



## Mid-Winter



This coming Tuesday 21 June is Mid Winters' day. How quickly it seems we have moved out of autumn and into winter.

In the Northern Hemisphere, Mid-Winter falls a few days before Christmas Day and the celebration of the birth of Jesus, who became the bearer of the Christ Spirit.

For the North, this is a mighty symbol of the coming of new light into the world, and that the darkness shall be overcome.

What of us here in the Southern Hemisphere? Is there any way of reconciling the Christ Spirit with our own winter time? One possible way of looking at it, is that since Golgotha and Easter, the Christ Being has united himself fully with the very life of the earth, has ensouled the earth and all its people with his own being and that He accompanies the destiny of the earth and each one of us in all time to come. He accompanies the soul life of the earth in all its cycles in time, large and small.

Beginning in spring and on into summer, the earth itself breathes out in burgeoning growth and new life into the far Heavens. We give ourselves up to sun, sea and manifold outer sense experiences. Come autumn, this out breath turns and the earth starts to breathe in again, reaching the fullest point at Mid-Winter. Now the earth is very much within itself, quietly contained. The outer world of nature is diminished and the seeds of summer lie waiting, repositories of all the sun and warmth of summer.

Here in Hawke's Bay, where the pause seems comparatively brief (with freesias sprouting, etc) Mid-Winter is typified by a day when the sky is a close thick, pearly blanket, through which the sun weakly and dimly shines. One feels encapsulated in a cold, still, quiet world.

In Europe this would be a day when the snow thickly blankets everything and all is silent. When the surrounding world is like this, perhaps we can feel ourselves in our innermost being, more acutely, more actively than was possible in our 'out and about' days. On these quiet winter days, perhaps inside by the fire, quietly reading, reflecting, is it not easier to feel one's own sense of self and perhaps contemplate, take stock and review? We come nearer to our essential being, and our own sense of the Spirit. Through being closer to our own Spirit life, our own inner light, do we not consciously or unconsciously draw nearer to the light of the world, the spirit of future evolving humanity?

Perhaps too, this holds good for the soul life of the earth itself at this time. That, although quiet on the outside, it is more awake to itself, most earthly and self-contained. *Has Christ accompanied this deep in breath of the earth; is his Being active within the very heart of the earth at this time?* Of course, we have to remember, the exact opposite process of out breathing is going on in the Northern Summer.

There are many ways to celebrate the Spirit spark, or inner light. Our way is with the beauty and magic of the mid-winter spiral. For the children of the Lower and Middle school, a candle lighted, placed in the Spiral which they walk, symbolises this Spirit spark or inner light.

The room is dark, silence pervades the space, one single candle burns at the spiral's centre. When all have gathered, one person walks the spiral, lights their candle and places it near to the central candle, and as one person after another, lights and places their candle the form of the spiral appears as a gentle light fills the room. It may take courage for a child to walk alone and as the light grows wonder can be seen glistening in the eyes of the children. There is an old saying, wisdom begins with wonder.

For the High School, by consciously placing tea lights on to parts of a large world map, they are pinpointing a place where people are experiencing dark times and need our thoughts and prayers, or else it might be also acknowledging where light is shining and draw attention to it. Be it literal or figurative, the light that each of us carries within us can be acknowledged and encouraged to shine out.

The Little Lantern song sometimes sung as the younger classes make their way to the Mid-Winter Spiral Walk may in fact point to a deep truth.



When days are darkest  
The Earth enshrines,  
The seeds of Summer's birth  
The Spirit of Man is a light that shines  
Deep in the darkness of Earth.

*As students of Class 7 physics know in their light studies, the smallest light is enough to dispel otherwise total darkness.*

*On behalf of the Festival Group*

Next week the school will celebrate midwinter. In anticipation of our festival for the children - we warmly invite parents to come and walk the spiral - so you too can share in your child's experience. None of us are too old to wonder and perhaps leave with a sense of gratitude for the opportunity to be touched by the simple beauty of the spiral.

**Wednesday 22 June**  
**7:00 pm at the Steiner Rooms, corner Whitehead Road**  
**and Nelson Street – across the road from Taikura**  
**Rudolf Steiner School.**

**Adults only**

*From Sue Simpson - Proprietors Trust Chair and Eurythmy Teacher Kindergartens*





## *He pito kōrero!*

Continuation of the Matariki story from last week...

**Tāwhirimātea**, Ariki of the winds, felt sad for his parents – he cried tears of lightning. In his pain and sadness, he tore his eyes out, crushed them in his hands and threw them into the heavens. His eyes became the star cluster we call **Matariki** – short for Ngā Mata o te Ariki Tāwhirimātea, eyes of the God Tāwhirimātea.

Our tipuna named the stars of Matariki and each one holds a special message for the year ahead:

- **Matariki**, the brightest of all in the star cluster, watches over all the stars and is connected to the health and wellbeing of people.
- **Waitī** mean fresh water, and **Waitā** is saltwater. They represent the creatures you find in rivers, lakes and oceans, like fish, tuna and other foods of the sea.
- **Tupuānuku** is connected to all the foods that grow in the earth, and **Tupuārangi** to the fruit, berries and birds in the trees.
- **Waipunārangi** means water that pools in the sky, and our tipuna looked to her for signs about the weather, and rainfall for the coming year.
- Our tipuna would talk to **Ururangi** about the wind.
- The oldest kuia whetū, **Pōhutukawa**, offers guidance to the spirits of our loved ones who have passed away, and carries the spirits across the night sky to be returned to the heavens as stars.
- Finally, te pēpi, **Hiwa-i-te-Rangi**, is the star you wish upon. In the time of our ancestors when Matariki first rose, on the correct night our tipuna would dig a trench in the garden and those with wishes in their heart would stand in the trench, have soil packed around their feet and plant their wishes in the soil. Tohunga would recite the following karakia:

Ko Tawhito-uru-ngangana,  
Ko Hiwanui,  
Ko Hiwaroa,  
Ko Hiwapukenga,  
Ko Hiwawananga,  
Ko Hiwa I te rangi  
Takataka te kahui o te rangi,  
Ko iā Pou, Tō putanga,  
Ki te whai ao,  
Ki te ao marama!

Hiwa! Great Hiwa, Wonderful Hiwa, Hiwa the star

Come down from the stars in the heaven and plant my wishes in the soil, make them grow and make them come true.  
(Nā Rangi Matamua te whakamārama nei.)

### **Whakatauki - Proverb**

Matariki hunga nui  
Matariki of many people

During Matariki festivities people gather together to celebrate the passing of one year and the hope of a new one.  
The gathering of people is recorded in this phrase.

*He pito kōrero is a space dedicated to celebrating and promoting Te Reo me ōna Tikanga Māori*





Ngā mihi o Matariki ki a koutou katoa e te whānau...Greetings of Matariki to you all!

As we approach our first ever Matariki national holiday, next week, we would like to warmly invite you on behalf of the Ātea-a-rangi Trust, to one of the early morning viewings of Matariki and other whetū, they are holding this activity along with others, to acknowledge Matariki.

The following is the link for these activities: <https://www.atea.nz/> Next Tuesday, Classes 6 and 7 will be participating in the Matariki School activities at the Ātea-a-rangi - The Star Compass, Waitangi Regional Park.

## Morning Of Remembrance

The other event that will be held at school, is a morning of remembrance for those members of our whānau who have passed on. This will be next Thursday 23 June, at 7:00 am – 8:00 am. We will gather in the library and make harakeke whetū. Once the whetū are finished, we will ceremonially suspend these on the tree outside the library. This will be our Tree of Remembrance for the remainder of this term. There will be a breakfast of warm, creamy porridge and a hot drink to conclude this event.

The following link is a YouTube clip that shows how these whetū, if you get a spare moment prior to our gathering! <https://www.youtube.com/watch?v=asFmG1iyYQw&t=22s>

Ngā mihi o te tau hou Māori ki a koutou, e mānawatia ana a Matariki!

Nā Matua Troy.

## Waiata Mai Is Back

**Thursdays – 12:30 – 1:00 pm - in the Library!**

Ngā mihi hīkaka ki a koutou ngā manu tioriori o Taikura!

Waiata mai has started. Every Thursday in our Whare pukapuka – The library. If you want to learn some of the waiata that your tamariki sing at school, nau mai, haere mai te katoa....all are welcome!

Ngā mihi ki a koutou ngā kōpara e kō!

Nā Troy Gardiner.

## Curriculum Corner

### I am Hope

On Thursday the majority of the High School was privileged to host a “I am Hope” talk from “The Key To Life” charitable trust. The talk was about Mental Health and how to support our friends. Some of the key learnings our students gained from this talk are:

- You don't have to give advice just be there
- Everyone is going through something and no one is completely ok
- If you are in a good space, help and support others
- That a simple 'hey how are you?' can change someone's life for the better, it shows them you care
- I learnt not to be so hard on myself and to focus on the positives
- We have to look after each other
- Our friends are more valuable than we think and we should never take them for granted.
- We need to help those who are struggling instead of expecting them to help themselves

Every student who went to this talk was given the opportunity to take a I am hope wristband and by wearing I am hope gear they are saying to their classmates....

- I will not judge
- I will not shame
- I will not anger or inflame
- I will not gossip or react
- I AM HOPE - I've got your back

They are someone who will listen without judgment, that you're there for them. That you'll take the time to listen to them. That you won't judge them. And that you'll support them if they want to go to a teacher, counselor or someone else for help.

This message is in alignment with our three key values at Taikura: Kindness, Respect and Perseverance. If anyone is needing support with their Mental Health a very good resource is this HelpGuide: <https://www.helpguide.org/> When you click the link, then go and press the three horizontal lines on the left hand side and a drop down box will give you access on lots of information from Addiction, grief and loss, eating disorders, healthy eating, ADHA, communication, love and relationships and so many more.

Gee Reisima EOTC/Health and Wellbeing

### Upcoming Events

June 21	6:30 pm - 7:30 pm	Class One Parent Evening
June 22	7:00 pm Start	Parent Community Mid-Winter Spiral - Rudolf Steiner Centre (Corner Nelson Street and Whitehead Road) <b>Adults Only</b>
June 24	All Day	Matariki
June 29	7:00 pm - 9:00 pm	Introduction to HS Parent meeting - Taikura House Level 3



## High School Information Evening

Dear Parents, Caregivers and Students of Class 6, 7 and 8 along with any new parents to the High School,

We would like to warmly invite you to our Introduction to the High School Information Evening on **Wednesday 29 June at 7.00pm in Taikura House**. The evening will involve a welcome and overview of the transition from the Lower School to High School as well as a brief introduction to our NZ Certificate in Steiner Education. Subject teachers will then give an overview and an outline of the Class 8 year and curriculum in their subjects.

We understand that there are questions and interest in information around our New Zealand Certificate in Steiner Education. NZCSE is the qualification which we use in Classes 10, 11 and 12 and at Taikura it is managed by Anne Hilton, our Academic Dean. Each year Anne provides Class 9 parents and students with an explanation of how the qualification works in our school in preparation for the start of the Class 10 year. She also attends the first Class 10 Parent Evening of the year in order to answer any questions which may have arisen. If there are further questions around our qualification you are always welcome to contact Anne or myself individually.

Kind Regards,  
Pippa Caccioppoli  
Tumuaki/Principal

## Farewell to Kura

At the end of this term Taikura will farewell Kura Rutherford and her whānau as they make their journey north to be closer to extended whānau. In 2018 Kura started as our library assistant and in July of 2019 she took over the head librarian position. Kura's connection with Taikura however goes back a great deal further to when her eldest daughter started in our kindergarten. Kura's connection with our Library at Taikura also goes back a very long way to when the library was located on the section now occupied by Kereru Kindergarten. Over the years Kura volunteered many hours in our library, supporting our previous librarian Fran Evers-Swindell.

Since taking over the reins Kura has been responsible for many positive developments within our library, including a significant updating of systems and procedures and an active development of the physical space to ensure that it remains inviting to our students and staff. Kura has also been responsible for growing and nurturing a strong group of student librarians and she has encouraged these students to positively share their interest with others and support a rich interaction between students in this space. Kura has regularly shared updates and reflections on the library space both in reports to staff, management and our school board but also with the community via the Grapevine.

Kura's influence at Taikura however has not been limited to the library. Kura was incredibly instrumental in the development of the He Reo Ora Strategy and has remained a passionate supporter and advocate for the continued implementation of these goals. As well as working consistently to support these behind-the-scenes Kura's passion has been evident in her He pito kōrero Grapevine contributions, the hosting of Waiata Mai in the library, her membership of Tu Mai Taikura and her continued support of Matua Troy in his role.

We are fortunate that Kura's professional connections with Taikura will not be ending as she continues to be involved in supporting our education with her editing expertise and she and her whānua will always remain connected to our Taikura community through the ties which have been developed over the last twenty years.

As a staff we are incredibly grateful for all that Kura has contributed to the life of Taikura, both personally and professionally and for the relationships she has built and nurtured with students, colleagues and our wider community.

We wish Kura and the Rutherford-Busck whānau all the very best as they relocate to be closer to Northland.

Pippa Caccioppoli  
Tumuaki/Principal

## Careers Information

Students and whānau are welcome to attend these informative events in June.

### EIT Information and enrolment day - Thursday 16 June from 9:00 am-6:00 pm

Meet the friendly staff, tour the campus and plan your path towards the career you really want. There are over 180 certificate, degree and post grad programmes all right here on your doorstep.

<https://www.eit.ac.nz/events/information-enrolment-day/>

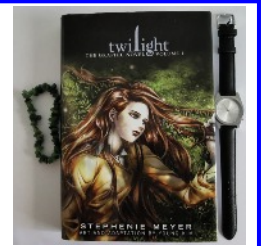
### Victoria University Hawkes Bay Information Evening - Thursday 16 June from 6:00 - 8:00pm

An information evening introducing life and study at Victoria University. Representatives from the Future Students team and accommodation team will discuss degree structure, admission and enrolment, accommodation, scholarships, and student services. Please register <https://go.wgtn.ac.nz/hawkesbay-information-evening-2022.html>

For more information, please contact Paula in the careers office [paula.rose@taikura.school.nz](mailto:paula.rose@taikura.school.nz)

## Found Items

- “Twilight” book found outside school gate last week.
- Silver tone watch with black strap found by crossing.
- Jade bracelet.
- Several other trinkets that have been found around the school
- Please see Adrienne in the office to claim



## Lateness And Absence Procedures

**Please** remember to inform the **office** if your child is going to be late or absent from school, even if you have sent a text or emailed the teacher. This needs to be done **every day** unless you have stated that they will be away for a set number of days. We encourage caregivers to use the **School App**. Please see the instructions below, it's super easy to use.

## School App

If you have not already done so, we encourage you to download our SchoolApp into your smart phone. You will find school contacts, newsletters, a link to our website, term dates, absentee notifications and our calendar which is filled with upcoming events, meetings, camps and trips. Subscribe to class alert groups and you will receive notifications such as class camp school arrival times and meeting reminders straight to your phone. So much useful information!

1. Go to the **App Store** or **Google Play Store** on your mobile device
2. Search **SchoolAppsNZ**
2. Download the **App**
3. Open the **App**
4. When it asks to send notifications – click allow.
5. When it asks to search your **School** – type your **School Name** in the search bar
7. Lastly, subscribe to the Alert Groups you would like to receive alerts for.





## Trees of Note



### Tree of Note

#### ***Carya illinoensis***:- Pecan Nut

One of the largest in the southern hemisphere  
Diameter at 1.3m 81cm 1969 Spread 21.3m 1969  
Height 20m 1969



# Hawke's Bay DHB Public Health Service

## Kia ora koutou

There are increasing numbers of COVID- 19, influenza, and other viruses circulating in our community, which is putting significant pressure on our hospital and GP services. This has seen significant increase in absenteeism at schools, kura, early learning centres, te kohanga reo across Hawke's Bay.

## We would suggest providing the following advice to your community:

- Make sure your whānau is up to date with immunisations.  
With the borders opening, we are expecting a big increase in influenza numbers.
- There is also a risk that measles, whooping cough or other vaccine preventable illness outbreaks will occur over the next few months. Babies are at greatest risk from these diseases but making sure the whole whānau is up to date will help protect them.

## Advice If Unwell:

### Test for COVID-19 using a RAT

- If you test positive, upload your result to your My Covid Record and follow the Ministry of Health advice.
- If you have had a COVID-19 infection within the previous 90 days and are unwell again it is very unlikely this is a reinfection of COVID. Repeat COVID testing (RAT and PCR) within these 90 days is necessary only on medical advice.

### Stay home if unwell as winter viruses are very infectious

- Return to school/ kura/ early learning centre, te kohanga reo when symptoms have resolved. There may be some discretion used for children to return when they have improving and very mild symptoms such as a slight cough or runny nose but are otherwise well.
- Wearing masks, cough etiquette and hand hygiene are strongly encouraged. This helps to reduce the spread to other people.

### Drink plenty of fluid

- Take some paracetamol or ibuprofen as directed.
- Paracetamol and ibuprofen can help reduce pain, headache and fever.
- Cold and flu medicines
- Warm lemon and honey drinks have been found to be as effective as cough syrups. On average, a cough after a viral infection lasts for 17 days.

### When to see a GP

- If you have worsening symptoms, difficulty breathing, have pain in your chest, are feeling dehydrated despite drinking plenty of fluid, are coughing up blood, or have had fevers for more than five days or call

**Healthline on 0800 611 116**

For more information please see the flyers attached.....

# Norovirus Information Sheet

Population Health Hawke's Bay District Health Board | 76 Wellesley Road, PO Box 447, Napier  
Phone: 06 834 1815 | Fax: 06 834 1816 | [www.hawkesbay.health.nz](http://www.hawkesbay.health.nz)

## *What is it?*

Norovirus is a group of viruses that cause gastroenteritis, also known as gastro or the tummy bug. Norovirus is a common cause of gastro outbreaks in day-care centres, cruise ships and rest homes.

Norovirus is highly infectious, which means it spreads very easily from person-to-person.

## *What are the signs and symptoms?*

Symptoms usually start between 10 - 50 hours after contact with the virus and last 1 to 3 days. Some people may be unwell for longer.

Symptoms often begin suddenly and include:

- vomiting (often projectile - when vomit forcefully flies out of the mouth)
- stomach pain
- nausea (sickness in the stomach and an urge to vomit)
- diarrhoea, pronounced dy-a-rea (runny poo).

You may also have a headache, fever, chills and muscle aches. Some people who are infected do not have any symptoms.

It is possible to have Norovirus more than once.

## *How serious is it?*

Norovirus is not usually serious and most people recover quickly without having to see a doctor. If the symptoms are severe, some people may need to be treated at hospital, particularly the very young and the elderly if they get dehydrated.

A person with Norovirus symptoms should see a doctor or nurse if they:

- are less than 6 months old
- have diarrhoea and stomach cramps for more than 24 hours or symptoms get worse

- have a high temperature, go pale or limp or are unusually tired, drowsy or irritable
- have blood, mucus or pus in their poo
- are not drinking and show signs of dehydration, such as not weeing or only producing small amounts of dark wee or having a dry mouth
- have other health problems or symptoms.

If you have seen a doctor or nurse and your symptoms do not improve or get worse, you will need to see them again.

When Norovirus affects a group of people, or if you have Norovirus and are involved in a job where it could be easily spread, such as working with food, or in childcare or health care, your doctor may need to tell the District Health Board (DHB).

## *Who is most at risk?*

Norovirus affects people of all ages. You are more likely to get Norovirus if you:

- have contact with sick people
- have poor hand hygiene or food hygiene
- attend day care, school or live in a dormitory, hostel or rest home
- have a weak immune system, such as the young, elderly and people with severe medical conditions.

Children who are 5 years old and younger, adults over 65 years old and people with weak immune systems are more likely to have severe symptoms.

## *How could I get infected?*

You get infected when you swallow or breathe in the virus. This can happen when you:

- touch contaminated surfaces or objects such as door handles and towels



- have contact with an infected person such as caring for them or eating from the same plate or cutlery as them
- consume contaminated food or drinks
- breathe in small amounts of the virus released in to the air when an infected person vomits.

Norovirus can be passed on to other people while the virus is still in your body and poo – this can be up to 4 weeks after your symptoms start.

### *How do I protect myself and others?*

There is no vaccine to prevent Norovirus.

Norovirus can survive on surfaces, such as toys and door handles, for weeks.

#### *To avoid getting Norovirus:*

- regularly wash your hands with soap and dry them thoroughly, especially after contact with animals, going to the toilet, changing a nappy, caring for a sick person and before preparing or eating food
- use household chlorine bleach mixed with water to disinfect surfaces and items that have touched poo or vomit
- get your shellfish from a safe, reputable supplier
- cook all food thoroughly to kill any viruses
- only drink water that is treated and known to be safe. If you are not sure if the water is safe boil it first. If you have your own water supply, protect it from animal and bird poo and treat the water
- avoid visiting any place that has a Norovirus outbreak.

#### *To avoid spreading Norovirus:*

- regularly wash and dry your hands thoroughly
- open doors and windows to let fresh air into the room after vomiting
- use household chlorine bleach mixed with water to disinfect areas where vomit and poo have spilled and clean surfaces and items you use often
- if you need to visit your doctor tell the receptionist or nurse about your symptoms

before you go so that the practice can decide if infection control measures need to be put in place

- avoid contact with children, adults over 65 years old and people with weak immune systems until you have had no symptoms for 48 hours (2 days)
- do not prepare food for others until you have had no symptoms for 2 days
- do not go swimming in pools until you have had no symptoms for 2 weeks.

### *Will I need to take time off work, school or preschool?*

Anyone with diarrhoea or vomiting should not go to work, school or day-care until they have had no symptoms for 2 days. This is especially important for food handlers, health care workers, childcare workers and children at school or day-care.

### *How is it treated?*

There is no specific treatment for Norovirus. Most people with Norovirus can be looked after at home and will not need to see a doctor. It is important to rest and drink plenty of water to prevent dehydration.

Do not take medicine to stop vomiting or diarrhoea as this will stop your body getting rid of the virus. However, if you see a doctor they may give you medicine to stop vomiting or diarrhoea if they are worried you are getting dehydrated.

Antibiotics will not work on Norovirus because they kill bacteria not viruses.

### *Where can I get further information?*

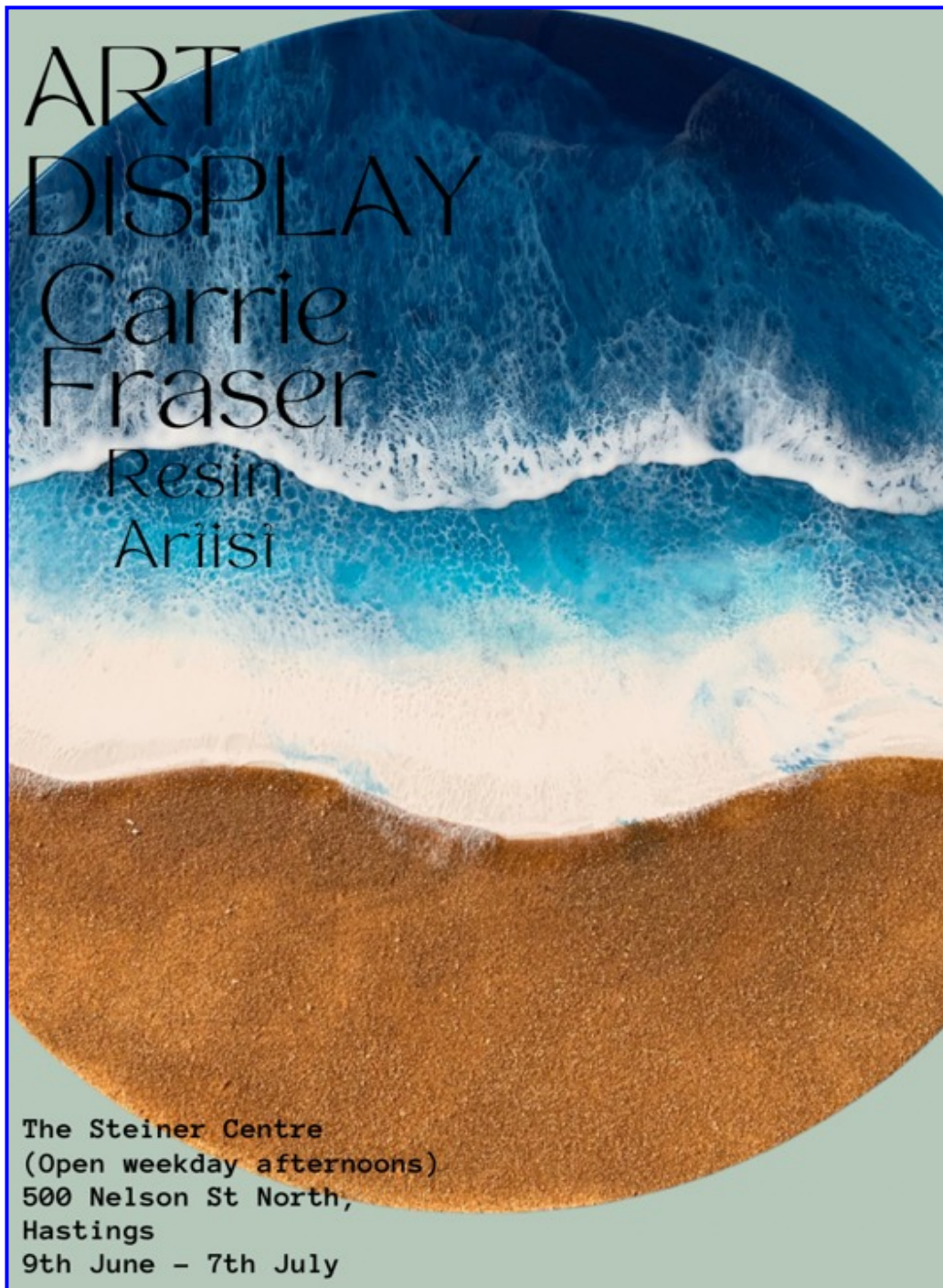
For further information on Norovirus please contact your doctor or Hawke's Bay District Health Board Population Health on (06) 834 1815. You can also phone Healthline on 0800 611 116 at any time of the day or night to speak to a registered nurse.



# COMMUNITY NOTICES

## Reader/Writers Required

Are you, or do you know of someone who might be interested in becoming a Reader/Writer for akonga in the High School? We are looking to create a pool of willing assistants that can be called upon to support students during tests and examinations (an hour or two every so often). This position would suit someone who has flexibility in their daily schedule, including grandparents, with the ability to read, and record student responses. Some remuneration is available. Please contact our High School SENCo, Sanne Coulthard, if you can help. 8787363 ext. 841 or [sanne.coulthard@taikura.school.nz](mailto:sanne.coulthard@taikura.school.nz)



# Community Notices

## Dear Parents

Last year I began directing a NZ play called "Wednesday To Come" written by Renee. It was due to be performed in the local Fringe Festival in early October. Due to Covid the play could not go ahead and circumstances have changed for some actors. I have some roles to fill. If you are interested then give me a call. No experience necessary but commitment to rehearsals is important. Tara - 0212604992.

## Dear Whānau

I am looking for a casual babysitter. This could be a family who wants to earn a little over holidays and playmates for their children. Or a fourteen or over teenager, who enjoys spending time with children and who would like to make some money over the next school holidays dates between Saturday 9 to Sunday 24 July. No exact dates specified yet. I have two delightful children Mostar aged ten and Hazel aged seven. Call Tara – 0212604992

## Dear Whānau

I am a qualified early childhood teacher of over ten years' experience in mainstream and Steiner kindergartens. I am thinking of working from home for family reasons. I am wondering if there are any parents who maybe looking for childcare in a homely environment close to Taikura school. Call me if you wish to discuss your needs. I look forward to hearing from you. Kind Regards Tara - 0212604992

## Beat The Winter Chill With Music To Warm The Heart

Hawke's Bay's liveliest choir, the Hawke's Bay Soul Choir, comes to Napier's Paisley Stage on Saturday 25 June, and tickets are now on sale!

Bring your dancing shoes for an evening of the very best soul, disco and Motown, with a few surprises thrown in too. Expect to hear classics from Ray Charles, Earth Wind and Fire, Whitney Houston, Stevie Wonder, and plenty more. Soaring song, talented soloists and a live seven-piece band – including a rousing horn section – will make this a night to remember.

Be quick to secure your ticket to this uplifting night of your favourite music, in Hawke's Bay's cosiest live venue.

Tickets on Eventfinda for \$25, door opens 7pm, concert starts 7:30pm.

## Aromatherapy

Books, oils, burner ... all kept in the dark so should be good. "FREE"

Pick up is Clive.

Contact Mark Elstone 8700 173 or 027 8700 0002



## Biodynamics Gathering

On Sunday 19 June we will be gathering at JJ's Organics (232 Riverbend Road, Meeanee) from 3:30pm. This gathering will start with an introduction from Chris Hull to the Cow Pat Pit, followed by the making of a Biodynamic Cow Pat Pit. This will be followed by a nurturing story linking BD and Santa Claus from Rachel Pomeroy. Finally, a shared pot luck meal by the bonfire. You will need to bring along some kai for sharing, drinking water, plates, cutlery, cups and musical instruments.

Anyone, both adults and children, are welcome at any time during the afternoon.

If you have any queries, wish to join the group or have property/land for any project involving biodynamics, please contact Florian Roger at: [florian.roger@protonmail.com](mailto:florian.roger@protonmail.com) or phone: 020 4185 7512