The Golden Quill

News from the School Coordinator

This is the time of year to say thank you for all the hard work that you as parents put into our school. First and foremost there are the parent reps. who are the glue between the class teachers and the parents of the class. Kindergarten and class teachers tend to have a lot of “irons in the fire” and they can take a lot of keeping up with. Behind them, of course, are you, the rest of the parents, who: make the soup, dye the cloth, attend busy bees, help with the students in lessons and generally make our place both a school and a community. Thank you for all your, at times unrecognised, hard work.

Then, there is the P&F who have a huge involvement in making sure so many of the events organised by the school actually run smoothly. In particular, we need to thank Miranda Miller and Gillian Malata for being the calm centre while surrounded by storms. Next, there are the parents who are taking on special projects and, while in some cases there might have been some remuneration, they are all doing work that is well above and beyond the call of duty. So, thank you Annett Forman (Parent Involvement), Lydia Kenyon (marketing), Tancredi Rubinich (weed control) and Simone Coleman (Kwoorabup markets). I apologise if I’ve left anybody off this list.

Finally, there are the Council members. Council is technically the owner of the school and the employer of staff here. Council members have a lot of legal responsibility and almost all members contribute their specialist knowledge in another area requiring attendance at further (usually monthly) meetings. Most of this extra work has been behind-the-scenes and very effective in keeping the school running smoothly. Thank you Bruce Anthony, Katie Bewley, Anna Boaden, Julie Marsh, Chris Robins, Ilan Trom, Brad Woodruff and Genevieve Yap. The effort that you have put in on behalf of all the parents is deeply appreciated by us all.

We need to thank these people now because several of them are resigning from Council this year. The actual day that they stand down is Tuesday next week, the day of our AGM. This means that we are, once again, on the look-out for new Council members.
News from the School Coordinator cont.

The school is not in a pioneering phase anymore which means that Council members are most concerned with keeping the ship sailing smoothly rather than making any radical decisions. We need the collective wisdom of people who have been around the school for a while and have enjoyed thinking about the potential of what this education could become. While on Council you will have the opportunity of facilitating the ship along that path. Please think seriously about putting your hand up for Council. Nomination forms are available in the office and you can also nominate at the AGM, Tuesday, April 8th, 3-5pm.

Robert Gillman

Wishing all our GHSS families and community a safe and happy Easter!

On 31 March special guest Stephanie Alexander was treated to a gardening lesson with Neal and Cl.6/7! Well done Neal, you did our school proud!

Did you know?

There will be Child Minding available for the school AGM on Tues. 8 April—please advise Silvia beforehand if you require this. Why not come for the End of Term Music Concert in the hall (which will feature all primary classes from Cl.1-Cl.6/7) and then stay on for the AGM? Yummy afternoon tea will be provided between events!

Lost Items

Our lost property box on the verandah by the office is OVERFLOWING! It is your responsibility to claim your/your child’s belongings by the last day of term (11 April). All leftover items will be donated to the Opp. Shop in the holidays. Cheers, Silvia

Meanwhile Chrystal attended a special Kitchen Garden training day in Albany.

Calendar of the Soul—Week 25

I may now belong to myself.

I am luminous---
I spread my inner light
over the darkness of space and
time---
While all of Nature falls asleep.

But the depths of my soul shall awaken---
And, in awakening, shall carry
the sun’s fire glowing
into the cold winter’s surging.

I spread my inner light
over the darkness of space and
time---
While all of Nature falls asleep.
News from Playgroup

We have been busy in playgroup, collecting and pressing the fallen Autumn leaves for our beautiful Easter baskets which will be completed this week. Next week we will colour and dye some eggs to put in them.

All playgroup children and families are encouraged to join in the Easter Festival at Silver Birch kindy on Thursday the 10th of April for a puppet play, egg hunt and a shared morning tea. Please come to Peppermint Cottage at the usual time and we will walk over to the festival together at 9.45am.

It should be a wonderful morning and we look forward to seeing you all there.

Warmly, Clare, Theda and Jade

News from Silver Birch Kindergarten

Well the weather is becoming moist and the earth breathes in with thanks while the children happily take their spades and dig, dig, dig. Many of you have supplied a rain coat and boots. Thank you. These items will be used well over the coming months. As the weather changes might I remind you to dress the children warmly and to keep an eye on their bags as wet clothes go home and may regularly require refilling. I realise it is a challenge to always find warmer clothing without pictures or logos. Thank you for your efforts.

Have you received your invitation to our coming Easter festival starting at 9.45am on Thursday the 10th of April? It is in your box or bag. Even if your child does not usually attend on Thursdays you are most welcome to come to the Festival. We are all looking forward to the time together when we celebrate life.

Christine and Sophia

News from Karri Kindergarten

"Over the hill, jump over the fence
And pull the cow’s tail,
then pull the long tail"

So goes the little verse that helps when the children are learning to finger-knit in kindergarten. The K6 children are very proficient with this skill now.

Craft Group

Come and join us for craft group!

Wednesday afternoons 12.30pm until pick-up time at Peppermint Cottage (Playgroup building).

This term I will be working on a doll I am making for a very special young man’s upcoming birthday, table puppets for Karen’s Cl.1 and, no doubt, getting distracted by my knitting and spinning.

I am very happy to help you get started on a project or you can bring along something you are working on.

We are a very casual, friendly group and would love to see you there!

Love Kathy
News from Karri Kindergarten cont.

The children love to produce metres and metres of brightly coloured wool finger knitted to make ropes used for many purposes, including "dog leads" and "fishing lines". It's even been used to create swings in the trees!

Now the Autumn Equinox has passed, we await the full moon which heralds the coming of Easter Sunday, and so our fingers have been busy creating Easter baskets in anticipation of this special time of year. In past years we've created baskets from peppermint leaf bundles wound round and round and stitched together. This year, with finger-knitting in such abundant supply, we have stitched finger-knitted ropes in a spiral to make little baskets to hold eggs.

Our Easter Festival will be held on Thursday 10th April commencing with a puppet play in kindergarten at 9.45am, followed by an egg hunt and morning tea, including hot cross buns baked in kindergarten. All playgroup and kindergarten children and their families are very welcome to join us, along with anyone with young children who may be interested in what we offer for children up to seven at Golden Hill Steiner School. We're hoping for a mild sunny day perfect for a bush picnic!

As the term draws to a close we ask that any books which have been borrowed from the parent library located in karri kindergarten please be returned so we can do a stock take. Many thanks for your help.

The Sunshadow slippers order has been placed and Tracey has informed me that the order should be completed by early next term, so little (and bigger) toes should have slippers to keep them toasty ready for the cooler months. Many of our K6 children have completed or are working on their French-knitted beanies, or will commence them very soon, so these will be perfect to keep heads warm on cold days. Children will also need a complete set of spare clothes, and reusable bag for wet/muddy clothes to go home in, a raincoat and gum-boots, to remain at kindergarten please.

If any parents are handy with a sewing machine, we would love to give you an opportunity to complete a few hours of your P.I. time, by stitching up some hessian pieces for the children's sewing projects, or some simple rectangles for large bean bags, and circles for small bean bags. Please see me if you can help.

Warm wishes, Denise

News from Class 1

Hello everyone,

Our Capital Letters Main Lesson finished with a very successful excursion to Madfish and Green's Pool where we drew letters in the sand and walked our tongue twisters. Thank you to all the parents who joined us. Try saying 'many mighty men mount the mighty mountain', 'ten tall trees with thick tough trunks topped with a tent of twisted twigs', or 'six silver snakes silently slither over the soft seas of sliding sand.'

Our new Main Lesson explores the quality of number. We have been learning a lot of number rhymes and songs and have created our own Numberland where we laid down on a huge piece of paper and someone drew around us. When we looked at our land there were 10 people, 20 eyes and 100 fingers!

The sacred cave riddle

Alone I cannot feel myself
But with the one I can feel the other.
You have them both, but what am I and what is my sign?

Here is one of the riddles the class had to solve before we were allowed to enter the sacred cave which contains the Secret of Numbers.
News from Class 1 cont.

Our new classroom is nearly ready and the curtain fabric has arrived. Thank you to Sandra and Jo for helping with the dyeing and Silvia for the washing. It has been a huge job. If you are able to help with the sewing please let me know. There are still curtains and cushions to be made.

The deposit is now due for the lyre workshops. Please pay Silvia at the office. It will be a great opportunity for us all to get to know each other better and make something beautiful for the children.

Cheers, Karen

News from Class 2

Cl.2 is concluding Term 1 with a two week Main Lesson on coastal geography. We are excited about going on an excursion to the beach this Thursday, the 3rd of April, and hopefully catch a fish for lunch!
Thank you :-) Sonja

News from Class 3

Hello friends and family

During our Math Main Lesson this week we used our place value columns to help us add numbers in the thousands. Next week we will do the same with subtraction.

Cl.3 are really coming along with their crochet pencil cases, some nearly finished. I was impressed that the children who were ready to 'give up' were able to work through their frustration and seemed to really 'get it' this week.

On Friday we had a wonderful Harmony Day celebration with Spirit of Play and Woodbury Boston. We sang songs together in a big circle and shared what harmony meant to each of our classes. During recess everyone played together in the GHSS playground, then split into groups and took part in three fun activities. We worked together to create an earth art mural with natural materials on the oval, listened to Carol Petterson (a Noongar elder) talk about what harmony means to her and made friendship bracelets, then crafted flowers with ladies from the local Baha’i group.

I will see those of you who can make it to the Cl.3 meeting this Wednesday April 2nd 3-4pm. Our meeting will have a focus on the 'nine year old change'. I hope some of you will share any changes you have noticed going on with your child at home. I have had a few parents chat to me about changes they have noticed, and felt some relief that it is a recognised stage of development in Steiner education.

Warm wishes, Chrystal
News from Class 4/5
In Class 4/5 we have finished up our work in our Main Lesson block on Geography and map making. It has been such a pleasure to watch the skills of the students improve over the four weeks. They have taken to each task with a lot of enthusiasm and many students have been applying their new skills to tasks at home. I believe that one of the main reasons our geography work had such an impact was the students’ love for Denmark and their local surroundings. When mapping out the rivers, beaches and hills of Denmark it was easy to see the pride the students have, living in this beautiful land. Particularly strong was the affinity shown by those students who go camping regularly and could recognise the local landmarks.

We finish the term with a Main Lesson block on freehand geometry. In these lessons, beauty is expressed by creating shapes in perfect symmetry. These shapes then seamlessly interact with other shapes to create real works of art. Lastly, thankyou to all parents who helped out in the Autumn festival. Your time is greatly appreciated! Alex

News from Class 6/7
Hi everyone,
Hope you are all doing well and looking ahead to the upcoming school holidays- hasn't the term just flown by? We are in the middle of our Australian Geography/History main lesson and currently in the throes of examining Australia's political system before continuing on our imaginary class journey around Australia - Ord River, here we come!

We are off for another practise walk for our upcoming Bibbulmun track camp on Thursday (the second of three), this time going a little bit further and with heavier bags.

This Friday we will be having a short (hopefully!) class meeting only for the purposes of discussing camp arrangements. I realise many parents work on Friday so I apologise for the inconvenience, but unfortunately it was the only day that worked for me and the school. At the meeting, we will need to arrange the following:

- Please have a think about which of the above jobs your family would like to take on and come to the meeting with your choices. If every family chooses one thing to do, it shares the load out evenly.

Soup Days
Soup days are due to commence in Term 2. On cold winter days, it's always lovely to wrap your hands around a warm cup of homemade beautiful soup with some fresh hot bread. Parents, wouldn’t you love to not have to fill that lunch box just one day a week for two whole Terms? Students relish this opportunity each week to warm their bellies and share a common meal together.

In order to run these Soup Days, we are looking for able and willing Soup Day Committee members. We will need at least three key members of the Committee to justly distribute the workload. If we do not get the volunteers, we will not be able to have Soup Days. If anyone is interested or you would like more information, please contact Miranda or Gillian before the end of Term 2.

Involvement in the Committee contributes to a Family’s P.I. hours.

Violin News
All parents and friends are invited to our end of term concert on Tues. 8th of April starting at 1.40pm.
Regards, Jude
News from Class 6/7

We will need to arrange what tents to bring etc. To allow for ease of planning, could everyone please check what tents they have available, how many people they sleep, and how heavy these are (please weigh or check specs before the meeting- very important!) Lightweight (i.e. 2 kilogram) 2 man tents would be ideal.

SURFING: Mike has asked that for the final week of surfing next week (Friday 11th April), all the children join in for a bit of a 'wind-up' lesson, regardless of whether they are in group 1 or 2. This means we will need an extra car or two to get everyone to the beach. Chrystal will be enthusiastically accompanying the class for this session.
Please give Silvia a call in the office if you are able to help out with transport.

Hope to see you on Friday!
Regards, Eliza

News from the Music Coordinator

It has been a busy time of year for the music programme. The last few weeks in Music classes have been dominated by preparations for the Autumn Festival and Harmony Day. Each class is currently preparing a song to sing for our End-of-Term Concert (Tuesday 8th April, at 1.40pm, just before the school's AGM). We are also finalising our performance pieces for the Festival of Voice, which will be only weeks away when we return for Term 2.

We are also looking forward to showcasing what the children have achieved in our first term of Ensemble. Despite a range of changing circumstances and refinements, we have managed to settle into a routine with our two groups from Classes 4/5 and 6/7. The results are beginning to sound very impressive, so I hope you will be able to make it along to the End-of-Term Concert to have a listen.

We are looking forward to having a dedicated music room (for the remainder of this year at least) when the new classrooms are completed. I am keen to gather the music resources into one centralised space, and have the children come to me for music classes. This will allow greater flexibility for a variety of instrumental work during music sessions, and hands-on development of the children's skills. It will also be a dedicated space for Ensemble and Choir classes.

Last but not least, we have a small but dedicated group of parents who gather each Monday morning at 9.00am to sing a variety of songs. We are gaining confidence in singing beautiful harmonies together, but we would love our group to grow bigger. All parents are welcome, including Dads, and there is strength and greater confidence in larger numbers. Wouldn't it be wonderful to have a full Golden Hill parents choir?
Regards, Bruce Anthony

Violin News

Can all violinists who will be performing in the Albany Eisteddfod please be regularly practicing their pieces, concentrating on making a beautiful tone. We will have a pre-Eisteddfod Concert after school on Mon 12th or Tues 13th of May. Please keep these dates free and I will confirm ASAP.
Regards, Jude

From Council

The School has a Grievance Policy which outlines what you should do if you, as a parent are concerned about any aspect of your child's schooling. The first thing to do is to take up the issue with your teacher. If for any reason you find this a little daunting you can ask for help and support from the Parent Advocate who has been appointed by the school especially for this purpose. The parent advocate is Ilan Trom (Asher from Cl.6 dad) and you can call him on 0421 784 187. All conversations will be treated as confidential. A copy of the Grievance Policy and flow chart showing what to do are available in the Office.
News from the Parent Involvement Coordinator

PIP ideas / opportunities updated 31/03/2014

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<thead>
<tr>
<th>Location</th>
<th>Description</th>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>Office</td>
<td>Help with getting Newsletter ready to give out</td>
<td>Any day</td>
<td>1.30 – 2.30 pm</td>
</tr>
<tr>
<td>Library</td>
<td>Help with sticking labels/pockets on books</td>
<td>Any day</td>
<td>Ask Silvia</td>
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<td>Biodynamic- Gardening</td>
<td>Please contact Neal:</td>
<td>Mon – Cl. 6/7</td>
<td>11:15 – 12:00</td>
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<td></td>
<td>Phone: 9848 1942</td>
<td>Mon – Cl. 3</td>
<td>12:00 – 12:45</td>
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<td></td>
<td>Email: <a href="mailto:nealcollins@westnet.com.au">nealcollins@westnet.com.au</a></td>
<td>Mon – Cl. 4/5</td>
<td>01:30 – 02:30</td>
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<td>Everybody welcome</td>
<td>Tue – Cl. 4/5</td>
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<td>Tue – Cl. 6/7</td>
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<td>Wed – Cl.3</td>
<td>01:30 – 02:30</td>
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<td>Woodwork</td>
<td>Please contact Justin: Everybody welcome</td>
<td>Fri – Cl. 6/7</td>
<td>11:15 – 12:45</td>
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<td>Phone: 0419 020 176</td>
<td>Fri – Cl. 4/5</td>
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<td>Email: <a href="mailto:brumbysrun@equinediscovery.com.au">brumbysrun@equinediscovery.com.au</a></td>
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<tr>
<td>P&amp;F</td>
<td>Meet fortnightly in Playgroup Building</td>
<td>Term 2 &amp;3</td>
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<td>Easter Markets Stall, 19 April, 9-4pm, 2hr slots</td>
<td>No experience necessary</td>
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<td>Soup Day Committee - please join it!</td>
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<td></td>
<td>Contact Miranda 0447 820 468</td>
<td>Every parent welcome</td>
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<tr>
<td>Playgroup</td>
<td>Make knitted / felted farm animals for PG</td>
<td>any day</td>
<td>Ask Silvia</td>
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<td></td>
<td>make story props</td>
<td>any day</td>
<td>at office</td>
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<td>Silver Birch Kindy</td>
<td>Could anybody with welding experience please have a look if the old swing is fixable?</td>
<td>any day</td>
<td>10 min +</td>
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<tr>
<td>Kwoorabup Markets</td>
<td>Bake afternoon tea/Help with serving</td>
<td>Next one: Apr.11 3-5pm</td>
<td></td>
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<tr>
<td>Class 3</td>
<td>Help with crochet project</td>
<td>Thursdays</td>
<td>2 – 2.45 pm</td>
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<td>Class 1</td>
<td>Help make fairy tale table puppets</td>
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<td></td>
<td>Sewing curtains</td>
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<td>Dyeing curtains</td>
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Thanks again (so shortly after the Busy Bee) to all the parents who gave their time to help at the Autumn festival. The P&F and I are trying our best to make the events and festivals an enjoyable and stress-free experience.

How was your experience? If you have any ideas or suggestions, can you spare a few minutes to share your thoughts? Thank you to everyone who has filled out the feedback form for the Festival. It would be great if we can get as much feedback as possible which is vital to build a strong and caring school community. Silvia has spare festival feedback forms in the office, if you haven’t filled one in yet.

Many thanks and warm regards,
Parent Involvement Coordinator for 2014
Annett Forman
(Ethan’s and Teo’s Mum)
atomnett@westnet.com.au

P&F Easter Markets

Denmark Arts is holding their mega Arts and Craft Market on Easter Saturday, the 19th of April 2014, and the Golden Hill Steiner School has a stall!

If you would like to volunteer for one to two hours at the stall (two hour volunteers will receive a $10 lunch voucher), please put your name down on a volunteer list at the office before the last day of term. These hours count towards your parent involvement hours, so if you are in town, we would love to hear from you!

Kind Regards, Your P&F Committee
Kwoorabup Community Market

With one more market to go before the end of term, it seems a good time to reflect on this year’s progress.

After a fairly slow start with stallholders and patrons, and a re-organising and delegating of various roles, each market has grown successively, with last week’s being an ALL-TIME HIGHLIGHT. The volume of trade has grown to a point that growers now have an economic incentive to participate and have their own stalls. Last week this included Julie Coverley with spray free tree-ripened apples, The Sheed family with corn, Wolery Organics and Shipley’s Organic Meat and Eggs.

I am very grateful to those vendors that have persisted throughout the market’s infancy, to provide the opportunity that now exists. The Local Food Co-Op has been very busy, and are half-way to buying a dehydrator which will be available on loan to the community. We have also been able to donate food for members and families of The Denmark Friends of the Forest to assist their anti-logging campaign in Walpole.

Also, last week Denmark Primary School had a very successful stall selling sauces and preserves made by the students, and it was a joy to see all the children playing together on the oval.

Finally many thanks to Lydia Kenyon and Kira Schimmelpfennig for all the work on the market’s publicity. We have new posters, fliers and e-mailers, and a Facebook page. Thanks also to Genevieve Yap for subsidising the creche to provide for parents of younger children the opportunity to be involved either through volunteering or having a stall.

Yesterday I was talking to celebrity chef Ian Parmenter, who was a founding committee member of the Margaret River growers’ market about food markets. And it got me thinking about the different flavours of each town’s market. In reading back over the events of this term, I am happy to see that the word Community in our name is truly reflected in our deeds.

We also had a very successful day promoting the markets at the Sustainable Living Expo on Saturday 29 March. Described by the organisers as the most vibrant stall at the expo, we represented 19 growers and producers, as well as the Seed Savers Network.

Cheers,

Simone

9848 1942, simonecoleman@westnet.com.au
Easter

Easter is a moveable feast, the rule being that Easter Sunday is the first Sunday after the full moon after the Autumn Equinox. Of course, in the northern hemisphere, Easter comes after the Spring Equinox when the first signs of new life are budding after a long, cold winter. Here in Denmark, where the seasons are less pronounced, autumn is not so much a time of withering and contraction into winter, although this aspect can be seen in the deciduous trees in Berridge Park. There are new red leaves on the citrus trees in the kindergarten and the first autumn rains combined with warm temperatures result in a carpet of green all around. In the wetlands the fiery orange flowers of the swamp bottlebrush blaze.

Easter takes its name from “Eostre” the pre-Christian festival of spring and rebirth. It celebrated the instinctive forces, those involving reproduction, physical love. The early Christians re-worked this festival to incorporate the resurrection of Christ, and it is the most important of the Christian festivals.

Christ is both healer and awakener and by his death and resurrection, he has brought life forces into our waking consciousness. Christ brought into our world a new form of love, the pure love of human beings for one another regardless of gender, race or any other differences.

In today’s world there seems so little of the Christian spirit present, yet Christ is not a dictator, imposing his will, the gifts he offers can only be accepted or rejected in freedom. The true Easter spirit can be present when we seek Christ’s gifts as healer and awakener.

Happy Easter to you
Advertisements
Disclaimer: the articles, advertisements and community notices in this newsletter are provided as a service to the school community. The carrying of an article, advertisement or community notice does not imply endorsement by Golden Hill Steiner School.

Western Australian Museum Albany
Residency Road, Albany WA 6330
Bookings/enq: 08 9841 4844 albany@museum.wa.gov.au
April 12 - 27 Discovery Centre School Holiday Program Timor: land of mystery, spice and flying dragons! Discover the amazing island of Timor, one of Australia’s closest neighbours. Find out why Timorese people build houses where no-one lives and how a special lizard can fly! Learn what Australia has in common with Timor - you will be surprised! Build a Timorese sacred still house, construct and paint a Dragon kite, create a traditional bamboo flute, make a ceremonial silver or a feathered head dress. Free and low cost activities.
April 15 - 17 WA Heritage Festival 9.45am – 12.30 pm. Albany Archaeology Explored – maritime archaeology with an expert. Cost per person per day = $10 or $7.50 (concession)

Help Wanted
2x strong persons wanted to help with moving furniture. BYO ute or trailer. Please call 0408 122 515

Keep These Dates
The Anthroposophical Society in Australia National Conference “Extending the Picture of Humanity, Evolution of Consciousness” will take place in Shearwater School, Mullumbimby, from July 8th-11th, with a pre-conference excursion from Brisbane into the Northern NSW hinterland from the 6th - 8th, midday. This conference will be a teacher and family friendly event, with plenty of camping opportunities. Themes and more details will be released soon.

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Residency Road, Albany WA 6330
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Holistic Birth
Hypnobirthing Australia™
Holistic Birth offers a 12 hr comprehensive childbirth education program led by a Registered Midwife; designed to embrace the power of positive birth.
Create a calm gentle environment for your baby’s arrival regardless of your birth method. Whether your baby’s birth is vaginal or caesarean Hypnobirth can be applied.
Hypnobirth releases the fear associated with childbirth and previous traumatic births. Maximise your body’s natural ability to prevent and block the release of pain causing stress hormones but encourage the release of good hormones called endorphins; which are proven to be 20-30 times more effective than morphine.
Elisha Spalding Registered Nurse/Midwife, Certified Hypnobirth Practitioner, Childbirth Educator
040 228 0306 holisticbirth@hotmail.com
The natural approach to a calm and positive birth

Visit Kylie Collyer’s (Sienna and Jayden’s mum’s) business at www.naturesnest.com.au
For Steiner inspired gifts, toys, books, and children’s clothing

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Advertisements

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Mindfulness Meditation Research

I, Jessica Heller-Bhatt and mum to Kiama and Sumai, will be conducting a research project as part of my Honours degree in Psychology at Edith Cowan University to examine how mindfulness meditation practise affects emotion regulation among individuals in the Denmark and Albany communities. Evidence suggests that a core mechanism of maintaining emotional well-being and psychological health is the ability to regulate one’s emotion.

The study will require participants to take part in an eight week meditation program during which mindfulness meditation is to be practised on a daily basis. Those of you who choose to participate in the study will received a free one hour training session in the practise of Mindfulness Meditation. Participants will then be required to practise these skills on a daily basis for 25 minutes for the duration of the eight week study. You will be required to record your daily practise time in a diary provided by the researcher.

To register your interest, please email me on jhellerb@our.ecu.edu.au or phone me on 9848 1565. The study is expected to commence mid-April.

Your interest is much appreciated! Jessica

Slow Flow Yoga

At the RSL Hall

Thursday mornings

9:30 -11:00

Contact Carol on 98483741
or 0487239768 or
capestyle3@gmail.com

Please bring your own mat or book a mat in advance

Yoga for Kids & Community

Tuesdays 3:15 - 4:15
5 week course for ages 7-12
March 11 - April 8

Golden Hill Steiner School Hall
Parents, Grandparents, Aunts, Uncles, older siblings, neighbours, friends are encouraged to join class.
Please bring a yoga mat if you have one.
By DONATION.

Sonia 0414 651 331

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Ilan and Karen Trom-Wright have Organic Beef for Sale. If interested please call Ilan on 0421 784 187

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