of The Christian Community, Melbourne and in Australia.

For more information please contact: Rev. Darryl Coonan: 0447 881 957 or  
Lisa Ni Conchuir 0412 209 761

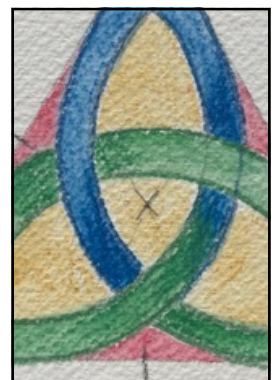
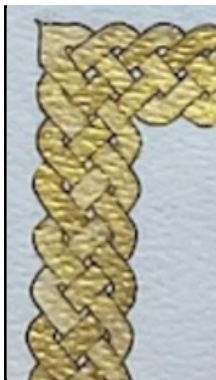
**Our Community is very grateful to  
The Little Yarra Steiner School for their support. Thank you!**



# Creating Celtic Knots

September 5th & 12th 10am - 4pm

The Boardroom, ECOSSE, 711 Old Warburton Road, Wesburn



**In this 2 day workshop you will learn to draw, design and decorate Celtic knots.**

**Day 1 you will learn a variety of design techniques on paper with pencil.**

**Day 2 we will continue with further design ideas and you will be guided through a process to design your own illuminated letter and words with your own Celtic knot designs.**

**Day 1 may be taken as a single workshop but is a prerequisite for Day 2.**

**Come and join us in a relaxing and beautiful space to explore creativity, design and beauty with this traditional art form.**

**\$150/\$120 conc. (Day 1 only - \$75/\$60 conc.)**

Morning tea provided. BYO lunch or enjoy a taco from Tonantzin Chocolate (a short stroll away).  
Upon booking a basic materials list will be sent to you for purchase.

**Bookings and information please call Lisa Ni Conchuir 0412 209 761 or  
email: [elementalliving.lisa@gmail.com](mailto:elementalliving.lisa@gmail.com)**

Lisa has been a member of the Calligraphy Society of Victoria for many years and loves working with and sharing the traditional skills of calligraphy and illumination.



*The School of Biodynamic Gardening*  
*Gardening with the Spirit*

# Introduction to Biodynamic Practice & Planting

**Saturday 19th September 2026**



## **You will learn to:**

- \*An introduction to Biodynamic practices
- \***Understand and use the Biodynamic Planting Calendar.**
- \*Work with the rhythms of the Earth & Cosmos to enhance plant vitality.
- \***Seed sowing & Planting skills for your Flower, Herb & Veggie Garden.**
- \*Inner Practices for Perceiving Nature
- \***Lots of time for your Garden questions.**
- \*Take home your seed sowing from the day.
- \***Includes Morning tea & Lunch** from our Biodynamic garden.

*This workshop is learning Biodynamic theory and putting it into practice!  
Learn how to enhance human, plant, soil and atmospheric health whilst  
deepening your connection with the Spirit in Nature.*

**Venue: Gladysdale Farm - 90 mins from Melbourne in the beautiful Yarra Valley.**

**Workshops - \$140.00 full, \$100.00 conc.**

For more information and bookings please contact Lisa

Ph: 0412 209 761

email: ~~elementalliving.lisa@gmail.com~~

~~elementsofliving.com.au~~

**SUPPORTING OUR LOCAL COMMUNITY BUSINESSES**

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# TONANTZIN

## CHOCOLATE HOUSE



### NEW OPENING HOURS

FRI 3.30PM-6.00PM

SAT 9.00AM- 3.00PM



COFFEE

TACOS

CHOCOLATE

HOT CHOCOLATE

COLD DRINKS

711 Old Warburton Rd, Wesburn, 3799





# Professionals

## Local Knowledge. Trusted *Experience.*

With nearly **20 years** of real estate experience, Suzie is an award-winning agent known for her personable approach and unwavering support for her clients. She brings strong negotiation skills, a deep appreciation for both people and property, and a true passion for the beautiful Yarra Valley.

Beyond real estate, Suzie and her family are deeply connected to the local community. Her partner, Shar'lee, teaches Kinder/Prep at Little Yarra Steiner School, where their daughter Jazz also attended.

Backed by a strong track record of referrals from buyers and sellers alike, **Suzie is a fantastic guide to support you through your next property transaction.**



If you would like to chat about your property journey obligation free, don't hesitate to *reach out.*

**Suzie Brannelly**

0422 847 773

**Professionals Yarra Valley**

03 5967 1800

2460 Warburton Highway, **Yarra Junction** VIC 3797

03 5966 2800

3414 Warburton Highway, **Warburton** VIC 3799

