

ISKA News



An update for members and friends

Winter 2018

**There flourish in the sunlight of my soul
The ripened fruits of thinking;
To conscious self-assurance
The flow of feeling is transformed.
I can perceive now joyfully
The autumn's spirit-waking:
The winter will arouse in me
The summer of the soul.**

The Calendar of the Soul,
Thirtieth Week (October 27-November 2)

A message from ISKA's new National Co-ordinator

I heard a published author on the radio the other day and when she was asked what advice she would give aspiring writers, she said "if you want to write a book, just sit down and start writing!" So after quite a bit of time sitting and trying to figure it out, and watching, and thinking, and wondering, and watching, I have decided to take her advice, and just start writing!! I know this is not a book, but it is still a little bit daunting to write the Editorial for your Newsletter, and considering Autumn is technically over, I think it rather unfair to keep you waiting any longer for your Autumn/Winter Newsletter!

So just to give you a little bit of a background to who I am and where I have come from.....I was born and brought up in Dublin suburbs, my father being from Galway, and my mother from Bavaria, Germany. I am the youngest of 5 children and would easily say I had a very happy childhood, in the age of simplicity, where we left the house in the morning and weren't seen again until sundown, with only the trees and fields and our imaginations to entertain us. However, by the time I hit my twenties, living in the city, running a business and feeling the energy and pace of life

CONTENTS

	Page
Editorial	1
QA through ISKA Mentoring	3
ISKA Conference 2018	4
Workshop Review	5
Announcements	8
IASWECE News	9
"Little Gnomes" Kildare	10
Seasonal Recipes	11
Adverts	12

speed up way too rapidly, I knew that it was time for me to leave the city and find a calmer pace and place for when I was ready to start a family. So, in 2000, we sold up everything and moved to Galway, where we built our house on the shores of the beautiful Lough Derg. And there we rested until the next major chapter. Our children. Isabelle decided to come first, when she could have 5 years of nurturing, love and affection from both parents all to herself. But boy was she ready when her brother Nicholas Og came along, and well, to say that life has been busy since, would be an understatement!!!

However, backing up a little to when Isabelle was only 10 weeks old, we literally stumbled across what would be the biggest contribution to our growing

family, Raheen Wood Steiner National School. Driving past one day, we saw some balloons outside, and curiosity got the better of me and we drove in to what happened to be an "open day". And as we parked the car and walked down through the woods to the Kindergarten, all I was thinking was that "I" wanted to go to this school, such was the tranquillity and beauty of the environment. 4 and a half years later, we walked Isabelle down that same path to her first day in school and what would be the beginning of an extraordinary journey, not just for her, but for us all as a family. While Isabelle was finding her feet, making new friends and settling into the rhythm of learning and discovery, I, being 6 months pregnant was having my own adventure meeting new mothers in the community and being nurtured and held in the most extraordinary way when I assisted with Pizza day, or with the craft group or just doing drop off and pick up!

Roll on a few months, and I am walking in the woods while Isabelle is in school, and I meet 2 other mothers doing just the same, and we get talking. We are chatting about a school meeting that had taken place, how great the school is and what is possible moving forward with this education, and I was sharing how I would love to work part time in the area, possibly doing something

within the school or this type of education, though my little boy was due to arrive any time soon. And here I am now, sitting in the ISKA office, writing the editorial for the Newsletter, having taken over the role of that lady walking in the woods that day, Sinead Duignan!!! And I am ever present to the power of word and how our word creates our world. We may not know when, we may not know how, and it may not even look like we thought it might. But here I am!

And now that I am here, what is it I am here to do? Well, the last 3 months have been an incredible, if steep, learning curve in the day to day managing of the office and understanding the workings of the organisation. There is a lot to handle, and I am starting to get a grip on things, so hopefully, moving forward I will take less time to do these tasks. I am getting a small sense of who our members are out there in the world, and how I can possibly support you. However, it is really when I am doing something like writing this letter, or meeting with the Council or Ulrike our NDO, or in preparing for the Conference and creating an amazing space for us all to come together, do I really feel connected to why I am doing this job, why I want to support all of you out there to do your job in any way I can, why I want this education to grow and flourish and be available for all

ABOUT MEMBERSHIP OF ISKA

As a member of The Irish Steiner Kindergarten Association you are part of a recognised professional body who, through its aims and actions, is wholly dedicated to furthering the formation of the Steiner Early Years pedagogy, and supporting diversity within the Irish early childhood care & education sector, both at a national level and on the ground.

Full Membership

Is open to Kindergartens/Early Years Services as an organisation. Which means that Steiner based early year's centres can avail of FULL benefits, with 3 contact persons receiving correspondence. Cost of this membership is €75 per annum.

New or smaller initiatives such as a parent & toddler group may take out individual FULL membership, which means they can avail of full benefits with one person receiving correspondence & discounts. Cost €35

Associate membership

Is available to **organisations** such as VCO's, Universities or Colleges but also to **individuals** both professional and non-professional who wish to associate themselves with ISKA, receiving updates (via email), discounts to ISKA events plus other benefits as listed below. Cost; Group €55, Individual €25

BENEFITS AVAILABLE TO ALL MEMBERS

As a member of ISKA, you will:

- Join with members nationwide, strengthening diversity in Ireland's Early Years sector.
- Receive a discount on all ISKA training, conferences and publications
- Contribute your views to submissions informing Government policy
- Receive regular updates & job vacancy information
- Avail of networking opportunities
- You are a member of a recognised professional body
- You are represented at a national and international level
- You receive a free initial consultation from the ISKA Advisory Service
- You receive ongoing support from ISKA Siolta mentor
- Your service will be listed on the ISKA website.
- Your service's Siolta Award /engagement will be highlighted on ISKA's webpage.
- Your service's website can be linked to www.iskaireland.org
- You can avail of ongoing professional development opportunities

children to be nurtured and free and be the person they came here to be for as long as is possible. Again, I may not know how, I may not know when, and it may not even look like I thought it might. But I am here, I am willing, and I will keep creating both with words and with actions, to support and expand Steiner Education in Ireland.

So if you have ideas, suggestions, things that you think may support us in what we are doing, please contact me in the office at iskanc@gmail.com or phone 089 2411816
Warm wishes

Fiona Coady, ISKA National Co-ordinator

Your newsletter contributions are welcome!

Thoughts, articles, book reviews, adverts, photos, stories or verses that you would like to share via our Newsletter are welcome. The closing date for the Spring/Summer 2019 issue is *5th February*.
Please send your contributions and suggestions to: Fiona Coady at iskanc@gmail.com

QUALITY ASSURANCE THROUGH ISKA MENTORING

ADVISORY VISITS

The ISKA Advisory Service offers pedagogical support and mentoring to member services through on site Advisory Visits.
An experienced and qualified advisor will spend a day in your Kindergarten. Through respectful guidance and observation, together you will reflect on aspects of the pedagogy of relevance to your service and matters of concern for you, the teacher. At the end of the visit your evaluation of the process will be appreciated.

Be prepared for the visit and allow ample time for your staff team to reflect with the mentor after having contact time with the children.
While the opportunity avails itself, it is worthwhile at this time for your service to arrange a parents/public evening talk or workshop with Ulrike as guest speaker/facilitator. (A small income generated from the evening's event will help your service to cover the cost of the overall visit). Or alternatively Ulrike, in her capacity as Advisor, could attend a committee meeting.

Please plan ahead, and book your advisory visit with Ulrike Farnleitner ISKA NDO ndo.iska@gmail.com
If you would like to avail of an advisor other than our NDO, we will arrange a visit from one of ISKA's independent advisors. The independent advisor's costs are not subsidised by ISKA, so the fee will be higher.
To discuss, please contact Fiona Coady on iskanc@gmail.com or 089 2411816.
In order to keep costs low, it is hoped that the committee will offer Ulrike overnight accommodation and provide meals throughout the visit if required.

Professional Development Coaching Conversations for EY Service Managers

ISKA is pleased to announce that we now offer Professional Coaching for managers/lead teachers in Steiner Early Year Services, with Ulrike Farnleitner who holds a Hetac Level 7 Certificate in Coaching Skills. This service is in addition to our Advisory/Mentoring service and is available over the phone or in person with Ulrike. Cost is €40 per hour.

How does Professional Development Coaching differ from Advisory/Mentoring?

In history a mentor was not only trusted but also seen wise in his teaching of the younger and interested person offering advice. It has become a modern "buzzword". However we are interested to offer our service through mentors as well educated

persons in the field to all our settings in the country in support of their efforts and achievements through advice, professional offer and ideas.

Coaching is a work in progress supporting the path to unravel one's own potential. One could see it as a powerful reflective tool. The meeting of a coach and a coachee means to work with another human being in a respectful and objective mood, who shows interest, asks questions and listens actively, leads to clarity and creates endless possibilities for insights. In the foreground stands *non-judgmental awareness, trust in one's own self, the exercise of free and conscious choice*. The method is one of encouragement and connecting to the knowledge that lies hidden.

Coaching is supporting the on-going working relationship and is based on collaboration and cooperation on all levels of engagement and commitment. It can help to think and reflect through the conversation in person or over the phone on issues that had come up. It facilitates the coachee to move forward and engage in possibilities and goals by engaging in questions and finding own solutions. One can say that coaching is a powerful conversation almost like a dance, where both partners are equally important.

We are looking forward that you book your sessions with Ulrike: ndo.iska@gmail.com or through the office iskanc@gmail.com

ISKA CONFERENCE: GIFTS AND CHALLENGES OF THE CHILDREN OF OUR TIME 7TH OCTOBER 2018 AT AN GRIANAN

GIFTS & CHALLENGES WE TOOK HOME FROM THE ISKA CONFERENCE 2018

By Dawn Zabala-Dickey



Workshop facilitators at the conference



Conference participants

It has been two days since the successful ISKA Conference held on 7th of October at the beautiful surroundings of An Grianan, Drogheda, Co. Louth. I have been tasked to write impressions from that heartwarming, thought provoking and will-enhancing gathering which focused on the theme: “***Gifts and Challenges of the Children of Our Time: A shared International Early Years Picture***”.

I consciously held back in typing out my thoughts right after driving back to Tipperary, and now I sit in Clarisford Park amidst the afternoon autumn sun shining through the big oak tree. How timely to recall what has now lived in me from our venue at An Grianan (sunny abode) where we received the warmth and blessings from this whole (-istic) experience.

We are so lucky and indebted to the four very experienced teachers and trainers from IASWECE who led the workshops. There were participants not only from Steiner communities in Ireland (parents and teachers alike) but also mainstream childcare workers and Early Childhood Practitioners from Australia, Bulgaria, Spain, USA, France, Switzerland among others. Veronica Crombie, our current ISKA chair, offered a ceád míle failte to all and aptly read John Donoghue’s poem to spark inspiration that will carry us through the day. Niamh Ruiseal lead a beautiful lullaby in Gaeilge entitled “Éiníní”.

Ulrike then called on Clara Aerts (Belgium) along with the four workshop leaders to give an introductory picture about the conference theme before we split into our workshop groups. One big challenge that Clara mentioned is

the increasingly fragmented way of looking at a child. With everything fast and instant nowadays, as well as teachers having to work with documents and legal authorities, we are pushed to sometimes look at outer manifestations only. We are pushed to give instant resolutions to recurring issues. Another challenge every culture and institution is battling with is the rising concern about depression, not only in adults and teenage years, but now sadly creeping down to much younger ages.

Louise then followed with the questions of “*Where are we now going with our children?*” and “*How do we cultivate respect at an early age?*” She gave an example that made us all nod with agreement and laugh with regards to putting so much time, energy and effort in preparing our room and making sure the ethos of “good and beautiful” are

in place day in, day out. Then suddenly a fiery 6-year-old volcano comes along and seemingly “re-arranges” all the hard work we had planned days ahead. The key thing we can learn from this universal example is ‘developing composure and not perfection’ both as teachers and as parents. I love her reminder that “on a spiritual level, we are all the same” yet we must strive to understand the nature of masculine and feminine and to bring peace into the relationship. The question about nature vs nurture, the gifts and mysteries of the left and right brain and the corpus callosum will keep on coming back, so one question then is, “How can we support boys and girls to be who and what they are?”

Philipp then gave examples of opposites in the developing character and temperament he has observed in his class. One is the active six year old that “hoards” playthings and can be observed as having no inner space and suddenly having the chance for that important and deep learning one can get from role playing during child-led/creative free play; the openness and humour that a teacher needs to always be ready with; the direct effect parents might not necessarily realize in dressing up their daughters “too beautifully” which can hamper playing and being allowed to move and be dirty; as well as the constant concern of carrying families with different practices, beliefs, cultural and religious background, yet feel acknowledged and included in the cyclical festivals we offer the child and the whole community. One big inspiration from Philipp’s workshop is the fact that “parents and early years educators share something essential: *a close relationship with the same child.*” And indeed, for the wellbeing of a child, a good relationship is very important.

Jacqueline shared her profound observation of the differences of children previously born with inexplicable crying and screaming, whereas nowadays they are smiling more and seem happier, full of love



Top: Ziva Ellis, from Raheenwood, in a workshop
Below: Participants enjoying Daniel’s voice & movement workshop

and connecting profoundly and deeply with nature. She said that there is a different expression whilst the children are more awake and able to express what they perceive. It was important to note that children nowadays seem not to imitate anymore yet they are so engrossed and can somehow easily engage with what is going on in their environment. The sheath of protection, she mentioned doesn’t seem to be there anymore as it did exist in the past years. Children of this modern times also appear to get very tired easily. Yes, some come fresh in the morning but somehow by 9:30am only, they appear to

already be exhausted. In some cases, parents also don’t even seem to have time to observe details in the child, like signs of tiredness and black eyelids of their children. We are all swamped with the fast-paced, modern and bombarded lifestyles. In this sense parents do need to be guided in a more clear and direct way than in previous years. The question of ‘common sense’ comes into battle too.

As with the experience of rhythm, clear speech, balanced and not pushed tone as well as the breathing element in reciting these

Opening Song:

Éiníní, éiníní, codalaígí,
codalaígí (2x)
Codalaígí, codalaígí,
Cois an chlaí amuigh (2x),
(*Curfá*/repeat all)

Little birdies, little birdies,
Sleep easy, sleep easy
Sleep easy, sleep easy,
In the trees and in the breezes.

rhymes and hand gesture games are all vital. It is not to be used as 'entertainment' per se, but humour, lightness and joy are key ingredients asked of the adult to master altogether. When life forces have supported the body, then learning builds up. If we wake up these intellectual (IQ) forces too early, then we use up what's needed to fully build and develop the physical body. Then we wonder why there are so many recurring illnesses and learning difficulties at more younger ages. This connects to the material and linear way of thinking. On one side we see the problem: Difficult children. Solution? Teach them early! Yet what Steiner has told us over a hundred years ago is to leave them alone so that the physical body can be left to develop into a healthier one.

Another very nice gift that I have come home with is Jacqueline's reminder: "Our hand is the developer of the spirit. The thumb is in the region of the will, it is always doing the active actions."; Children need repetition and sequences of images, and before school they will have built up these strong, meaningful and healthy images through the stories, hand gesture games, finger plays as well as the doing processes and experience of the life cycles and seasons through simple yet meaningful celebration of festivals in our Kindergartens and the whole community.

The second workshop with Ursula with 8 other participants started with

the inspiration that: "Children come from the same spiritual heritage". We can ask: "*What does the child ask nowadays?*" And some answers we can be guided with are:

- a) See me [responsiveness of the adult],
- b) Guidance,
- c) Firmness [rules as tools and strictness in the right way]
- d) NO is with the old ways/days vs now the pendulum swayed too far with ALL YES, how do we go back to the center?
- e) Our children are not our partners yet in early childhood, they cannot yet decide and they aren't yet our best friends either,
- f) Be present [not rushing all the time]
- g) Eye contact is central,
- h) Talk to children especially now with too much media bombardment around us 24/7
- i) Calm Down then give Quality Time [being present in just a few minutes is enough; don't be slaves to your children and allow them to understand that you need a cup of tea from time to time] and
- j) Children nowadays express their feelings more directly so we need to know how and when to respond to it in the right way.

After lunch we had some very invigorating speech and movement exercises with Daniel. We were able to experience and activate every part of our three-foldness through the 3-fold walking, polarities of big-small, up-down, front-back, fast-slow as well as experiencing

the vowels and very lively play with consonants S-K-L-F-M!

We then gathered for the closing, receiving our certificates and hearing words of gratitude and fond memories of the day. We now have lots of gifts to keep us going facing our tasks as parents, educators and mentors.

Veronica once again read the poem from Anam Cara and Niamh offered another song in Gaeilge to keep us awake before bidding our "Slán abhaile." We would like to thank Fiona Coady, our new ISKA coordinator and all those who helped in the pre- and post preparations. Well done and go raibh míle maith agat to all!

Contributed by Dawn Zabala-Dickey, Steiner ECCE Practitioner, Artist-Consultant & Parent of a Kindergarten and School-age children at RWSNS, Co. Clare



ISKA CONFERENCE 2018, CONTINUED

WORKSHOP REVIEW: "WORRY LESS – ENJOY MORE"

By **Ursula Dotzler, AUSTRIA**

Children of our time display a wide range of gifts and challenges which sometimes even seem contradictory. So, as an example, capacities of great sensitivity and empathy can be thwarted by apparent disrespect. How do we meet such phenomena and how can we support parents in coping with them?

Parenting today is no longer self-explaining. Traditional skills seem to be lost and family structures have changed considerably. So the challenge is that of *becoming a parent* by going a way of inner development together with your child. This implies taking a clear role "on the job".

Almost too much information is available and parents feel that there should be a perfect way of doing the right thing. This often

leads into the trap of seeing children as partners or even decision makers, whereas this means completely overtaxing them and continually asking for trouble.

Children need clear guidance, active love, security and reliable repetition in everyday family life. Parents have to realize that their child learns from their example and not by instruction.

How can you prove yourself worthy of being imitated, so the child can have a still unconsciously growing experience of gratitude which also gives him the possibility to develop respect towards the human beings and the world around him?

Children call on us to guide them by taking the lead and the sense that the adults know what should be done gives them sure ground. Observing a clear rhythm and adhering to some rules based

on authentic self-esteem of the parents can be a good foundation to set out to enhance family life.

In the workshop "*Worry less – enjoy more*" we were able to go into many questions around the current issue of working and communicating with parents and we could find helpful insights from different perspectives.

Meeting the Irish colleagues was a great pleasure for me I feel very grateful for the open and warm atmosphere in which we, including some colleagues from the IASWECE, were able to exchange our views and questions.

Many thanks to all who helped to bring about this refreshing and relaxed encounter at An Grianan – which was also supported by the beautiful nature around!

ANNOUNCEMENTS

Petition:

A petition worthwhile to join and to pass on to all parents in the kindergartens!

Our time we live in is filled with task and endless to do lists. It only helps to stay connected to our aspirations to stay healthy in ourselves. This participation is really important for the future of our young children that they too will have a future of choice and in finding their own impulses and not only foreign ones.

Please be aware of the ELIANT signature collection for a free choice of digital media for our young ones.
<https://eliant.eu/en/news/petition-2018-for-the-right-to-screen-free-day-care-institutions-kindergartens-and-primary-schools/#c16563>

IASWECE www.iaswece.org

You can become a Friend of IASWECE through signing up for their newsletter, donate the amount of your choice, read about many inspiring themes and articles from the colleagues near and far. You will be informed about the next conferences and initiatives. A newsletter worthwhile to read!

And ... a must see film:

Waldorf 100 – an inspirational film about Steiner Waldorf Pedagogy . Here's a link:

https://www.youtube.com/watch?v=wfec6eF4I_4

IASWECE NEWS



We would love to draw your attention to the

IASWECE International Early Childhood conference 15th-19th April 2019, in Dornach, Switzerland.

The theme of the conference “*Inner Freedom-Social Responsibility- Finding ways into our human future*” will be developed through morning lectures, each touching on different aspects, followed by group discussions that will enable us to deeply connect with the themes. Through art, crafts, games and workshops we will connect with each other and with the possible solution for all questions that arise.

In preparing yourself for this educational time, we recommend reading Rudolf Steiner’s:

The Child Changing Consciousness, 6th lecture and
Social and Antisocial Forces in the Human Beings and
How can the Soul Needs of the Times be met?

It will be a truly unique experience, as it we expect over 1000 people from around the globe at this pedagogical conference. As Steiner Waldorf educators we will meet our colleagues from far and wide and looking forward to a true exchange and encounter.

If you need any info that cannot be accessed over the websites below, our Irish representative on the IASWECE board, Ulrike, Email: ndo.iska@gmail.com will help you.

The registration has started this October. You will find the links in many languages under www.iaswece.org or <http://www.ps.goetheanum.org/en/events/world-early-childhood-conference/>

WANTED: Toys, Handmade with Love, for IASWECE

On a side note, IASWECE will need many handmade items from many countries, made with love, care and talent. There will be an opportunity to buy handmade toys from the world and the Irish skills should be a part of it too. Please let me know who can offer to make lovely toys for this occasion. I will take them with me. We need these items by the end of March.

Please contact Ulrike 0871247317 if you want to actively support this idea.

'LITTLE GNOMES' PARENT AND CHILD GROUPS AT KILDARE STEINER SCHOOL

By Linda Grant

At home in nature, at home with each other, at home with ourselves.

*“Down is the Earth,
Up is the Sky.
There are my friends,
Here am I”*

The morning greeting verse tells us something of the streams of awareness from which the 'Little Gnomes' programme flows. Parents, children and Group Leader gather together, connecting to the earth and the natural world – some days we are outdoors all morning, walking, looking and playing! We connect to the heavens and the cosmos in our blessing and gratitude for the food at snack-time. We connect to each other, parents and children together, becoming community. And although we soon become one group, meeting on the same day each week, there is the individual mother, father, child, each with his/her own needs, a unique individual.

As Group Leader, I bring songs and rhymes that honour the season - the apple picking verse is always a favourite at this time of year! Our activities also recognise the changing seasons as we sow our vegetables and flowers in the spring, harvest in autumn and care for the soil in winter. Indoors, when the weather is inhospitable even in the poly-tunnel, we make our advent wreaths and weeks later, the smell of Christmas biscuits fills the 'Little Gnomes' room.



All has a rhythm. The morning unfolds always in the same pattern, seeking to meet the needs of the young child: the need for free movement and play, for the warmth of loving attention, for caring touch, for the security that the world is good.

Parents too have their needs, for social interaction, for affirmation in their role as a mother or as a father, for support with parenting challenges. The work of parenting today can be isolating with a small child at home. In a research study I carried out last year, many parents spoke of their time at 'Little Gnomes' as an experience that brought them back in touch with their own childhood memories; that gave them a calm peaceful space to be with their child in the middle of a busy week; that gave them a sense of community and introduced them to practices that enriched family life – a candle at mealtime, a bedtime story.

Many interesting discussions take place on such important parenting concerns as “is crawling important

for my baby?”; or “how can I support my toddler’s speech development?”; or “I want to understand my child’s behaviour”. I offer articles and other reading material that support the experiential learning I foster among the group. With this programme, I seek to meet the needs of parents and children, weaving their needs together into the fabric of the morning.

I passionately believe that parents with very young children should have a choice beyond creche or child-minding, to support them in their work of rearing the next generation of human beings, especially during the formative first 3 years. The 'Little Gnomes' parent and child programme, is based on Rudolf Steiner’s understanding of the young child and has the intention of supporting family life and the needs of the very young child. It is a great privilege to work with parents and their young children, and even after 5 years, the daily rhythm continues to carry us all.

Linda Grant, October 2018

An edited version of this article first appeared in the Kildare Steiner School Newsletter, October 2018.

RECIPES FOR WINTER WARMTH

Hunky, chunky warming lentil stew



The spices used here are warming to the system. Cardamom is a super spice for the Autumn. It can neutralize the mucus forming properties of dairy and aids digestion of fats and starches which can overcool the system and cause dampness.

Cardamom warms and moisturises the bronchi and digestive system. Its stimulating effect is holistic for the body as it is said to bring joy and good humour to the mind and everyone needs a bit of that to feel good. However, beware of eating the pods themselves as the taste if chewed is quite different than that of the flavour it gives. If you overload the chilli in this recipe you will see yin yang in action. The chilli's internal heating of the body will cause pores to open and sweat for from on the skin, so cooling the body and bringing it back to balance, which is fine if you have a cold and want to sweat it out. But this recipe is not about overdoing the chilli but about keeping the mucus membranes in the Lung & Large Intestine warm and moving. Ensuring we are surrounded by a warm protective glow that comes from the inside.

1 onion	
1 parsnip	1 tsp fresh ginger
1 carrot	1 tsp cumin powder
¼ turnip	1 ½ pints of stock
1 stick of celery	1 tsp coriander powder
3 cloves garlic	3 cardamom pods
100g of red lentils	1 ½ tsp chilli
100g of green lentils	Cinnamon stick

Melt the oil and butter ensuring they are hot before adding the onions. Fry the onions for a couple of minutes, stirring frequently. Turn down the heat and add the celery. Sauté these on a medium heat for 5 minutes until they are translucent and soft. Add the ginger, garlic and dry spices, frying and stirring for about three minutes. At this point there should be a definite aroma which is making your nose tingle. Add the carrot, parsnip, turnip, red and green lentils. Turn the heat down low and let all the ingredients sweat for a few minutes. Don't let them stick or / and burn. Pour in the stock, stirring in the cardamom pods and cinnamon: allow it to come to a boil before putting on the lid and simmering for half an hour. I usually season with salt and pepper at the very end ensuring the beans or lentils don't become

tough. This is great over rice or the same as the soup with a thick slice of buttered spelt.

The Hunky Chunky Lentil Soup/Stew is classified as 'pungent' and that helps with grief or letting go and nourishes the lung and large intestine. In Chinese Medicine, certain flavours correspond to which organ and emotions. However this is not essential, the central idea of Shiatsu and Conscious Cooking is to learn to listen to your body so that you can identify what kind of food it needs.

There is a free app www.shiatsu-consciouscooking.com/ app that asks you how you are feeling and what you are craving and then guides you to a recipe in the book, 'Shiatsu & The Art of Conscious Cooking'. For more information or to buy the book visit www.joannefaulkner.org or call her on 086 607 0432 *Joanne runs a series of online courses at www.shiatsuconsciouscooking.com. Among them, 30 days to stop sweet cravings, 30 days to sail through menopause and 30 days to reduce pain, as well as operating a busy Shiatsu Clinic in Dublin.*

Anzac Oat Cookies

125G white spelt flour
20g ground almonds
60g caster sugar or raw cane sugar
125g butter
100g oats
2tbsp golden syrup
80g shredded coconut
½ tsp bicarbonate of soda

I have made these for festivals in school and last year for the Advent Fair, and they were a great hit, so thought I would add them here for you to try.

Mix all dry ingredients into a bowl. Melt the syrup and butter together until they begin to bubble like toffee. Dissolve the bicarbonate of soda in 1 tablespoon of cold water and add to the bubbling mixture. Stir it as it froths up. Then add to the dry mix waiting in the bowl.

Squeeze the mixture into smallish egg shapes and then squash with your hand until they flatten slightly.

This mix makes about 15 biscuits.

Bake for approx. 20 mins at 180 degrees until they turn golden brown.

ISKA

CALENDAR OF EVENTS:

Please check the ISKA website
for news of upcoming events

Or contact Fiona at
iskanc@gmail.com
for more information

Kindling

KINDLING comes out twice a year, Spring and Autumn, and includes articles, crafts, ring times and general information of interest to anyone interested in the young child between Birth and Seven. The themed articles are of interest to parents or educators, and the subjects are deep and topical.

Contact: Simon Nicol
Phone: +44 (0)1223 890988
email: earlyyearsnews@aol.com

The cost of each issue is €10, and the subscription is for 2 issues, therefore €20 a year, which includes post and packaging. Send your Name, address and telephone number by email, and we will send you an invoice with details on how to pay.

ISKA is funded by the DCYA



Join

The Wheel



for Excellent advice
for non-profit
organisations.

<https://www.wheel.ie/>

AN SIOPA BEAG

Environmentally friendly and ethically sourced products for the discerning shopper

For your baby, for you and your children: Sheepskins, Sheepskin Car Seat Inserts, Eco nappies, Solmate Socks, Giesswein Wool Slippers

We also stock a wide range of children's and educational books, art & craft-materials, musical instruments, toys and gifts.

For Information contact

Maria Castles, An Siopa Beag, 5 Abbey St, Killaloe, Co. Clare

Tel/Fax: **00 353 61 375770**

Website: www.ansiopabeag.com

Email: ansiopabeag@gmail.com

Opening hours: **Mon-Sat: 9.30 am - 6.00 pm**

Irish Steiner Kindergarten Association

Croílár, Mountshannon,
Co. Clare V94D9X9

Tel: **089 2411816**

Email: iskanc@gmail.com

Web: iskaireland.org

Views and opinions expressed in this newsletter are the views and opinions of the authors of the articles themselves and are included for your interest and information. They are not necessarily the views or opinions of ISKA, its staff or members.