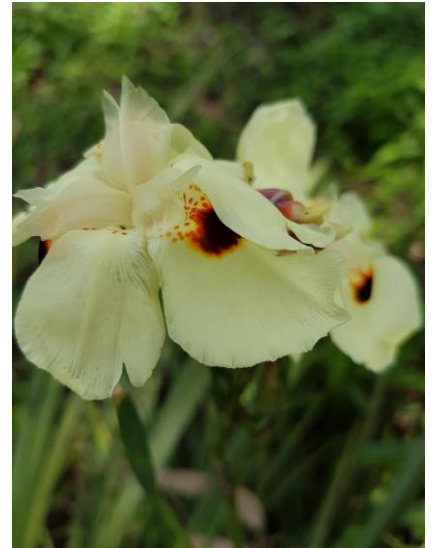


# NEWSLETTER

## **CRAFT AT SAMFORD VALLEY STEINER SCHOOL...**

The activity of Craft lessons seeks to integrate an appreciation for both beauty and skill. Beauty is born when the design, the materials and the colours work together in the creation of a useful object. This nourishes the inner wellbeing of the child. As children develop more confidence and competence, they are able to work more independently and freely within boundaries. As they build their capacity to form judgments, they begin to find their own solutions to problems that may arise.

The focus of craft lessons is based on learning and mastering skills and techniques by using natural materials to create new forms. These woven scarves were made by Class 11 students in Handwork during Term 3 and 4. Each student used some wool, which they had hand-spun and dyed to weave their scarves.



*The pictured scarves are by Sophie Hewitt, Emile Regano, Rosario Bin Masoud-Huelesewede and Charlotte Asher.*



## Dates to Remember

### Friday 10 November

Friday Foodies

### Saturday 11 November

Working Bee/ Open Day

### Tuesday 14 November

Primary School Assembly,  
8.45am

- *Class 3 Ensemble*
- *Class 2 Item*
- *Class 4 Item*
- *Story from Alan*

### Saturday 25 November

Summer Advent Markets  
2-6 pm

### Friday 1 December

Primary School Assembly  
*Farewell to Class 7*  
*Upper Strings Ensemble*

### Thursday 7 December

Year 12 Graduation

### Friday 8 December

Term 4 ends



This week I'd like to talk to you about the most important thing in the garden, besides the gardener of course, and that is compost. The best thing for a garden is well made compost.

As I have mentioned in previous writings, the school is situated on a very impoverished block and its soil is in need of a great deal of humus forming organic matter. The school has started collecting food scraps and shredded paper, pencil shavings and old flower bouquets from all of the classrooms for composting in our heaps. There are a few things you can do as parents to help this process, which I will get to later.

The rule of thumb with compost, and the way I respond to the perennial question of "Can I put this in the compost?" is a very simple one. Before tossing it in the compost bucket, ask yourself, "Has this once been living?" If it has, then you can confidently compost it. Sure, some things will take longer to break down than others, but generally speaking, if it was once alive, through its death and consequent rotting down, it can support life again.

We make our lovely compost through the creation of a giant "lasagne". This is essentially layers and layers of food scraps from the rooms, various manures I collect, leaves, weeds and shredded paper, charcoal and ash. All of these are layered between the most important stuff – liquidised cow manure. The addition

of BD preps (more about these in another article), time and the inevitable worms make for a delicious pile of fertiliser eventually.

Our compost making process is hampered by finding the following in the bins as we form our heaps: aluminium foil, cling wrap, muesli bar wrappers, juice poppers (tetra packs), and takeaway coffee cups. Fossicking through semi-rotted apple cores etc. to pull out bits of plastic is one of the yuckier parts of the job, and this is where we need your help.

I challenge you to send your child to school with a lunchbox that only contains materials that can be broken down in our compost heap. Ask yourself, especially while standing in the shopping aisle "How much of this will break down?" If you do need to wrap something, go the old-fashioned way of wax or baking paper and use paper bags if you need to. Another of



*A growing heap*

the benefits of this approach is that food that is low in packaging is almost always better for the person consuming it. A double win!

Another way of helping is by giving a crap, literally. As I mentioned last week the school needs more manures of all kinds, dropped off to the PS garden. As little or as much as you fancy. Any manure is fine, but cow poo is the best, as fresh as can be managed.

Thanks,  
Dave Rule



**Samford Valley Steiner School**  
**HIGH SCHOOL CELEBRATION OF THE ARTS**

<b>Art exhibition</b> Friday 17 <sup>th</sup> Nov from 5.30pm Saturday 18 <sup>th</sup> Nov 10-12.30pm	<b>Music &amp; Drama Performances</b> Friday 17 <sup>th</sup> Nov 6-8pm Venue: The Hall
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**PAFA  
HELPING  
HANDS**



**Working Bee** 

Please join us for this fun day working with  
our wonderful School community  
**Saturday, November 11 from 8 till 1pm**  
**Lunch will be served from 12pm**  
Meet at the Kitchen Garden to sign on  
See you there!!!



**PAFA  
HELPING  
HANDS**

**Summer Advent Market**

Please join us for this fabulous day  
**Markets, stalls, Saturday November 25**  
**music, food and drinks. From 2-6pm**  
**Kids activities!** At The Hub  
See Femke or email us  
svsspafa@gmail.com



## KIAH PARK - CLASS 3 CAMP

On a bright and sunny Monday morning Class 3 set off for Kiah Park, our very first school camp experience. For a small handful of children, this would be the first time they would spend an extended period of time living away from mum and dad and the comforts of home. Whilst there was excitement and anticipation, there were also a few pre-camp jitters.



One week before we were set to embark, the children were asking many questions. Could they bring games, books or toys? What would they do on the bus to occupy themselves during the road trip? Clearly, our first lesson was one of being occupied with being present and taking in the big, wide world outside the window, sans games, books and toys. As we travelled along the freeway, I could hear the conversations flowing, the songs being sung and the games being played.

After a stop for toilets and a veritable banquet of foods provided by our lovely mums and dads, we soon arrived at Kiah Park. We were greeted by Mel, Tatum, Nick and Tilana on arrival and shown to our cabins. By the time we made our beds and got into our togs, big, dark, clouds loomed and rumbled. As we made our way down the hill the rain began to fall, but it did nothing to dampen the enthusiasm and energy of the children, who were keen to have a go on the famous flying fox. Fortunately, although there were a few rumbles and rain, there was no lightening. It was a steep hill we came down on the way to the flying fox, so the loudest (g)rumbling came not from the clouds, but from a few of us lounge lizards as we hauled ourselves back up the hill for showers, dinner and bed. After a very rowdy game of hide and seek and a story from Mel, it was lights out. We did get a bit of sleep that night...eventually...

We were all up at the crack of dawn (quite literally) and we watched the sunrise up over the clouds, illuminating the big, blue sky and the spectacular country around us. At 5am, Mel brought the horses galloping through the farm as we watched safely from inside. It was a truly exhilarating moment. Once the horses were contained in their yard and prepared for the day, we dressed quickly and then it was off to feed the chickens, cows, goats and a really big pig called Wilbur. There was also cow milking to be done and a quick tidy up of the cabins, before we ate a big hearty breakfast. This would be the busiest day of the camp.



Just about everyone was really looking forward to the horse riding. Even those of us who did not have a lot of horse riding experience were looking forward to learning. After a thorough safety talk and helmet fitting, we were matched up to a horse according to our experience and temperament. After the trail ride, we stopped for sausages and damper, cooked by us on long metal poles. The children loved the damper with butter and honey and we all agreed we would try to create some of our own back at school.



After lunch, it was boomerang throwing, whip cracking, lassoing, grass skiing, a rope spider web (to climb through) and a ball that had to be carried carefully on a hoop. Just when we thought, we couldn't possibly do another thing, we set off on a hike in the forest where we faced further challenges. There was a big log that had to be crossed over the water and a ravine that we had to climb up with a rope. Finally, we reached the very top of the hill. There before us lay the whole valley in all its splendour. We were almost there! However...before we could shower and have dinner, we had to put the chickens and goats to bed and make sure the animals had water. Phew!!! Most of us dragged our weary but happy bodies to bed that night and were glad for an earlier night.

We were up again early the next day. We loved it so much we could have stayed another week, but it was home time. Towels, socks, swimmers, shoes, sleeping bags, pillows. How on earth did our parents manage to pack all this stuff into these bags? A frenzy of packing and cleaning ensued. Then it was off to feed the animals and breakfast. After breakfast, we churned butter, worked with old tools and used a really old flour grinder to mill popcorn. The butter we churned was used in our sandwiches at lunchtime. Our bus driver Mick gave the children Freddo frogs, which made the trip home just that little bit sweeter. As we pulled into the car park and saw the smiling faces of our friends and families, we knew that we had come home. ☺

A very big thanks goes out to Amy Lethbridge, David Baccinelli and Ben Jerrim for giving their time and helping out on camp. I could not have done it without you. Thank you.

*Stefi*





#### **CLASS 4 CAMP- MINJERRIBAH: ISLAND IN THE SUN**

Last week saw the conclusion to a wonderful main lesson exploring the local environment. Class 4 went on a camping adventure to the rich and beauty filled Minjerribah (North Stradbroke Island).

By day we explored the islands natural wonders; long white beaches, rocky outlooks, fresh water lakes, and gushing springs. We were blessed to take in many sightings of marine and land fauna including dolphins, whales, turtles, abundant birdlife, and even a koala.

We are so blessed to have such beautiful beaches at our doorstep, it is a uniquely Australian experience to be able to reside in the shady dunes under the casuarinas and banksias surrounded by the distinctive and beautiful flora that bind the land to the sea. The weather gods could not have been kinder, the sun shone and the breeze kept the air cool. It was an awesome and very special sight to look straight out from our camp and see a pod of humpback whales making their way along in the sparkling blue waters only a short distance from shore.



In the evening, we cooked our dinners on open fires before hearing stories of the distant past. While we enjoyed traditional stories of the first nation people, we also heard the tale of the first three Europeans who became castaways on the islands of Moreton Bay. It is a tale of three ticket-of-leave convicts who in search of timber south of Sydney became lost at sea and drifted far to the north. After first being stranded on Moreton Island, and with the assistance of the local aboriginal people, they made their way around the islands and bay for a few months before they came to reside with the Joondoobarrie clan of Bribie Island. For almost a year they became acquainted with these lands before being rescued in 1823 by John Oxley. It was only with the assistance of these castaways that John Oxley was able to traverse the treacherous sand bars of Moreton Bay and discover the Brisbane and Pine rivers that were vital to the establishment of the new penal colony. 'White specks on a Dark Shore' by Jim Lergessner is a powerful story that presents an honest portrayal of the way of life of the first peoples of these lands. It reminds us of a people that were kind and caring in their hearts. A people full of respect and reverence for life and a people who strove to always uphold and maintain the ancient lore where balance and harmony is the foundation of a deeply interconnected world.





In the lead up to our camp on Flinders Beach, the children became acquainted with their local surroundings. The class 4 child finds themselves leaving behind that place of wonder and innocence where the whole world once impressed itself so strongly upon them, and now they emerge from the nine-year-old change with the burgeoning sense of themselves as a separate part of the world.

At the beginning of the main lesson, the children made maps of their surroundings before hearing the stories of Tom Petrie who came with his father Andrew Petrie in 1837 as the first free settlers in Queensland.

'Reminiscences of Tom Petrie' is another powerful book that brings light to the life of the first people of this region. In orienting ourselves with our surroundings, we went on two walking excursions where the children visited the Samford Bora grounds and also the Samford Historical Museum.



It has been an enlightening and profound four weeks of exploration and adventure. The children have embraced the opportunities of the past weeks with great interest, enthusiasm, and many questions. I hope as the children grow and venture out into the world that their future experiences in the landscape will be somewhat transformed due to the encounters we have had.

Merri Delungka

*Ted Muller*





# 2018 School Calendar

Our favourite functional friend is back! The 2018 calendar has had a small revamp and undergone its own form of Social Renewal! The updated design now lays on a full A3 sized page, with a wire bind and thumb hook at the top, for ease of use and presentation.

Included are scores of wonderful photos revealing the beauty of our school, our education, students and community. This year displays monthly passages for contemplation, to bring greater awareness of the 'why' and 'how' into your home.

The calendar references all pertinent school dates and holidays, including the moon cycle, and allows plenty of room for writing.

Pre-orders will be open from Monday 6th November - via a new online order form, or by collecting a paper order form from the office.

## New Early Bird Pricing

1 x calendar = \$13 (special price available until the 10th November, then \$15)

2 x calendar = \$25

3 x calendar = \$35

All monies raised facilitate the great work PAFA do in supporting the school.

Keep an eye out for further emails on how to order.



## Employment Vacancies

### Primary School Teacher Aides 2018

Samford Valley Steiner School is seeking two Primary School Teacher Aides to commence work in January 2018. Guided and directed by the Education Administrator, Learning Support Team and Class Teachers, and working with the philosophy and principles of Steiner Education, the Teacher Aides will assist the teachers to implement the class program and curriculum.

The successful applicants will be required to provide both general and teaching support to the Class Teacher; including pastoral care for the students. Applicants should have a strong commitment to and understanding of duty of care, a willingness to participate actively in the life of the School community, and be committed to ongoing individual and collaborative professional development.

### Kindergarten Assistant 2018

Samford Valley Steiner School is seeking applications for a Kindergarten Assistant commencing in January 2018. This position will initially be a one-year contract with potential for future ongoing permanent employment.

Ideally, the applicant will have experience in a Steiner Early Childhood setting; however, those who can demonstrate a long-term commitment to working with young children in a nurturing, family oriented environment are also encouraged to apply. All applicants must have a love for young children and a willingness to deepen their understanding of Steiner Early Childhood Education. To be successful in this role, candidates must possess the following personal qualities: patience, equanimity, good health, endurance, enthusiasm, flexibility, and the ability to communicate well with teachers, children and parents. The successful applicant will be willing to receive instruction and work collaboratively with the early childhood team.

The role descriptions for both vacancies 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 John Davidson via email [jdavidson@samfordsteiner.qld.edu.au](mailto:jdavidson@samfordsteiner.qld.edu.au)

Closing Date: Friday 24th of November 2017



## A PASSIONATE SCHOOLING 45

We continue with our discussion of Steiner's ideas on 'Truth'. He observed that when we experience the truth we also experience a spiritual sense of being our true or real self. He described how we sense this self through our consciousness of our physical body. It seems paradoxical that we should sense our spirit, our most intangible aspect of self, through our physical body, that part of us which is most tangible and also carries our genetic inheritance. Yet in our physical bodies, we are most unique and most obviously separate from others. The young child first identified a sense of separate self through their growing consciousness that their physical body is separate from all others. At the same time as this realisation occurs often the established use of the word "I" also occurs (often at around 2 ½) years. As we have seen earlier, this sense of self generally becomes more subtly connected with other aspects of ourselves.

Steiner also suggested that through the truth we also sense the connection between the physical body and the pre-earthly existence. He emphasizes:

*The Essential thing, however, is that [man] shall be able to realise his existence inwardly, apart from all externalities...we must be aware of our connection with the spiritual world.... nothing establishes man's true and original sense of existence so firmly as feeling the truth of truthfulness... to be aware of the Spirit within the physical body with this indeed, the sense of being is connected. That is, in effect, an intimate kinship between the physical body and the ideal of Truth.*

He provided insight into the connection between truth and self and what happens when this connection is weakened. He pointed out the untruth severs our connection with body, our sense of the 'real self' and pre-earthly life. This severance works right down into the physical body, and especially into the concentration of the nervous system. Further, he said that if this severance occurs 'man must create a substitute for his healthy sense of being- and he does so, unconsciously. He is then led, unconsciously, to ascribe to himself a sense of being [exceptional or] out of the common". In other words, if we lose touch with our "real self" we must create a sense of self by other means. For example, we may need to find personal recognition in outer labels of an occupation or title.

Next time we continue with this theme.

*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*

## CUPPA TIME SESSIONS

### ➤ **Emotional Literacy through Artistic Activity- Activating feelings through the body rather than the mind with Robyn Maggs (Week 6 17th November)**

Emotional literacy is literacy for the whole child rather than just the mind. It is literacy for the feeling life and could be called a language for the heart. Come and experience how, through non-verbal and artistic exercises, children and adolescents can learn tools to manage their otherwise unrecognised or unmanageable emotions and feelings.

Emotional literacy through artistic practices enables young people to transform anger, fear, grief, loss and aloneness into peace, safety, joy and connectedness.

Come and experience one or more of the possible techniques as you learn tools to support your children. Come prepared to play with clay, watercolours, sand etc.

### ➤ **Social Development and the Virtual World with Pep Wright (week 8 1st December)**

Look out in the next few weeks for a description and flyer for this session.



## CRAFT NEWS

We continued our weaving this week under the guidance of Kathryn and we have made some gorgeous bowls, little baskets and coasters. This is such a relaxing calming craft and the comments around the table by many was that they have really enjoyed the weaving, thank you Kathryn. A few people have asked if they can continue weaving for the next few weeks, so I will bring the weaving materials until the end of term.

Next week we will be making this gorgeous Lady Summer to adorn your nature table. She has a lovely straw hat to shade her from the summer sun. You can make her either with a formed head (on the right) or the round head, which is much simpler and quicker. We have curly mohair or wool for her hair. Her body can be embroidered or I have made some summer toned felt and that I have made into a skirt that resembles the sun's rays. Kits will be \$15, if you wish to make one for festiValley your kit will be half price.

Hope to see you at the Hub next week.

Warmly Tracey



## 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**

Next meeting on the Saturday 11th November 11am - 4.30pm. The Brisbane Branch of Anthroposophical Society, Agnes Water Steiner School, Noosa Pengari Steiner School, Birali Steiner School and Samford Valley Steiner School communities are warmly welcome to share the day with The Christian Community. I have attached the programme for the Christian Community for the whole weekend too as you are welcome to take part in it all.

This invitation came out of a wish to come together and meet with individual groups, which gather in the light of anthroposophy, to discuss and experience the new possibilities of connecting and working towards building new conscious communities.

One of the main talks that will take place at 11.30am to 12.30pm: A talk by Cheryl "Awakening to Community" is based on this wonderful lecture given by Steiner: Pre-reading Lecture 9 Awakening to the Community Lectures Dornach March 3, 1923, [GA257rs.archives.org](http://GA257rs.archives.org)

Where: Noosa Pengari Steiner School - 86 Nyell Road, Doonan 4562

Parking: 1st Carpark, walk past the large hall to meet at the kitchen for a shared morning tea first up!

Bring: A plate to share for morning tea and or lunch too. If possible.

For more information, contact Monique. Hoping you can join us to take part in the adventure of building community! Light, warmth and blessings,

Please RSVP Monique Davies Secretary Brisbane Branch Anthroposophical Society in Australia 0414 291 491 or email [anthroposqld@gmail.com](mailto:anthroposqld@gmail.com).



### Aurora Australis School of Eurythmy and the Arts

We are now taking applications for a new training beginning in April 2018. Eurythmy was introduced by Rudolf Steiner in the early 20th century and means beautiful, harmonious movement.

As well as studying Eurythmy, the student will, over a four-year training period also study music theory and history, painting and sculpture and art history, from drawing, speech formation, English literature, anthroposophical medicine and anthroposophy. In addition, there will be a block of pedagogical Eurythmy.

On completing the training, students will receive a Diploma in Eurythmy, recognised by the Section for Speech Eurythmy and Music in Dornach, Switzerland. Graduates can work in schools, therapeutic communities and special needs schools and communities. Further training in curative Eurythmy, artistic Eurythmy and pedagogical Eurythmy can be pursued.

The training is open to school leavers who wish to pursue a career working in the artistic educational and healing movement. It is also suitable for the more mature adult. The training will be held in the Michael Centre in Warranwood, Melbourne and is organised and run by a small group of eurythmists. Birgith Lugosi the artistic director brings to the course nearly thirty years of experience. Susan Gould and Beth Christensen will work alongside her, and from time to time guest teachers will be invited.

Enquiries: For further information, please contact Birgith Lugosi.

[birgith.lugosi@gmail.com](mailto:birgith.lugosi@gmail.com) (03) 98528751

[susangould1958@hotmail.com](mailto:susangould1958@hotmail.com) – 0426617254

### Biodynamic Announcement

Long time parent of the school, Peter Kearney, has recently received international recognition for his contribution to biodynamics. Peter has been asked by the Goetheanum in Switzerland to run a series of workshops at the international biodynamic conference in 2018. His focus is on bringing biodynamics into urban agriculture. Peter is running his next 2017 biodynamic gardening workshop on 18-19 November in Camp Mountain. Still some spaces book at <https://www.myfoodgarden.com.au/organic-gardening-workshops/> or call Peter on 0401156532.

### 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.**

#### Wanted 3/4 Cello

I'd love to purchase a good condition beginner's cello 3/4 size. Please let me know if you are selling. Thanks  
Danielle, 0466 843 344.

#### For Sale

Animato Acro ¼ size violin. Good condition. Full re-string 12 months ago and has had little use since re-string as my child then moved up in size.  
Comes with 2 x ¼ size bows and Animato hard violin case. \$250. Call Judy on 0432 330 125.

### 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**





### For Sale

Beautiful wooden bunk bed with two IKEA mattresses. The head and foot panels are white whilst the long sides, as well as the stairs are red. Wooden mattress board rather than slats. Have photos. In good condition. Asking \$120.00.

White wooden single child's bed with near new spring mattress. Asking \$100. Have photos. Please contact Antonia on 0432 500 969.

### Northside Fitness News!

Two reasons to join us at Team NF!

#### SATURDAY CIRCUIT AT CAGED FITNESS

Caged Fitness is an awesome outdoor gym - 408 Mt Glorious Road (approx. 4km out of Samford towards Mt Glorious on right hand side).

We are now there every 1st and 3rd Saturday, 7.15am. Includes rope climbs, cargo nets and monkey bars. Post workout coffee/ refreshments at The Shack!

Suitable for ALL FITNESS levels

#### 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

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!

### 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 and arts practises, 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 most 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 Schools 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.katesharpартsttherapy.com](http://www.katesharpартsttherapy.com)

### **Looking for an Eco-Friendly Kitchen Renovation for 2018?**

As a family within the Steiner Community, the team at Easy Living Kitchens would love to design and deliver a stunning New and Eco-Friendly Kitchen you'll be Guaranteed to Love.

Locally manufactured from local suppliers where available, with a commitment to eco-friendly and sustainable processes with a minimum negative impact on the environment using high levels of recyclables. Manufacturers that manage waste responsibly through numerous recycling programs including aluminum and metals, used oils and timber waste recycled back into energy. Easy Living Kitchens offer a great range of eco-friendly styles, finishes and functional solutions for any type of kitchen you can imagine or need.

To Book your Free Kitchen Design Consultation and have your kitchen renovation planning underway for 2018, contact us at <http://www.EasyLivingKitchens.com.au> or Call Us on 1300 650 681. Don't forget to mention "Steiner" to claim your Special Bonus as our way of saying Thank You...  
Samantha (Class 3 parent)  
Easy Living Kitchens

### **Soma Therapies: Acupuncture, Myotherapy and Bodywork at the Lifestyle Centre**

225 Mount Glorious Road, Samford Valley  
Dave: 0415 731 400 Briony: 0466 968 508  
Online bookings: [somatherapies.com.au](http://somatherapies.com.au)

Discount for Steiner Families  
We opened the Samford Valley branch of our West End clinic when Pasco started in the Lillipilli class - the tranquil surrounds are a welcome contrast to the busy inner city! We are available during school hours on alternate days and are also happy to arrange later times when needed.

Dave is a Myotherapist (aka Musculoskeletal Therapy), and an advanced Shiatsu and Remedial Massage therapist. He helps people with persistent pain through integrating new and ancient eastern approaches. His sessions may include bodywork and massage,

movement therapy, pain education, strength training and mindfulness.

Briony offers a gentle Japanese approach to Acupuncture and Moxabustion. She also has needle-free options for kids and sensitive adults. Her holistic approach draws on experience in naturopathy, herbs, nutrition and other body therapies to create a relaxing, personalised treatment.

Our treatment space is also available for rent - please contact one of us for more info.

### **Giving & Receiving Goddess Sharing Circle - Saturday 18 Nov, 6.30-9.30pm**

Sitting in a nurturing goddess circle in a yurt in picturesque Wights Mountain, Samford - connection, sharing and pampering. Yes Please!!

I'd love you to join me on Saturday night, 18 November. Come along by yourself or with a friend. We will be exploring our relationship with giving and receiving and also will experience a yummy mini Spring pamper session! All natural products will be provided. Babes in arms are welcome. The numbers are limited to 10 women. Please book early if this sharing circle is calling you to avoid disappointment. I hope to see you there!

\$17.50 per goddess. Tickets available online <https://www.humanitix.com/event/giving-receiving-goddess-sharing-circle/>

Danielle McIsaac xx  
Woman Dreaming Holistic Nurturing –  
0466843344  
(Mum to Aidan Grade 8 and Soraya Grade 5)

### **Remote First Aid - HLTAID005**

\$345  
25th and 26th November, 2017

Do you run a large property, go hiking, camping or undertake other outdoor activities? Would you know what to do in an emergency? Sun and Stars Bushcraft and Samford First Aid have teamed up to provide a 2-day Remote



First Aid course which should be at the top of anyone's list who is working or recreating in places where an ambulance cannot access. In the program we cover CPR, Provide First Aid and add short term survival, remote considerations, prolonged care of a patient, how to organise a group and manage an incident.

This is delivered locally at Baden Powell Park Scout campsite, Samford. We use real-world scenarios in your training and provide a practical, hands-on delivery rather than the typical lecture room and overhead projector mode that many other courses are nowadays. We even use life-like stage make-up on our dummies and actors to make the scenarios more visceral and provide a more realistic idea of what you may come across if you do find yourself dealing with an incident in a remote environment.

For more information or to book a place please visit our Eventbrite page  
<https://www.eventbrite.com.au/e/remote-first-aid-november-2017-tickets-37991281947?aff=es2>

...or contact Louise (**0490 111 151**) or Andy (**0450 287 739**)

...or you can email [samfordfirstaid@gmail.com](mailto:samfordfirstaid@gmail.com)

### **Abseiling/Rock Climbing Sessions**

Sunday 12th November

Morning session 0800-1200

Afternoon Session 1300-1700

\$50 per person

\*\*\*Special Offer for school families...use the discount code STEINER to get 20% off!\*\*\*

Looking to challenge yourself?! Join us THIS SUNDAY for one of our climbing and abseiling sessions ran at Baden Powell Park Scout campsite, Samford. We are available to any age group and have had kids as young as 6 complete the abseil, and adults enjoy themselves immensely alongside them! We generally find that 8 year olds and above tend to be the most comfortable, but if you're keen we'll help anyone as best we can to complete both climbs and the 10m abseil as well!

With no prior experience necessary we build your skills and confidence throughout the session so you can have an enjoyable and rewarding adventure!

To book visit our eventbrite page...

<https://www.eventbrite.com.au/e/abseiling-and-climbing-adventures-tickets-39161472017?aff=es2>

or call/email Andy on 0450 287 739

[andycurrey7@gmail.com](mailto:andycurrey7@gmail.com)

### **Therapeutic Eurythmy**

THERAPEUTIC EURYTHMY is a highly effective "exercise" therapy a holistic approach.

THERAPEUTIC EURYTHMY works in a specific manner deeply into the human body functions; strengthening and regulating powers of regeneration.

The individually developed plan is progressed in a series of one to one weekly sessions, at weekly intervals for adults.

THERAPEUTIC EURYTHMY is effective in various illness conditions and for children with learning and/or development hindrances.

THERAPEUTIC EURYTHMY was developed by Rudolf Steiner out of the Anthroposophical background to bring a new way of healing to the human being.

For enquiries or to make a booking contact:

Karen Foster, Diploma of Therapeutic Eurythmy

Phone: 0423620069

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