



# NEWSLETTER

Term 3 Week 6

23 August 2019

## A RICH WEEK OF ACTIVITIES AT SVSS

Last week we celebrated the official opening of the Music Building, a wonderful achievement and a credit to our architect and builder, Paolo Denti and Murray Bailye. Pep gave a wonderful speech acknowledging the importance of music in our school and this was followed by an incredible music concert, brought together by our inspiring music staff. Students and teachers performed and feedback from this event was exceptional. Special thanks to Zoe and Karen for organising all aspects of the concert to bring together such an exceptional repertoire.



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This week we have Class 5 attending the Noosa Pengari Steiner School for the interschool Ancient Olympic Games Camp. They will join other Steiner schools to form six Greek city states and battle it out in activities such as the Standing Broad Jump, Javelin, Discus, Wrestling, Relay and of course the Marathon.

I look forward to hearing their tales when they return.



Also, this week we have our Primary School Assembly, Book Week and the opening of the new Early Childhood Building on Friday. As I am writing this newsletter I have seen so many wonderful costumes going passed my office and the exciting is growing for the Book Week Parade.



This week we had a visit from Barbara Baldwin, Steiner consultant and expert in working with children with different learning needs. She travels extensively around the world and we were fortunate to have her at Samford where she observed classes, met with teachers and presented at our whole school faculty meeting, leading discussion about what it means to be an inclusive school. In schools around the globe, Barbara mentioned that approximately 1/3 of each class will have children requiring individual attention, 1/3 of each class will have children who need a variety of support adjustments and 1/3 who might be able to cope in a classroom environment on a regular basis.

It is therefore so important that every school is an inclusive school. So, what does this look like at Samford? How can we do better and what do we need to do to support all families, teachers and teacher assistants in ensuring each child can access the curriculum and participate to their full potential, regardless of age, disability, ethnicity, gender, sexual orientation, religion or belief? Our student population at Samford Valley Steiner School reflects this diversity of society and we have a responsibility to deliver high quality teaching and learning to all students. As was discussed with Barbara, this is not always an easy task, as it requires the support of our whole community, teachers and parents working together as a team and the school providing the resources teachers need to support them in this task.

We must celebrate the diversity of our students, recognise their gifts and talents, not focus on deficits. We must build on their strengths and support our colleagues. As a community we should refrain from judgement and offer support as a class community to any students who may require more flexible strategies or modifications to support their learning. Teachers don't always get it right, as each child is both a gift and a mystery. We must not put limitations on students, but recognise small and large steps, remove obstacles as much as possible and be socially inclusive. If we can achieve this together, then we can then call ourselves an inclusive school. Please help us to achieve this important vision together.

*Tracey Taylor  
Primary School Administrator*

## Dates to Remember

**Monday 26 August – Friday 30 August**

Class 8 Patterns & Rhythms Camp

VET Outdoor Rec Camp

**Tuesday 3 September -**

**Saturday 7 September**

Australian Youth Conference (Years 10 - 12)

**Monday 9 September –**

**Friday 13 September**

Class 10 Arts Camp

**Tuesday 10 September –**

**Friday 13 September**

Class 4 Camp to Minjeribah

**Friday 13 September**

Friday Foodies 2.45pm - 4pm at The Hub

**Wednesday 18 September**

Kindergarten Spring Festival

**Friday 20 September**

School Spring Festival  
End of Term





One of the things I really enjoyed about this camp was the level of trust everyone began to have for each other and how we were encouraged to trust more often. I also enjoyed having the responsibilities we were given such as being part of a leadership group.

*All in all, I have really enjoyed this camp. I really liked paddling the rapids over the first few days and the feelings part was a real eye opener to who my peers are and how they think of me.*

One thing I have done on this camp was canoeing and I did not know how good I was. I talked about what type of adult I would like to be and chilled with my friends which was great. I got to know the teachers and my friends more and that was great and I know what I want my future to be. The experience has been so good and I think the camp was perfect.

*This camp has honestly been the best camp so far. I think the way this camp was set out was the best...*

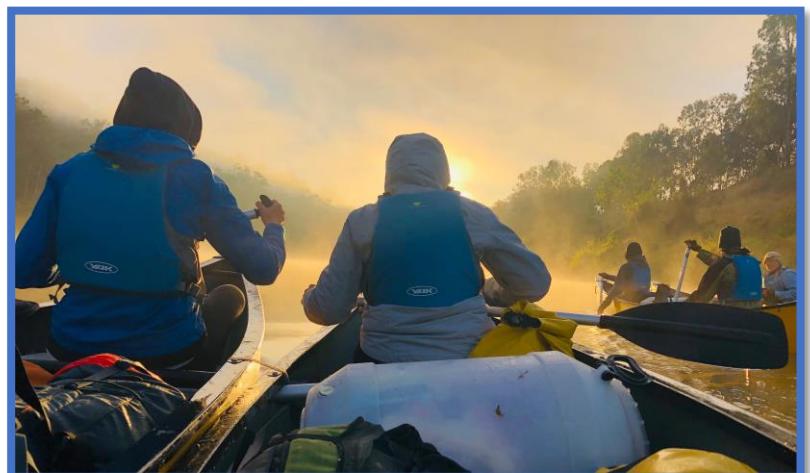
...With me I can take the experience and the memories, which I wouldn't trade for anything.

I've learnt that this class co-operates well. We can all be independent and work with one another to get things done. I think I've benefitted from the circles, I can be more open and actually understand people a lot better. I've also set goals for myself so that maybe my life can go the way I'd like it to. I've also learnt that if you really want something you have to work hard; courage and persistence is the key.

*As our 10-day canoeing/seminar camp draws to a close I reflect on my changed mindset in regards to my friends, my family and my surroundings. This camp has taught me the importance of gratitude, to live in the moment and to be grateful for the gifts we possess.*

I liked camp, it was fun. I am proud of myself for opening up just a little bit because it is challenging for me. I also feel a bit closer to a few of my friends. I loved the camp and I wouldn't change much.

I am still learning and growing. I learnt that I try to prove myself to people too much and that I need to look out for myself rather than change for others. I learnt that I should share what's going on with others because they may be going through similar experiences. My class is way more open and kind than I knew. They are open kind, responsible, courageous and so much more. This camp was one of the best experiences I've had.



*What I learnt from this camp is that I can do more than I thought. I now have a vision (even if it's blurry), of what I want in life. I now know how to canoe as a raft and I now have a lighter heart.*

This camp was fun. The feelings part was nice and it was good to hear other people's stories. It was fun when we did stuff for the girls and they did stuff for us.

*Class 9 Students*



## AUSTRALIAN HISTORY MAIN LESSON

Class 9 have just studied Australian history from the time of Federation where migration and the development of a multicultural society emerged as a major theme. We looked at how this has also become a divisive issue even to the present day. The class was asked to assume the role of speechwriter for the Prime Minister and to write a speech on Multiculturalism.

Here are a couple of those speeches:

To the People of Australia, multiculturalism is critical for Australia's success. We are considered by our peers to be one of the safest and most progressive countries in the world. We have achieved this by the expression of different cultural views. We have grown our identity while keeping faith to our underlying principles. We believe in giving everyone a fair go, whether they were born here or not. This is what makes Australia great.

Why, then, do some Australians want to attack and undermine our acceptance of immigration? We have built our success off the backs of immigrants: Starting with the first fleet, then the Irish, German, and Italians and more recently, with our closer neighbours from India, Sri Lanka, China, Japan, and many other Asian countries. The injection of these immigrants' skills and knowledge into our society has driven our Australia's economic growth.

It is through Australian's immigrants that we gain perspective on the struggles that so many regions in our world suffer. The political turmoil, famines, and wars that are a blight on other nations are not seen in our fine nation. We truly are the lucky country, but it is those who come to live here who really understand just how lucky we are. We learn from their experiences to enjoy the freedom from war and all it brings.

We practise tolerance by embracing the many cultures here in Australia. We also gain strong ties to other cultures that serve us in so many ways. Strong trade and diplomatic ties provide enormous opportunities that less tolerant societies can never match.

When cultures aren't integrating, it's easy to blame our failing society on immigrants. I argue that this isn't multiculturalism failing, rather us, as a society, losing focus on what we are trying so desperately to achieve. We need stop looking for people to blame. We need to put more effort into achieving acceptance between cultures. This is what makes Australia great.

I know change can seem frightening, but we are a nation built by immigrants who were not willing to give in to the fear of change; who left their home countries for a chance to improve their lives.

The continued development of our laws to remove all forms of discrimination from our society goes hand-in-hand with multiculturalism.

My political opponents take easy shots at ethnic minorities in our great nation. They do this because they are bullies who like to pick on those whom they think can't fight back. This is un-Australian. We need to offer the hand of friendship to these minorities, as our ancestors did so many times in the past. This fosters trust and friendship and shows our new family members what it means to be Australian.

In 1973, multiculturalism became our official policy. Modern Australia has always been about immigrants living the Australian dream. A dream that is tolerant and respectful of all cultures. We haven't always achieved this, but generation after generation we strive to be better than our forefathers. I say we need to keep striving to deliver on our dream of multiculturalism.

## MULTICULTURALISM

To the people of Australia I am here to talk about multiculturalism, the idea that has divided our country for generations. Multiculturalism is the acceptance of other cultures, beliefs or even skin colours. Introducing multiculturalism to our land is a great idea as it could lead to a large variety & support through-out the world. Multiculturalism will also double Australia's population and workers, making the development of our land speed up vastly. Discrimination is the action of ignoring and completely disregarding the details that make other people different to your idea of a "majority", this is a big problem as it creates never ending conflict and enemy's. As a united country we need to grow together but also grow with other cultures and build a society where everyone is accepted.

Thank you for your time.

## SUPERVISION IN THE PRIMARY SCHOOL

Could all parents please ensure their child is not at school before 8am unless in Before School Care.

There are more and more children being dropped off early and teachers are not on duty until 8am therefore please ensure your child is booked in to Before School Care if you have to drop them early for work or other reasons. Also, if there is an event after school, your child must be either under parent/carer supervision or booked in to After School Care. We had several students left at school before the Primary Music Night running around unsupervised and they were booked in to After School Care. We aim to keep all students safe and this can only occur when supervision rules are respected.

Thank you for your co-operation in this important matter.

## PADDLE POP

A suspected sighting of a platypus, slithery splashes of ancient lungfish, a grand eagle's nest and the watery dance of hundreds of disturbed cormorants taking flight - these were just some of the wonderful sights from the POP (Parents Outdoors Program) canoe trip last Sunday. Add to that 4-5 rapids, navigating through the 'Log Jam' and ducking underneath fallen trees - it was a day full of adventure. We were just a small group - 6 of us - but we enjoyed wonderful company and slowly making our way down Brisbane River from just below the dam wall of Wivenhoe. Even though my son is only at the start of his Steiner journey (Class 1) and has several years yet until his Canoe Trip; I was really impressed with the quality experience our children are lucky enough to have. I thought I was an Ok paddler, having spent years using canoes and kayaks - only to realise there were techniques and strategies to be learned - which we learned in the matter of an hour and practiced throughout the day. What a difference knowing 'how to' makes. How great is it that our students learn proper and safe techniques from the get-go?

All in all, an absolutely magnificent day and I can't wait for the next one. Thank you, Simon and Janine!!  
Parents, jump at the opportunity for the next POP, it's truly worth it!

Cherie Pasion



# AUSTRALIAN YOUTH CONFERENCE

## Invitation to the Waldorf 100 Music Performance

### Saturday 7 September



LEARN  
TO CHANGE  
THE WORLD

At the Youth Conference the students will be working on the wonderful Waldorf 100 music score, composed by Dale Jones.

The whole community is warmly invited to the performance of the music on Saturday 7 September at 11am in the Hall. This performance from 240 singers accompanied by musicians will be one not to miss!

The performance will also be streamed live to participating schools around Australia.



#### Congratulations Indya!

I'm delighted to announce that Indya Pearce, one of our Class 12 students, submitted a painting to the 2019 Creative Generation Excellence Awards in Visual Art. These awards recognise and promote excellence in visual art education throughout Queensland state and non-state secondary schools.  
<https://www.qagoma.qld.gov.au/whats-on/exhibitions/creative-generation-excellence-awards-in-visual-art-2019>

Indya's work has been selected for recognition!! The student works will be exhibited at Brisbane Institute of Art from Friday 20th September to Tuesday 1st October, with an official opening on the Friday night at 6pm. Some of the works from this exhibition will be shown at GOMA in 2020. I encourage you to attend and enjoy the excellent artwork from young people around the state.

If you see Indya please congratulate her for this wonderful achievement. We are all thrilled at the recognition for our small school, and I'm looking forward to submitting more work from our talented students in coming years.

*Samuela Bettega, High school Art Teacher*



*Thank you to Class 7 for a rousing finish to the Primary School Assembly!*



## Indya Pearce

Indya joined the school in Class 4 developing lasting relationships with teachers and students. She has a caring nature and is a deep thinker which is shown through her creative perspective and talented artworks.

*As seen from the other news about her in this newsletter she is a very talented artist.*



## INTRODUCING CLASS 12 STUDENTS AND THEIR SENIOR PROJECT (SP)

### What is your Senior Project about?

I am looking at the expression of emotion in art and why it is important for the human mind and soul – Does it benefit us, and if so how? Conveying your emotions through all forms of art (visual art, music etc) is so necessary and I wanted to explore this area a bit further. As part of my project, I am creating a body of art work. Through this project I have been applying all my knowledge and research to the art – including my emotions and techniques I have learnt through studying other artists. I have learnt to create my own style of art that expresses my emotions as well as my own artistic technique. I am hosting an exhibition of my body of work, including everything from photographs, sketches right up to the final art pieces.

The Exhibition is September 18th and is in conjunction with my classmate Phoebe.

*(Please see flyer attached to newsletter)*

### What led you to choose that topic?

I have always loved art, since I was little. In the last few years, I have spent quite a bit of time developing my technique but I wanted more depth, emotion and purposeful meaning in my work.

The Senior project offered me the perfect opportunity to explore and expand the artist within me – what can I do with it, what can I bring to my work that will benefit others.

### What have found enjoyable about the process?

- I love creating the art, especially the start of the process, working from the inspiration and then seeing the end result. The whole process is enjoyable but initially, the creation and finish of the works are my favourite parts. I source my inspiration from many areas including the human body, realism, nature and Greek sculpture.
- I have enjoyed exploring and learning about the different ways of putting emotion into art. I did this through looking at artists like Frida Kahlo and Vincent Van Gogh – their art work has strong emotion through it and learning more about their life and their process has heavily influenced me.
- I am really looking forward to sharing my art at the exhibition and to hear people's feedback, to hear and see what moves them. This will give me a sense of accomplishment and I really enjoy feeling proud of what I have created.

### **What have you found challenging?**

- Doing art and pushing myself to do it when I was not in the artistic mindset, it is a challenge to put yourself in that creative mood. Having a due date was a struggle but it did assist me in getting the work done!
- Keeping up with other school classes and prioritising my work. Balancing study with social to keep a clear and motivated mindset. My Senior Project is high on my priority list as it fills me with interest and I get to learn about myself.
- Stepping outside my comfort zone to organise the exhibition. I am working collaboratively with Phoebe on this exhibition to make sure all of our pieces are ready. We are hoping that our pieces will evoke questions and emotion in the viewers.
- Staying motivated and balanced – art demands an immense amount of time.
- Thesis writing has been challenging, as I have to write formally about everything I have learnt in the year.

### **To date what have you gained from the process?**

- I have gained a deeper understanding of myself, when I create, it improves everything – my patience, determination, it helps me to understand how I feel about things. Making art work has assisted me in processing and dealing with life situations that come up, it has given me an outlet for some of my deeper emotions.
- An awareness of working with other people – directing, communicating, being clear about the vision I have and then expressing it.
- An understanding of my passion and the direction I would like my life to go in, and that is definitely be around the world of art.
- I have gained body of artwork, a sense of tangible pride

### **How would you describe the Senior Project to someone who does not know what it was?**

The Senior Project is an opportunity to study/explore an area of interest independently. Through the researching and practical work, you have the opportunity to learn about yourself. What motivates you, what challenges you, what things you may want to pursue in your life.

### **How are you feeling about the completion of the project?**

I am really excited to have it done and to have more freedom with my other art activities – rather than it be dictated from the SRP.

I am excited to complete the project and am looking forward to sharing my process at the oral presentation. I would like to share with others the importance of all art and how it benefits us.

### **What are your plans once you leave school?**

Travel – major priority. After my student exchange experience in Class 10, I was happy to be settled back home, but I am now keen to travel again.

Having free time to unwind and relax and eventually look at studying a Bachelor of Fine Art.

### **Describe in one sentence your experience at Samford Valley Steiner School**

It has perfectly suited the way I learn, it is visual and artistic, and it has helped to make me into a free-thinking person who is able to recognise my own truths regarding myself and the world around me – I feel comfortable to be myself, to question life and I aspire to see all perspectives.



## Phoebe Higgins-Kelly

Phoebe Higgins -Kelly has been at the school since Kindy. She is a very generous friend, a quiet yet determined student who is able to project a theatre voice when needed. If you saw the Class 10 play 2 years ago you may remember her very impressive performance – it demonstrated her capability and the courage that lives in her.



### **INTRODUCING CLASS 12 STUDENTS AND THEIR SENIOR PROJECT (SP)**

#### **What is your Senior Project about?**

My senior project is based around feminism and learning what it is to be feminist. I'm looking into feminism's impact on body image and relationship and exploring this through photography.

#### **What led you to choose that topic?**

I chose this topic mainly because I was interested in feminism and realised that even though I called myself a feminist I had no understanding of what it really meant. The more I do on this project the more I realise I actually really needed this understanding for myself and my relationship with myself too. I also knew I wanted my senior project to have a creative side, and that's why I decided to do photography which was something I had never really done before.

#### **What have found enjoyable about the process?**

I have loved learning to take photos and actually being creative in the way I do this. Something else I have really loved was seeing my photos come out the way I wanted them and showing whoever was in my photos the final product. It's been really interesting writing my thesis as well, the research part for me was so interesting and then coming to my own thoughts and opinions on certain topics have been challenging but it feels so rewarding completing it.

#### **What have you found challenging?**

Motivation has definitely been a challenge throughout the year which I know everyone doing the senior project has experienced. Another challenge for me was getting out of my comfort zone and talking to people about my project, asking people to model for my photos, or even just asking for help.

Something else that was a big challenge was being happy and okay with the work I do produce, particularly with the photos. Being self-critical can be helpful but I think knowing when to stop and actually be happy and okay with your work is also very important.

#### **To date what have you gained from the process?**

I've definitely learned so much about myself and my relationship with myself through this process. Mostly in relationship to feminism which has been so interesting to explore. I've also gained skills in talking to people outside my community and organising things on my own. I've also gained photography skills which is something I plan on continuing doing. The main thing this project has given me is opened a door for what I would like to do in the future.

### **How would you describe the Senior Project to someone who does not know what it was?**

The senior project is a yearlong project where you can choose to study anything you are interested in. It has three parts, a practical, a thesis and an oral presentation. It's an opportunity to explore anything you would like and learn so much about this topic and yourself along the way.

### **How are you feeling about the completion of the project?**

I'm definitely ready for it to be over now mainly because I feel excited about seeing the final product. I feel lucky and happy I chose to explore this area too because it's opened so many doors and different opportunities for me. I definitely do feel like this year has gone so fast and its weird looking back at everything I've done on this project. I can't imagine not having my project to work on.

### **What are your plans once you leave school?**

I'm still unsure but I'm hopefully going to go to university and study psychology or social work or something similar to that. I'm so grateful for this project because it has actually shown me what I am interested in and what direction I want to take with further studies.

I do want to take time off and travel or go and volunteer somewhere but I think that might be the year after-it depends on what I decide to do or study next year.

### **Describe in one sentence your experience at Samford Valley Steiner School**

It's definitely been an adventure, it's been my whole life since I was 4 and I can't imagine myself without it. I've learned so much about myself and life through school here, the people I have met and friends I have will stay with me forever.



# Thriving Children

An inspiring evening talk with popular parenting author Lou Harvey-Zahra

Monday 2nd September, 7pm to 8.30pm

Samford Valley Eurythmy Room

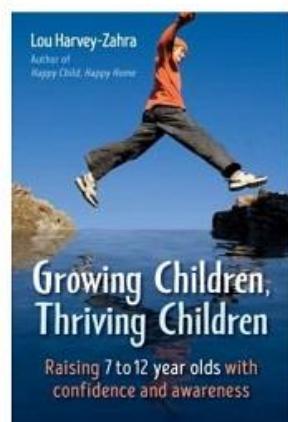
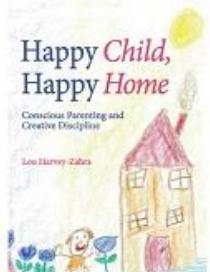
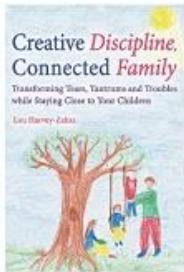
Suitable for ALL parents (sponsored by PAFA)

- Understand what makes children 'thrive' from toddler to teens
- How to build strong and healthy family bonds over the years
- Discover the profound childhood transformations during early childhood and at 7, 9 and 12 - ideas for happy and harmonious homes

'Lou's ideas have already created more harmony, love and fun in our home' Georgia Bhandari (parent)

Lou Harvey-Zahra is a Steiner teacher and parenting author with 5 books including the Waldorf bestsellers, 'Happy Child, Happy Home'; 'Creative Discipline, Connected Family' and her new book, 'Growing Children, Thriving Children: Raising 7 to 12 year olds with confidence and awareness'. She presents at Steiner schools across LA, UK and Australia

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



# Creative Discipline Workshop

with bestselling Waldorf author Lou Harvey-Zahra



**Monday 2nd September,  
8.45am to 12pm at Samford  
Valley Steiner School  
(room next to Silky Oak)  
Cost \$45 or \$75 couple**

**Come and learn many practical  
and inspiring ideas for parents  
with children from toddlers to 12**

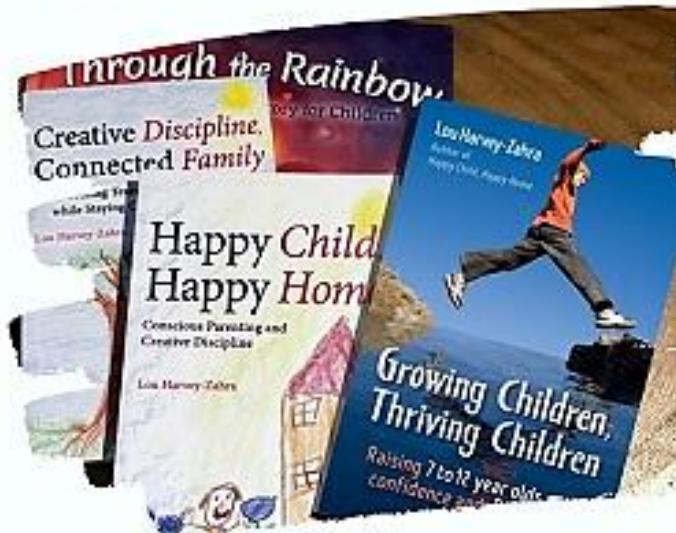
**Bookings on [www.trybooking.com/BENSP](http://www.trybooking.com/BENSP) or  
enquiries to [lou@skiptomylouparenting.com](mailto:lou@skiptomylouparenting.com) or  
0425 780 681**

Learn many new ways to transform behaviours and stay connected together. Common themes covered for all ages to create happy and harmonious homes. A wonderful opportunity to attend Lou's workshop in Brisbane.

'It's day 3 and we are already experiencing more fun and more love'

'Lou will lighten the load and enlighten the mind!'

**Lou Harvey-Zahra is a Steiner teacher and author with 5 books from Melbourne. She presents on Creative Discipline and Conscious Parenting around the world.**  
[www.happychildhappyhome.com](http://www.happychildhappyhome.com)



## **CLASSIFIEDS**

**Please note:** All Classified Advertisements are submitted by individuals for the community benefit. They do not in any way express the views, opinions, endorsement or policy of the school and should not be relied upon as such. **There is a flat \$5 charge for each advertisement and payment is required prior to inclusion.**

### **Nick Ellson Holistic Health - Mobile PT and Online Coach**

I know just what it's like to be a parent, juggling to fit everything in. And I know how easy it is to let your own health and fitness keep falling down the to-do list! So, I created the 21 Day 'Small Steps, Big Difference' Challenge – a three-week program designed to help you feel fitter and have more energy through simple & manageable daily actions: daily challenges; weekly feedback; achievable goals.

For more information, call Nick on 0434 990 572, or you can start today by clicking [here](#). If you'd prefer more specific, face-to-face exercise and health coaching I also offer a mobile service in the Samford Valley so give me a call to book in your complimentary assessment.

### **Homeopathic consults**

Cyena is a SVSS mum and Homeopath with over 10 years' experience in practice. She works with families who prefer to use natural medicines to help with a wide range of ailments. Homeopathic medicine is completely non-toxic and acts gently, allowing children's bodies to recover without strain on their immune system. Homeopathy is holistic, taking into account the physical, mental and emotional aspects of the child's experience. Cyena practices classical homeopathy in conjunction with a naturopathic approach to health. She is able to help with short term health complaints as well as chronic and recurring ailments. Cyena offers consultations by phone and in person at her home clinic in Gaythorne or via home visit. Call Cyena on 0418792827.

### **Creative arts therapy: Sessions & Courses: for Adults and Children**

*Creative arts therapy* creates a space, where a difficult challenge or condition in the soul can be brought and explored in a gentle way. Using a range of artistic activities including sand play, painting, drawing and form drawing, clay modelling, writing and conversation, an unravelling begins. This may happen over a series

of sessions with both guided and more open activities. Art making generates inner warmth and nourishment, helping to restore balance where astrality presses too deeply on the soul. Reflective opportunities help to assist understanding, ultimately strengthening one's resolve to move forward by oneself. This therapy is also suitable for children. With the assistance and involvement of the parent/parents a series of sessions is structured to meet the child's needs. Drawing upon Rudolf Steiner's fourfold view of the human being a way is sought to support and lighten the unfolding challenges that have become a hindrance for the child. A therapeutic story or artistic reflection is offered to the child as a completion of the series of sessions.

Kate has had a background of many years working in the creative field, as a crafts and handwork teacher in the Steiner School system and is a qualified Creative Arts Therapist.

MA (CreativeArtTherapies), Grad DipArt Therapy & Couns. MIECAT. Member ACA  
Kate Sharp Mb: 0401884205  
E: [sharpcatherine1@gmail.com](mailto:sharpcatherine1@gmail.com)  
[www.katesharpartstherapy.com](http://www.katesharpartstherapy.com)

### **Wine events for your Celebration**

Looking for a novel concept for your next event or celebration? I host distinguished wine events at your home, business, social club or society to suit all manner of celebrations, staff or client entertaining and networking.

You choose the ideal format and theme – I will help! - to suit your group of 10 to 100.

I bring the story behind the labels in a fun, blind tasting. Experience the flavours of Nero d'Avola from McLaren Vale side by side with the Sicilian original! And see if you can identify which is which.

Explore seriously good Aussie and imported wines – from the classics to the alternative (my passion!) to the downright obscure (also my passion!) Contact Rob Hewitt at [Robert.hewitt@bigpond.com](mailto:Robert.hewitt@bigpond.com) or call 07 3882 0328 or 0447 762 321

### **Ever asked yourself why tree work is so dear?**

Not anymore. I am offering tree services like crown lifting, thinning, dead-wooding, removing hangers and broken branches, cleaning palm trees, felling and removing small trees at very fair prices.

I used to work for large tree companies and would ask myself why you would pay for a three-man crew with truck and chipper (\$300+/h) if the job could be done by a single person for less than half that amount.

I am a qualified Cert.3 Arborist and a registered qualified Arborist with the Queensland Arboriculture Association. Tree work will be done in accordance of Australian Standards (AS4373-2007). For peace of mind I do have \$10M Public Liability insurance.

I can also do general gardening maintenance like hedging, edging, brush cutting and mowing as well as gutter cleaning and solar panel cleaning.

For free quotes call Urs from All Care Property Services on 0408 725 075.

### **Loving oils with Bree - doTERRA wellness solutions**

More than just nice smells, essential oils are powerful plant extracts which support our bodies overall wellbeing and quickly balance emotions.

Discover how they can assist your family with many issues including; sleep, stress, gut health, mood support, tox-free cleaning and natural skincare. I'm a holistic mum offering regular local classes and workshops on how to use these amazing gifts from the earth to enhance whole family wellness. Be inspired with ideas, recipes and get lots of support on ways you can integrate essential oils into your life. Ph me: 0409 615325 or visit [www.breetaylormolyneaux.com.au](http://www.breetaylormolyneaux.com.au)

### **Maleny Black Angus Beef**

We're a farming family living in Maleny and are offering you delicious, affordable, locally-grown, 100% grass-fed beef. We promise you outstanding value, excellent service and free delivery to your door. We're all about healthier humans and happier cows. For more information and to order online

visit [www.malenylblackangusbeef.com.au](http://www.malenylblackangusbeef.com.au)

### **Nature at its finest - \$360 per week – Dayboro**

Situated at the end of a cul-de-sac in a quiet rural residential area, this top floor residence is nestled amongst the trees with lovely views from the large front verandah. The residence has 3 bedrooms, 2 living areas, fire place, front and rear verandahs and a huge yard. A seasonal creek runs through the property adding to the picturesque bush block. If you enjoy the peace and tranquillity of living in the bush yet still want to be close to all amenities then this home is for you. To arrange an inspection please give Helen a call on 0402 815 102.

### **Grow your own organic/biodynamic food**

We provide face-to-face food garden design and management advice in your own garden space. With our 24 years' experience of growing organic/biodynamic food in Brisbane climate and designing food gardens for clients, you get the most efficient and cost-effective design and management tips for acreage and backyard food gardens, covering vegies, herbs, edible flowers and native edibles. Call Peter Kearney on 0401156532 or visit [www.myfoodgarden.com.au](http://www.myfoodgarden.com.au)

### **Healthy Food can be simple, cost effective and tasty**

Join us for a Workshop on Thursday 29 August. Come along and learn how cooking with a Thermomix can make the experience quick and easy. Satisfy any dietary needs. Be Inspired and take away new ideas. Join us for some fun then enjoy eating what we have cooked together afterwards. No cost: just a couple of hours of your time. For more details, call David on 0402 123 918

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