

# NEWSLETTER

## *FROM THE DIRECTOR*

Welcome back to term 4. It's always lovely and enlivening, after the quiet lull of the holidays, when the school fills up with children again on the first day of term. This term promises to be another full and rich few months.

The Class 12s have this week handed in their thesis documents for their Class 12 Senior Projects that they have been working on independently for the last 12 months. The project is a cornerstone of the Steiner curriculum and our young people's emerging independent thinking and unique 'take on the world' becomes evident in their project choices and presentations. The quality and depth of the projects, as well as the students' courage in standing and delivering their achievements to an audience, is always impressive and I would encourage all in our community to come and witness the students. Please support their efforts through your presence and interest in their work on the presentation day Saturday 28 Oct.

We have welcomed several new families to the school community this term. A very warm welcome to Kasper in the Kindergarten, Bella in the Primary School and welcome back to Thea in the High School.

I am delighted to announce that Lydia Kelly and Marian Jerrim have been appointed as our new teachers for the twin Class 1 groups in 2018. Lydia is a teacher with many years' experience here at Samford Valley. She has taken two classes through from the beginning years up to Class 7. Marian is an experienced teacher who has just completed a two-year preparation as Steiner Teacher Intern at our school. As an intern, experienced and registered teachers have the opportunity to visit each class, sometimes as aide, or observer, sometimes as relief teacher. They get a full picture of the curriculum development through all the classes and are supported in their development as they move towards taking on a class of their own.

We sadly said good-bye to Liz Morrell at the end of last term. Liz has been teaching at the school since 1995 and during that time has been a passionate, creative and dedicated member of the faculty and College. Liz has made the decision to move to be nearer her family. Over the years Liz's dedication and commitment to her task has touched the lives of many young people coming through SVSS. The school is a richer place for Liz's presence and contributions to the school over the years. On behalf of the school community, I would like to take the opportunity to warmly express our gratitude to Liz and wish her every happiness for the next stage of her journey.

Michelle Carey has agreed to step in as the current Class 8's (Liz's class) guardian for their High School years. I am further delighted to announce that Carla Deiana has been appointed into the role of Class 8 Transition Teacher for 2018 and beyond. Each year Carla will work with the upcoming 8s throughout their first year of High School teaching many of their Main Lessons, Maths and English. Carla has been chosen for this role because she has the unique experience and understanding that comes from working in both the primary school as a class teacher, and from being a trained high school teacher who has been working in our High School for two years now. We have found that the "anchor" of one main teacher in Class 8 this year has provided a stable bridge for students and parents as they transitioned from the Primary to the High school. Congratulations to all of these people above and thank you for stepping into these roles.



## Dates to Remember

### Tuesday 17 October

Class 6 Parent night

### Wednesday 18 October

Class 4 Parent night

### Monday 23 October

Class 1 Parent night, 3pm

### Tuesday 24 October

Class 7 Parent night

### Wednesday 25 October

Class 5 Parent meeting 3pm

Kindergarten parent night

### Saturday 28 October

Senior Project Presentations

### Monday 30 October

Pupil Free day, except for Pre-Prep

### Saturday 11 November

Working Bee/ Open Day

You may recall that Lucie Verhelst took a one-year leave of absence from her Craft teaching role to travel overseas. Lucie has made the decision not to return to the role teaching craft in 2018. The position is advertised elsewhere in the Newsletter. Lucie will be returning to the area and we are looking forward to her ongoing involvement in the school.

It was with deep sadness that we learnt of the passing of Andrew Whitten, Janine's husband, during the school break. Andrew has been a valued member of our community for many years; as a parent, friend, staff partner and our school electrician. Our thoughts, prayers and love go to Janine and her children, Rhom and Tate.

Warmly  
Pep Wright

## Senior Project Presentations

Saturday 28 October 8.30am – 2.30pm

Please come along and support our Year 12 students.

## DOLL MAKING

This term we are making some dolls again to donate to children in refugee camps. This is part of the 100-year Waldorf education celebration.

<http://www.waldorf-100.org/en/>

Come and make a doll to donate and/ or one for yourself. Materials vary from \$10- \$30.

Every other Tuesday starting 17th October from 9-12 at my house in Highvale (few minutes from the school).

The other Tuesdays we do the same at the Beachmere Birali School. The Birali School will also pay for some materials to have parents make them. How many dolls can we all make together!?

Let us know if you want to come.

Femke and Avril (0421 863 073)



Flags in chalk – This wonderful chalk drawing appeared one day this week!

## SENIOR PROJECT PRESENTATIONS

*This time every year our Class 12 students have completed the written and practical component of their Senior Project and start preparing for the oral presentation component. The Oral presentations will be held on Saturday 28<sup>th</sup> October from 8.30 – 2.30.*



### NATHAN GARNES

*Nathan has been at Samford Valley Steiner School since Preschool, 14 years in total.*

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

Put simply my project is about the process of producing electronic music.

As part of my project, I created an EP titled '*Transcendence*'. EP stands for "Extended Play" and is essentially a small album.

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

I had heard from past Class 12 students that it was wise to have a practical/creative component to the Senior Project to help maintain interest that is needed over the 12 months.

Electronic music is one of my interests and it had a practical side (creating music) that I could apply any research I did to.

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

Completing a good composition and creating something that sounds good. Listening to music I have made has been rewarding.

I enjoyed learning (theory) how to make music that sounds good and then apply this knowledge to make my music.

I have completed six songs, the rest (15) are somewhere half completed. This is because I struggled to develop the musical ideas into full-fledged songs. A lot had good base elements but I focused on my favourite six.

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

Finding a mentor, I contacted 3 – 4 people and explained my project to them but some didn't have enough free time and others I never heard back from. Subsequently, I had to teach myself, which took longer than it otherwise would have and created a challenge for me. Thankfully, I already had a considerable amount of knowledge regarding music and computers.

The thesis writing was also a challenge for me, as I haven't written such a long and formal document before. The formatting, the research and descriptive writing were the challenging aspects. I enjoyed the reflective writing section and found it much easier.

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

A deeper understanding of musical composition and how sound works on a computer. I am also much more competent in using music production software.

Better ability to reference, write and describe my process. I have been able to get my head around the writing part of the project.

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

It is a yearlong project undertaken by a senior student. The project has a practical component, written side and



is aimed at helping the student explore and learn about a topic while teaching them time management skills as well. Another way to look at it is as a glorified assignment, a very big assignment.

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

Relaxed, I am not too worried about the speech part. I feel like I am past the peak of the whole process. I have been doing this project for a year so I feel comfortable talking about it.

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

To go to university and to study Business, IT and/or Media Communications. I will most likely do a double degree of some sort.

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

Steiner education has taught me how to learn and has given me an understanding of the world that I otherwise would not have had.



### **SARAH RICHARDSON**

*Sarah previously attended Orana Steiner School for Classes 4 – 7, the family then moved to Samford and we were lucky to have Sarah join the school for her High School education.*

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

My question is 'What is barefoot trimming?'

Trimming horses hooves, hooves without shoes. This is not the traditional way of doing things; over half of the horse world nail shoes to the hooves. With shoes, the process is slightly different.

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

My interest in horses, and I felt this was a good thing for me to learn leading to my future career in the horse industry. I have had horses in my life for 9 years; they are a big part of my life. I have a horse called Dusty.

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

The practical side – the actual trimming of the hooves. This was something I had known about but did not have the experience in.

I have met some interesting people along the way.

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

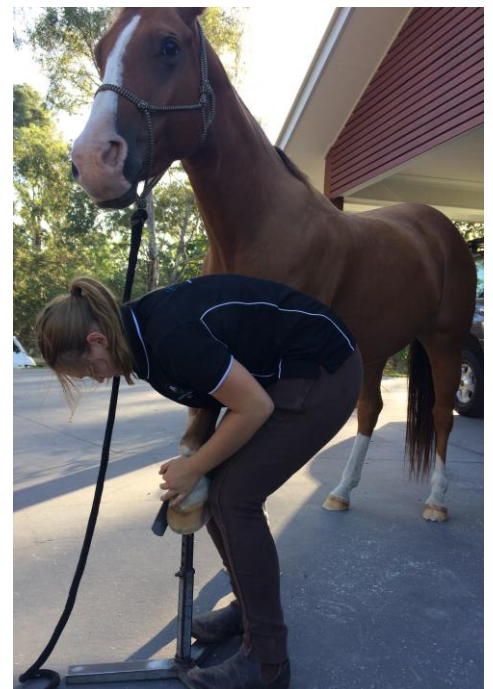
Motivation – I loved the practical side but found it difficult to sit and write.

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

The ability to trim the horse hooves, which has helped save money. Better communication, understanding of a horse.

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

It is a project that is done over a year; it involves 3 main aspects – the written, practical and the speech. It is a topic of your choice that you can research. The aim is to help you be more independent with your schoolwork - help with time management, research and to prepare you for further studies.



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

Alright. I do feel relieved, as it is one less thing to think about.

What I notice is that Steiner Education at Samford can allow you to be a Jack-Of-All-Trades, but you don't specialise in any field – having no electives allowed us to go in depth with the Main Lessons.

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

I will be going up to Emerald to study horsemanship, followed by a course in Longreach about beef cattle, and then a Diploma in property management (pending how I am feeling).

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

Interesting as I have gained a lot of knowledge in many different areas.

A portrait of a young man with short, light brown hair, smiling slightly. He is wearing a white V-neck shirt. The background is a solid magenta color.**DYLAN CALLAGHAN-DALE****What is your Senior Project about?**

My question – what key characteristics does a small business need to thrive in the 21<sup>st</sup> century?

This involved me understanding what was different in the 21<sup>st</sup> century and defining what a small business was. I did this partially by interviewing five small business owners as well as some other research.

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

Prior to me starting at the school, I knew that I would need to do the Senior Project. So I looked at the people that would be living close to where I would be staying, I was moving to Brisbane to live with my

aunt and uncle. When I looked around I noticed my Uncle Rick, he is a successful business owner (ID card Printing company) and a person I admire, this lead me to this study. I was interested to see what made him a successful business owner and was keen to have him as a mentor.

My second mentor, Phillip Crockford, is the person that helped me formulate my question.

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

Mainly interviewing business owners, building connections with these people and getting an understanding of who they are.

Learning how to communicate with people you don't know on the professional level including learning how to interview. My interviewing skills improved over year, there was less "so ummm..."

**What have you found challenging?**

What was challenging was finding reliable information regarding what makes a business successful, especially online. Online there is so much information but most of it is not accurate. I tried to get most of my business information from people directly rather than websites.

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

A clear view and answer to my question.

How to interview and talk to people professionally.

Time management – this improved through the Senior Project process.

Connections that I did not have previously.

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

It is something that is always in the back of your mind that you don't have time to do ☺

Something that if you do properly it can greatly benefit your chosen career, so it is wise to do it properly.

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

Relieved, proud. I am happy with how my project has turned out. I don't have any regrets and am happy with how I have gone with it, I feel I gave it a good go!

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

I would like to go on GAP year – preferably to Norway, work for about 9 months and then holiday for 3 -4 months around Europe. I am exploring this now.

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

My experience has been short – I came to SVSS in term 4 Class 11.

## EXTRA-CURRICULAR PROGRAM FOR TERM 4...

Do you enjoy the smell of burning charcoal? Exhilarated by the bright glow of white hot metal? Thrilled by loud banging noises? If so, you are merrily invited to join Dave in the High School Smithy to work on forging an Objet d'art or something more practical during Term 4. Workshops occur on Mondays from 3.00 - 4.30pm in weeks 2-7. We are also offering more graffiti, Theatresports and circus on the days/times listed below. Please contact Michelle Carey [mcarey@samfordsteiner.qld.edu.au](mailto:mcarey@samfordsteiner.qld.edu.au) to book a place or for more information...

Workshop	Tutor	Available for	Day	Time	Cost
<b>CIRCUS</b>	Julian Roberts & Mikey Bailey	Classes 4-8	Mondays Weeks 3-8	3-4.30pm	\$110
<b>FORGING</b>	Dave Rule	High school	Mondays Weeks 2-7	3-4.30pm	\$65
<b>GRAFFITI</b>	Sam Wilkinson	High school	Wednesdays Weeks TBA	3-4.30pm	\$65
<b>THEATRESPORTS</b>	Michelle Carey	High school	Thursdays Weeks 3-6	3-4pm	\$40

## Employment Vacancies

### Handwork/Craft Teacher – Classes 1 -5 2018: Samford Valley Steiner School

Samford Valley Steiner School (SVSS) is seeking applications for a Handwork/Craft Teacher commencing in January 2018, to work in the Primary School from Classes 1 -5. The position is for a permanent part time contact. Applicants will ideally have a solid grounding in Steiner Education and should have experience teaching handwork in a Steiner School Primary setting. The successful applicant will also have demonstrated exemplary skills in a wide range of handwork disciplines.

The Role Description contains more information about this role and the required qualifications. The role description and information about the application process can be found on the school's website:

<http://www.samfordsteiner.qld.edu.au/employment-opportunities/>

For further information please contact the office on 07 3430 9600.

Closing Date: Friday 27th of October 2017

## A PASSIONATE SCHOOLING 43

Many of you will already know that Dr. Alduino Mazzone passed away on Monday 2nd October 2017. While a great release for Alduino after a long period of debilitating illness from MS, his passing is a great loss and he will be much missed by many of us. He leaves behind his four adult children and his lifelong partner and writing collaborator Sue Laing. Alduino was a gentle and deeply spiritual man with a keen enquiring mind, aware of his future decline he wrote a short piece that I would like to quote.

*“Not fare well, comrade, but fare forward”*

*“Dear friends,*

*I imagine my departure as a crossing of the threshold from the physical world, which I love, into a world of glowing light and enfolding love, which is what I believe the spiritual world to be. I look forward with constantly renewed courage and great enthusiasm (spiced with a little trepidation) to whatever comes to me from this world of spirit. Importantly, I will not be slamming the door behind me with frustration and anger at my disabling illness or because of other incomplete tasks but gently closing it with a friendly wave, a warm smile and with growing gratitude for having had you as travelling companions on part of my journey through life.*

*I understand that people may feel sadness at my passing, but while respecting its importance, my wish for all of you is to join with me to celebrate the fulfilling life I have had, and to send me good wishes for the next phase of my journey.*

*Just as Krishna says to Prince Arjuna, on the field of battle in the Bhagavad Gita, I say to you: ‘Not fare well, comrade, but fare forward.’*

*Love Alduino Mazzone”*

In this segment, we look at the development of the soul in education through truth, beauty and goodness.

Since Steiner’s time, there has been increasing interest in understanding our less conscious thoughts, feelings and behaviour (which could be called our lower nature), and taking the responsibility of these in a more conscious way. Steiner believed that the healthy foundation for this adult personal development was built throughout childhood and that a proper understanding developmental process during childhood would make it possible to support, at the appropriate time, the healthy development of the faculties of thinking, feeling and willing. These would in turn provide the tools, which would enable the maturing individual to increasingly act in ways that are both ethical and free.

One way in which Waldorf education aims to nurture and protect these faculties in childhood is through experiences, which are facilitated by the teachers’ attempts to explore and understand the three ideals of truth, beauty and goodness. In post-modern culture, these ideals became particularly vulnerable to the claims of relativism. However, Steiner provided another level of understanding each may not be so easily dismissed and may instead become a source of inspiration.

Steiner wrote:

*“The True, the Beautiful, the Good – through all the ages of man’s conscious evolution these words have expressed three great Ideals: ideals which have instinctively been recognised as representing the sublime nature and lofty goal of all human endeavour. In epochs earlier than our own there was a deeper knowledge of man and his connection with the universe, when Truth, Beauty and Goodness had more concrete reality than they have in our age of an abstraction.”*

Steiner then described how these great ideals are connected to the way we experience ourselves. He regarded truth and its pursuit with great reverence, but differentiated two different kinds of truth. The first is that truth gained by intellectual thought, where we first observe (or experience) the world and then think about our finding. The second is derived from creative thought, which is first grasped in the spirit and then verified by

observing (it's) influence on the outer life. He observed that the approach of natural science, in concentrating on only the first kind of truth, provided accurate descriptions of only a limited part of reality. He claimed anthroposophy to be an example of the second truth.

Next term will explore this further.

*Compiled by Tricia Scott from "A Passionate Schooling" by Dr. Alduino Mazzone in collaboration with Susan Laing (Now available from bookshops online and worldwide and from The Treehouse bookshop)*

## CRAFT NEWS

Welcome back from the school holidays, we had lovely morning catch up and made caterpillars in leaf necklaces. Everyone worked so fast that next week we have decided to make the caterpillars again and attach a snail shell or some gorgeous butterfly wings. Come and join us for a nourishing morning with our crafting community.

No need to have children at the school, you are welcome to bring young children with you, pack a lunch box and snacks for them and a water bottle. Tea coffee and cake is always available for a gold coin donation. Hope to see you at the Hub next Wednesday.

Warmly

Tracey

### ARE YOU MISSING A PLATE?

There are a lot of containers and some beautiful plates that have been left behind at the Hub after the Spring festival. Please have a look and collect anything that belongs to you.

## ASSOCIATED INITIATIVES

*These Steiner/Anthroposophically related activities and services, whilst not directly related the school, can be seen to be in sympathy with and supportive of the impulse of Steiner education.*

### Brisbane Branch of the Anthroposophical Society

The Brisbane Branch of the Anthroposophical Society welcomes you to read the September edition of our Staying Connected Newsletter. I hope you enjoy it.

Here is a bit of an outline:

- A little summary of our last 2 Brisbane Branch meetings for 2017  
In November we will share our BB meeting with the Christian Community and Schools p1
- Summary of our last Brisbane Branch meeting with Nansi Finch - Collaborative painting. Thank you to Howard Sandison for supplying the summary, much appreciated p3
- Flyer for our next Brisbane Branch meeting with Kate Sharp p2
- What Catholics, Muslims, Hindus and Anglicans have in common - account of the prayer for peace rally p4
- A tribute to Alduino Mazzone passing p5
- Etheric Massage explained - Mercedes p6

Here is the link through the website <https://goo.gl/HeoWiW>

Light, warmth and blessings

Monique Davies Secretary BBASinA 0414 291 491

## School Contact Information

### Phone:

3430 9600

### Email:

[info@samfordsteiner.qld.edu.au](mailto:info@samfordsteiner.qld.edu.au)

### Facebook:

[www.facebook.com/Samford-Valley-Steiner-School-106275046117815/?ref=hl](https://www.facebook.com/Samford-Valley-Steiner-School-106275046117815/?ref=hl)

### Website:

[www.samfordsteiner.qld.edu.au](http://www.samfordsteiner.qld.edu.au)

### Address:

5 Narrawa Drive  
Wights Mountain QLD 4520

### CRICOS Registration:

RSEGB T/A Samford Valley Steiner School **CRICOS 03326J**



# Basket Weaving Workshop #1

Saturday 4<sup>th</sup> November | 1pm - 4pm | The Hub

PAFA invites you to join **Judith Wolski of Wild Baskets** for an afternoon Basket Weaving Workshop. This workshop is designed for adults and children aged 12 and over.

Judith's interest of weaving baskets began when her grandmother lost her sight and one of her therapies was basket weaving. She would sit with her and pass pieces and prompt her when she missed a bit. Over 20 years ago, she got involved with Bush Care and Revegetation Projects often removing weed vines which are strangling our native environment. She started using pest vines to weave baskets. These baskets are eco friendly, beautiful, and useful works of art.

Total Cost is \$40.00 with a \$10.00 deposit payable by Friday 20<sup>th</sup> October to secure your place.

Numbers are limited so be quick!

To register, please email [kellywhilock@gmail.com](mailto:kellywhilock@gmail.com) and pay your deposit (surname as a reference) to:

PAFA main account

BSB 633 000

Acct 138486006



# Children's Basket Weaving Workshop #2

Sunday 5<sup>th</sup> November | 9.30am to 11.30am | The Hub

PAFA invites children aged between 6 and 11 years old to join **Judith Wolski of Wild Baskets** for an introduction to Basket Weaving. This is a children's workshop only for children aged between 6 and 11 years old. A guardian must be present with the child to assist where necessary.

Total Cost is \$30.00 with a \$10.00 deposit payable by Friday 20<sup>th</sup> October to secure your place.

Numbers are limited so be quick!

To register, please email [kellywhilock@gmail.com](mailto:kellywhilock@gmail.com) and pay your deposit (surname as a reference) to:

PAFA main account

BSB 633 000

Acct 138486006

# *Sandal-Making Workshop with John Lawry*

*A full day's workshop making  
your own bespoke sandals.*

*Saturday 21 October  
8am - 5pm*

*High School, Samford Valley Steiner School  
5 Narrawa Drive, Wights Mountain QLD 4520*

Cost: \$160

*Note: your fee will contribute to establishing sandal making as an ongoing craft activity in the school.*

Places limited to 12 people.

John Lawry has 20 years' experience as a full-time artist/craftsman and as an educator (mainly as a Steiner Class teacher).



*To Register - please email [jdavidson@samfordsteiner.qld.edu.au](mailto:jdavidson@samfordsteiner.qld.edu.au).*

*Payment - Please pay by direct deposit to:*

*J Lawry, BSB: 650 000 Account: 984614004 Reference: [Your Name]sandalmaking*

*Registrations must be accompanied by payment. BYO Lunch*

## 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.**

### For Rent

A spacious self-contained unit granny flat style on a 5 acre property at Wight Mountain only 2 min from the Steiner School. Quite and secluded. Can be available fully furnished or empty.

\$275/wk Rent include electricity & gas, no bills to pay.

Contact Adam on 0414-400-022  
or [adamhovav@gmail.com](mailto:adamhovav@gmail.com)

### Term 4 kids yoga

Monday 330pm-415pm: Kids Yoga @ Cedar Creek Hall (4-8yr old's)

Tuesday 330-415pm: Kids Yoga @ Zen Space Samford (4-8yr old's)

Tuesday 430pm-530pm: Tween Yoga @ Zen Space Samford (9-13yr old's)

For more information or to book please contact Kathryn Avery of Blue Lotus Kids Yoga on 0434237397

Or via Email at [info@bluelotuskidsyoga.com.au](mailto:info@bluelotuskidsyoga.com.au)

### Sun & Stars Bushcraft and Samford First Aid's - Remote First Aid 3 day Course

What do you consider 'remote'? In terms of medical aid, it's anywhere an ambulance can't get to you within half an hour to an hour. This could be as simple as the bottom of your paddock, the bike trails at Ferny Hills or the waterhole at Cedar Creek. You don't have to be in the back of beyond!

Our Remote First Aid course is a unique delivery which adds extended care of a casualty to your skill set. We also include modules on survival, managing a larger group and optional extras for Child Care First Aid and Pain Relief as well.

This Remote Course is the only one in Brisbane (if not Queensland) with real-world scenario training, conducted in the bush (not a sterile classroom) and with realistic stage make-up on our actors and dummies to aid with injury

identification to ensure you get the best training we can possibly provide to manage a real emergency, should you have to.

Date - October 20th, 21st & 22nd

Location - Baden Powell Park, [68 Cash Avenue, Samford Valley 4520](#)

Cost - \$395

Bookings

- <https://www.eventbrite.com.au/e/remote-first-aid-tickets-37991281947?aff=efbevent>

### Sun & Stars Bushcraft Abseil and Rock Climbing Parties

Looking for a fun, adventurous party, family or group activity? Sun and Stars Bushcraft are happy to announce we are hosting rock climbing and abseiling sessions right here in Samford.

Held at Baden Powell Park, we're able to cater up to groups of up to ten in most weather conditions. We recommend a minimum age of Eight (Class 2), though we've had a participant as young as six years old enjoy every minute, and we believe in assisting each person on an individual basis.

Price is \$50 per person, with discounts available for group bookings, and that covers a 4-hour experience including equipment hire, safety briefings and guided tutelage in both rock climbing and abseiling on the Baden Park Abseil Tower.

Our sessions are ran by qualified, professional staff who are Outdoor Recreation Certified, First Aid qualified hold Queensland Blue Cards.

We currently have spaces available on Sunday, 12th November and Saturday, 16th December

Please email Andy at [andycurrey7@gmail.com](mailto:andycurrey7@gmail.com), or call 0450 287 739 to discuss your needs further or book in.

## Northside Fitness News

Two more reasons to join us at Team NF!

### 1. Yoga with Kirsty

We are delighted to share that as well as the existing cardio, boxing and strength classes, you can now stretch, strengthen and relax twice a week, in what have already become very popular classes.

- **Mon 9am** – start your week with clarity and intention
- **Wed 6.30pm** – the perfect mid-week wind down with relaxing postures, breathing and meditation (good sleep guaranteed!)

*“Kirsty has created a class that offers a very gentle way to ease yourself into the practice of Yoga but also allows you to push yourself a little further if desired.*

*I have been to both evening and daytime class and have enjoyed both - daytime to wind you up to begin your week & night time for calming the mind after a busy day.*

*I would highly recommend these sessions especially in the hurried world we live in today, so come along you'll be so glad you did!”*  
Michele

### 2. Fermenting Workshop

- Saturday 21 October
- 2-4pm
- Mitchelton Presbyterian Church (40 Ruby Road, Mitchelton)

Join us for an afternoon where you

- make & take home your own jar of sauerkraut
- watch the making of and taste other popular ferments (including kimchi and kombucha)
- receive a detailed workbook with all you need to know to get started
- take home a SCOBY to make your own kombucha
- become confident in making probiotic rich foods for your family!

Tickets: \$30 each (ingredients and jar included)  
Spaces are limited to 12, so book now!

For bookings and questions, contact Nick at [nick@northsidefitness.com.au](mailto:nick@northsidefitness.com.au) or 0434990572

You can also book into both classes via the MINDBODY APP – just search for Northside Fitness - we look forward to welcoming you along!

## Eurythmy Movement Class

A weekly class of one and a half hour: October and November 2017

Thursday evenings from 5.30pm in Grovely, just off Samford road.

The class group will work with the basic elements of eurythmy movement.

What is that? Most of the movement will be with the group in a circle; this will create a social situation, that we are aware of each other and moving with the other in- mind or sometimes just for yourself. The movements are graceful, requiring your attention and we will create beautiful choreography together. This movement will be harmonizing to the spirit, some challenge to the mind and fulfilling to the body. That your whole human being will be engaged joyfully.

For enquiries or to confirm attendance please call me /sms – 0423620069 or email - [kpfo61@gmail.com](mailto:kpfo61@gmail.com)

Karen Foster, Eurythmist, Therapeutic Eurythmist.