

Body language

by Auriele Billot

Learning a new language involves not only mental activity and cultural awareness but also a lot of fun!

When learning French, you will soon be able to express yourself in a new way with your body!

One of the first things you realize when you are immersed in another culture is how people use their body to interact with each other.

This is especially true at the beginning, because your understanding of the language is limited at this stage and you rely a lot on other kinds of information.

For instance, you may soon find yourself miming words for people to have a guess at what you are trying to express.

Any beginner in French will promptly study the greetings and

this will be your first introduction to French body language. To say 'good morning' to someone you know, you will 'faire la bise' which is basically kissing the person on the cheeks, once, twice, three times or four times depending on the region you are in (but no more... if so, you are being tricked!)

Many people are unfamiliar with this custom and feel deeply uncomfortable with it. I can only share this feeling for I live with the exact same situation when hugging someone in Australia. It is not a natural thing for me to do...

I can only laugh out loud when I remember the first time I met Brigitte... she hugged me straight away and I was like... a log! She smiled and told me "you're not used to it, are you?" Well... definitely no. You may wonder why as it is so natural to you. It is just too intimate



to have someone's body on mine: I hug my partner and my kids, that's all! But when living in another country you make an effort and you go out of your natural way at times to show respect. I am getting there...

For the French 'la bise' (the kiss on the cheeks) is a basic thing to say hello, it is not connoted differently. Don't think someone's got a crush on you, you may be disappointed.

Women do it with their girlfriends, boyfriends and even men do it when they are very close friends or family related. I suggest my learners practise a bit as I once saw an Anglophone trying to do 'la bise' and ending up kissing the branch of her French friend's

glasses. Unforgettable memory...

At this stage, questions from my learners arise: 1- **what side should we start with?** (the one you are presented) 2- **How long on each cheek?** (it's quick) 3- **Do we actually really kiss the cheek or do we make a kiss noise only?** (it's more a little noise you make, not a big 'Moah' and you pretty much kiss the air while touching the person's cheek with your cheek) 4- **How do we know if it's 1, 2, 3 or 4?** (Well, you don't, it's about feeling what is natural to the other person).

Fortunately, there are other ways to say hello. If you are fast enough, you can show your hand to shake the other person's hand. This is not disrespectful at all.

However, if the person naturally approaches you to 'faire la bise' and you show him or her your hand to shake... it can create a strange situation, a bit disrespectful and certainly uncomfortable for both of you. So, if you are a hand shaker,

show it! Other body language will be on our FB page, not to make this article too long.

With practice, your body can produce new sounds and this actually means something! It took me seven years to realise people had a little smile when I was doing a certain 'ppp' sound, something that is obviously a French thing!

With the appropriate face, this sound just means 'I don't know!' Then people started to practise it, a good way to save words and to just sound like a native!

Bonne journée à tous!

Douce France, French Language Centre offers private/small group tuition, conversation classes and Immersion programs to adults, HSC students and homeschoolers.

Thinking about learning French? Visit www.douce-france.com.au or email: douce-france@yahoo.com.au

Find us on FB for more resources on French language and culture!

ASTRO FORECASTS by Tina Mews

WHAT'S HAPPENING IN THE HEAVENS?

Aries

Stay tuned for fresh insights into what you truly value as life seems to fluctuate a lot and things in general have become less predictable. What level of material comfort do you seek versus what you really need? From mid-month until the end of June your focus shifts and you will be more concerned with your inner realities and domestic affairs. It is good timing for strengthening the base of all your activities.

Taurus

The shifting energies of the moment can be felt as challenging because they are unpredictable. Nevertheless, the New Moon (May 5) is a great moment in time for initiating new projects and doing something a bit different. You have the energy and determination to follow through with your plans, especially when they support a worthwhile cause. It is also a good month for being social and for spending quality time with friends.

Gemini

The weeks prior to the Solar Return are an ideal time for reflecting on the events of your personal year that is about to end. How have you managed the art of living? The mystical vibes of the Full moon on May 19 can be channelled for releasing and clearing stagnant energies so that you can make a fresh start at your birthday!

Cancer

Prepare the ground for new developments and spend time with like-minded souls. The new energy might particularly come through for you in group situations. You find that 'the whole is greater than the sum of its parts!' Transiting Mars in your Sun sign during May 16 – July 1 is a great boost to your energy reservoir but also can enhance anxieties.

Leo

This is a period where you like to approach life with lots of drive and enthusiasm. Embrace the Unknown. Be willing to change direction and answer to a new call even when a part of you is anxious about staying the same. The challenge is moving into the heart centre and being authentic, instead of doing what others seem to be expecting of you.

Virgo

It is time to question your beliefs and embrace different philosophies. For example you could enter a study course that expands your mind and opens a new dimension. When we shift our perception our experience and sense of reality changes as well. Hear the calling and embark on a vision quest. Be open for people or situations that offer different points of view.

May

We have entered the Taurus season in the yearly cycle around the zodiac, a time when the need for solidity and security is emphasised. Messenger planet Mercury enters this earthy sign on May 7, while pleasure loving Venus follows on May 15. Since ancient times Taurus has been associated with the fertility and innate riches of planet Earth. This is why environmental issues including self-sufficiency become more prominent under this sign's influences. As easy-going as they may be most of the time, Taureans do resist change. Resistance meets its challenges over the next seven years, while Uranus, the archetypal force of change, chaos and rebellion journeys through this stability loving sign.

On a collective level, the entire world as well as Planet Earth are moving through a time of rapid transformation. Many things and commodities including life giving resources such as clean water, which we still take for granted may not be there for us forever. Conservation issues are at the centre of the current protest movements. On the positive, the Uranus-in-Taurus transit signifies the emergence of a 'New Earth consciousness' on the negative it is the force of chaos, upheaval and self-centred reactionary behaviour.

The New Moon on May 5 in earthy Taurus makes a wide harmonious trine with Saturn, Pluto and the South Node in Capricorn. It can symbolise the (unconscious) wish to hang onto the old, as Taurus seeks stability and comfort while Capricorn favours tradition and the status quo. However, with Uranus in Taurus (see above) we have to get used to the idea that change is unavoidable. Taurus rules economics, which is one of the most important areas that is undergoing fundamental changes while we slowly but surely move away from non-sustainable industries to an ecological consciousness. Over the next seven years Uranus will shake up anything Taurean, such as the way we grow food, manage land and resources as well as protect biodiversity. Stagnant dynamics and patterns that seemed to be set in concrete can suddenly move into something new and unexpected. Some of the changes we will welcome and others we might not like at all.

The Full Moon in Scorpio opposite the Taurus Sun on May 19 is the most mystical Full Moon of the year (Wesak Moon). It marks the highpoint of the spiritual year when forces of illumination associated with the



Buddha pour into the planet and people all over the Earth join in meditation. The Full Moon is exact at 7.11 am AEST. It forms a harmonious triangle with Pluto, planet of renewal, indicating the great potential of this Full Moon for the clearing and transforming of negative energies. We can strengthen our intuition and sense when to hold on and when to let go. Mars enters Cancer, another feeling sign, three days earlier and forms an exact trine with the Black Moon Lilith in Pisces. Venus and Uranus in Taurus form a friendly sextile with Mars and the Black Moon. We have the ability to advocate for people or causes about which we feel strongly and promote values that are supportive of healthy living and relating. By the end of the month Jupiter and Neptune are gaining in potency again as they are moving towards their second exact square in June. Jupiter and Neptune are both energies that support vision, idealism and a humanitarian mindset. Nevertheless, the desire to live the new paradigm has to collectively grow stronger than the fear of change and attachment to the past. This offers great challenges especially to our conventional structures and systems of power and control, signified by the Saturn/Pluto conjunction in Capricorn (exact January 12, 2020).

Many people feel increasingly disillusioned as we move through this global rite of passage and learn to navigate between the heights of hope and vision (Jupiter/Neptune) and the gravity of collective karma accumulated over many centuries (Saturn/Pluto).

Navigation by the Stars: Personal and/or Relationship Astrology; Life Cycles and Your Year Ahead: Plans, Directions, Concerns for 2019/20; contact Tina on 6689-7413 or 0457-903-957, email: star-loom@hotmail.com

Weekly Classes in 2019: "Astrology for Beginners Part 2", Tuesday evenings 5.30pm – 8pm at the Lillifield Community Centre. For bookings and info, contact 0457-903-957 or email: star-loom@hotmail.com

Next 1-day Workshops:
• "Empowering Our Lives as we Countdown to 2020"
Saturday, May 11, 10am – 4pm, Nerang at the Gold Coast; for bookings and info contact 0457-903-957 or email: star-loom@hotmail.com
• "Medical Astrology", Saturday June 15, 10am – 4pm at the Lillifield Community Centre. For bookings and info, contact 0457-903-957 or email: star-loom@hotmail.com

Libra

This is a good month for following through with your own projects but still finding enough time for socialising and looking after your relationships. Transiting Mars is in your career sector during May 16 until July 1, putting an extra emphasis on this part of your life. So, if you have the urge to be seen out there on the big stage, go for it!

Scorpio

May is a great month for socialising and nurturing all kinds of relationships. The last two weeks are especially conducive for making peace with others, if there are any unresolved issues. The mystical and healing vibes of the Full Moon on May 19 in your Sun sign have the potential to clear and transform a lot of negative energies.

Sagittarius

Establish a balance between things you do for a living and sustaining yourself and time spent on more creative and recreational activities. Both sides are important and essential for maintaining a healthy body-mind equilibrium. Overall, this is a time where you can easily shift from feeling hopeful and enthusiastic to feeling down and disillusioned.

Capricorn

Too many restrictions and attachments to traditions hinder the creative flow. Therefore, make special time for tapping into your creative potential. Give value to what feels most important. However, there might be a few more challenges on your path from mid-month onwards. See them as a test of character that tells you what needs to be left behind.

Aquarius

This is a good time for creating a peaceful and comfortable home environment. Reflect on what really matters to you and what makes you feel happy. The Full Moon period (May 19) is great for connecting with the outer world, especially if you have been hiding yourself away. Take charge, show your responsible side but also show your consideration for others.

Pisces

This is potentially a very empowering and mystical time for you, where your intuition is gaining in strength. Trust your inner voice but at the same time, know when you are deceiving yourself. Over the next nine months the Black Moon Lilith journeys through your Sun sign and connects you with your own shadow, activating your most cherished un-lived dreams.

Coming home



by Marilyn Devlin

"Do whatever brings you to life. Follow your own fascinations, passions, obsessions and compulsions. Trust them! Create whatever causes a revolution in your heart." – Elizabeth Gilbert

May feels good. April was testing... the last 18 months have been rugged. But hey, we're still here. And still moving ahead. It seems there's no way forward without going through.

We can't escape our past, and we can't escape our self. Everything needs to be brought into the light, processed and given space to integrate... accepted and allowed to be. We're in a constant state of unfolding. We're learning to love our self, to be with our self without conditions or restrictions.

During May our mighty Sun travels through the constellation of Taurus; home to our star buddies the Pleiades. Dear luscious sensual Taurus brings us home to our body, grounds us in our physical.

And what a great place to reside. It's where it's all happening; where we find our wisdom and direction. It's where we get to know, to remember, to let be, to be amazed... to heal.

I love being connected to my body. Yet so often I find myself removed from it, lost to it... abandoning it. Leaving it – to go where? My body is my vehicle through life. I can't be here without it.

But it's more than just a vehicle... it's a powerhouse of knowledge. Ancient wisdom ruminates within our cells, flows through our blood, celebrates in our bones. The most supreme intelligence orchestrates our very being. We're a miracle to behold.

There's lots of reasons why we disconnect. Some personal wounding and trauma, some social learning and conditioning. Some environmental pressures. And when we're separate from our self, removed from residing deep in our flesh and bones... we feel lonely and lost. We feel a deep disconnect from everything. We're without a home. We wander aimlessly, searching for a place to belong. We belong

at home in our self. Taurus time – the welcoming month of May... it's a great time to renew our deep sensual relationship to our body, and our self.

May Day (May 1st) opens this beautifully feminine month – celebrated in the Northern Hemisphere as Beltane; the beginning of summer, a time of growth and expansion. The ancient Celtic festival of fertility. The festival of the Great Rite – the sexual union between Goddess and God. A time of feasting, and celebration of the body. All very Taurean.

Here in the south where our seasons are reversed we celebrate Samhain (Halloween). A time of approaching darkness (winter); a time of reflection, reminding us that without death there can be no rebirth. Samhain is a time when the boundary is thinnest between the worlds of the living and dead. A quiet time of connecting with our ancestors.

In some ways here in the south, especially for those of us with European ancestry we linger in both worlds. The very Taurus celebration of Beltane – the sensuality and aliveness of our body and at the same time we enter our quiet time of reflection... shedding what is no longer needed, letting go of what's past. A seemingly dormant time... of endings and closure. Preparing our soil for rebirth.

I had the wonderful opportunity to be present at the incredibly exciting and emotional celebration at Brunswick Heads on the 30th April where the Bundjalung People of Byron Bay were granted Native Title of their homeland.

This experience affected me deeply and profoundly. My sense is that a powerful shift has occurred.

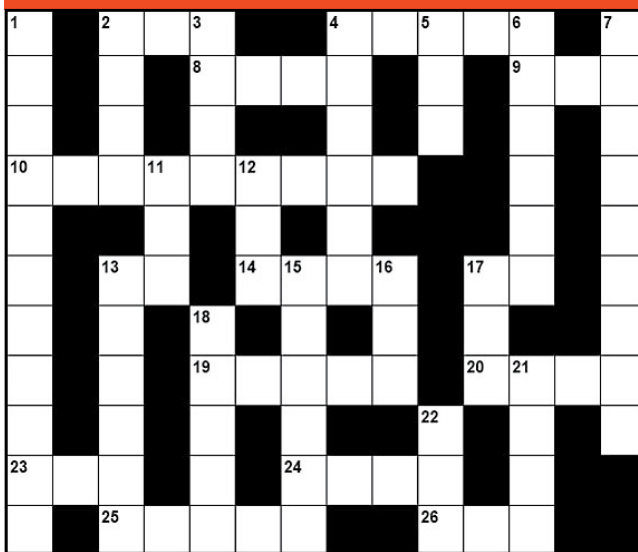
Something has irrevocably changed. That it's a new chapter... and one that many are excited about.

Thank you for allowing me to be present (seemingly accidentally). To experience such a powerful time of shift and healing was truly extraordinary. I came away with a renewed feeling of strength and connection to my body and an emerging sense of belonging. We truly are all connected.

Nimbin Crossword

2019-05

by Sync



Across

2. ___ Garfunkel
4. Acquire knowledge
8. Napoleon's exile isle
9. Belongs to us
10. Short fairway shot? (4,5)
13. Money wire service (init.)
14. ___ Rabbit
17. Successor to the League of Nations (init.)
19. Defamation
20. Cult leader?
23. Computer core
24. Turkish money
25. Didn't turn up to the party? Killed using a medieval pole weapon.
26. Cooking utensil, weed

Down

1. Town north of Gosford (3,8)
2. Warm fermentation beers
3. She hit the first shot? (golf)
4. Grubs
5. Melbourne rag
6. British bike company
7. Botanical garden for tree conservation
11. The second person
12. Spice mix? Problem
13. Annoyance? Spring-driven
15. Coarse (humour)
16. Vets' club
17. Aussie boot
18. Dark
21. Division? Entity
21. Faucet

Solution: Page 27

Nimbin Trivia Time

by Eclectus

Questions

1. 60% to 70% of deceased Australians are cremated each year. When was cremation legalised in Australia?
2. Three separate species of one animal received extra funding in the recent Federal budget. What were they?
3. Which giant of American sport died in March?
4. Name an English word with three consecutive double letters.
5. Are these items associated with the arts, sciences, medicine, philosophy or the military?
 - (a) Mannheim Rocket
 - (b) Wittgenstein's Beetle

Answers

1. 1903 in South Australia. New South Wales loved WE wrestler Hogan in a steel cage.
2. Ants. Extra funding was allocated for eradication of Red Imported Fire Ants (Solenopsis invicta) in Yellow Crazy Ants (Anoplolepis gracilipes) in northern Australia, Brisbane and Lismore and Argentine Ants (Linepithema humile) on Norfolk Island.
3. King Kong Bundy (aka the Walking north Queensland. Ants (Wasmannia auropunctata) in far it is impossible to know exactly what it is like to experience anything from another's perception.
4. Bookkeeper (or bookkeeper or bookkeeping). The arts. Mannheim Rocket was a novel device of orchestral music developed by composers at the Mannheim School. It is an ascending line of musical notes combined with a crescendo.
5. (a) Philosophy. Wittgenstein's Beetle was announced for the eradication of Electric Ants (Wasmannia auropunctata) in far north Queensland. (b) Philosophy. Ants, no extra funding was announced for the eradication of Electric Ants (Wasmannia auropunctata) in far north Queensland. (aka the Walking

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Lismore Transit Centre 7.52am 9.00am 12.45pm 3.25pm 4.25pm 6.05pm	Lismore Transit Centre 8.50am 9.35am 1.15pm * 4.10pm 5.15pm 6.35pm	Nimbin – Main St. (Park) 9.00am 12.45pm 3.25pm 6.05pm	Lismore Transit Centre 9.35am 1.15pm * 4.10pm 6.35pm

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Why not learn a new skill, or possibly find a new creative interest?

Nimbin Open Learning at the Community School begins Term 2 on Wednesday 8th May and runs for eight weeks.

Late enrolments may be accepted for some classes.

This term's classes, held at the Nimbin Community Centre, include ukulele, creative writing, hoop dance flow and conflict resolution.

Classes are designed for adult learners, and are taken by experienced locally-based tutors.

All classes cost \$60 for the term.

Contact the Comskool on 6689-1477 or find them on Facebook at: Nimbinopenlearning Centre

Learning safety around the creek

by Maree Conroy

As part of our play-based curriculum at Tuntable Falls preschool, we include regular visits to our shallow creek that is located very close to our preschool.

This time to explore in nature gives the children a real connection to country.

Time at the creek provides ample opportunity for the children to nurture their creativity using just nature for play. Among many other things it also stimulates children's physical skills and confidence in the bush that is essentially their backyard.

Many of our children live on Tuntable Falls Community and visits to the creek are part of their everyday life, so it definitely makes sense to incorporate our bush setting as part of the children's playground.

We are very conscious that the creek environment is a risky environment. We take walkie talkies to the creek so staff are in contact at all times.



The children wear reef shoes to protect their feet, and hats and red UV shirts which are highly visible and also protect them from the

sun. As part of our strong philosophy around "The Rights of the Child" we involve children in rule

setting to enable the children to participate in thinking about their own safety.

We asked the children to think of rules to keep them safe at the creek and presented this to the children as: "We have the right to be safe at the creek"

These are some of the rules they came up with:

"We don't throw rocks because we might hurt ourselves or others." (Daisy, Gypsy)

"Stay away from the sharp toothed tadpoles" (Findlay)

"We stay close to our teachers so we are safe." (Cello, Camilla)

"Always check for danger." (Tyko)

"We go to the toilet before we go to the creek." (Evey)

"We play in the shade so we don't get burnt." (Max, Arlo)

Tuntable Falls preschool is open Tuesdays, Wednesdays and Thursdays. We are located on Tuntable Falls Community. Phone 02 6689-1179.

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Dude, where's my school?

by Joe Landers, teacher

I'm working at Tuntable Falls Community School and here is the problem: I can't find my school.

Other teachers, from lands far away, ask me what my school is like, and I go out on a mission to get photos, and I can't find my school. There are just trees everywhere, every good angle blocked by trees.

They're nice trees, big beautiful rainforest trees, fruit trees, palm trees and ferns, but no school visible. Just trees, so many trees. Definitely no selfie-with-the-school opportunity. So that's the downside and I suspect it's possibly not so big a problem.

On the upside, there are so many trees, trees full of local wildlife, often including the students. I know of many Forest Schools and Nature Schools around Australia and the World, and it is a wonderful development in education to acknowledge the value of time spent in a nurturing natural environment.

Even if it wanted to, which it doesn't, Tuntable Falls School could not avoid being a rainforest school. The Kindies have the sound of water cascading down the gully when it rains, the playground weaves in and out between the trees, and the wildlife knows exactly when lunchtime is, with visiting Kookaburras, Bush Turkeys and even Butcher

Birds (which is surprising for a school with a vegetarian kitchen).

The natural environment provides endless opportunities for real-life applications of literacy, numeracy and integrated everything else, and for Tuntable Falls School, that natural environment is always just there.

And then there's the garden. The garden is also an integral part of the school, with a Garden Day happening every term to celebrate the whole process of soil preparation, planting, weeding, watering, harvesting, food preparation and feasting.

At the Term One Garden Day, the students harvested and prepared the whole-school feast, which tasted incredible and was amazingly fresh of course. We then spent time further developing the constantly evolving Ethno-Botany Trail that winds through the trees, as a walking tour through the flora and fauna from the past hundreds of millions of years.

Following the Garden Day feast, students presented a whole-school Karate / Marimba performance, an excellent demonstration of sustained self-disciplined practice in movement and music. As an ideal opportunity to get a feel for what this school is about, the Garden Day is happening again in Term Two and promises to be just as spectacular, time and date to be announced.

To find the school, just follow the signs.



Nimbin Headers

by Lucy White

The Nimbin Headers sports club would like to acknowledge the recent passing of two special community members, long time player Geri Price-Jones and the beautiful Tonia Jansen who was tragically hit by a car in Cecil Street, not far from the Header's field.

Along with many others in the community, the Headers Committee have written to the Lismore City Council highlighting the urgent need for footpaths and lighting along Cecil Street. Many of our young players walk along this street on their way to football training after school.

We would like to remind parents to please speak with their children about the importance of road safety and the need to walk with awareness and caution on their way to and from training. Hopefully the footpath situation will be rectified soon.

To mark the sad passing of Geri Price-Jones, many Headers past and present gathered to play a special game in his honour on 27th April at the Headers home ground, in a spirit befitting the man who always gave his all, and always played with immense heart and good spirit. RIP Geri.

Publican Jon from the Nimbin Hotel has kindly offered the Headers a regular time slot of 6-7pm every Wednesday evening to sell raffle tickets for two meat trays and a

vegie tray. This is proving to be a valuable and much needed fundraiser for the club.

We encourage all punters to support the local sports club with the purchase of a raffle ticket on Wednesday nights.

Training has started back for all Minirooms, the younger grades 6-11s on Thursday afternoons from 4pm. The Minirooms and the competitive Grade 16s played their first games for the season on Saturday 4th May. It is not too late for children aged 5 - 11 years to join a Miniroom team, so come on down to Thursday afternoon training and say hi.

All registrations however must be completed on line, see: www.footballfarnorthcoast.com.au

The next Headers home games will be Sat 11th May, featuring full field Grade 12s and 16s from 9am, followed up by the Grade 8s and 11s at 11.30am.

If you love watching football, then we have a real treat for you coming up at the Header's fields over the weekend of 18-19 May. The club will be absolutely buzzing with 10 exciting home games to be played over the weekend.

Saturday 18th May features home games for Grades 9 and 6 (both 9am), 12 (10.20am), mixed 14s (11.30am), Mens Div 7 (1pm) and Mens Div 2 (3pm). Sunday 19th May sees the 12s playing again at 10am, Girls 14s (11am), Women's Div 4 (12.30pm) and Women's Div 3 (2.30pm).

For more games and all the details please refer to the full fixtures link on the Headers Facebook page.

Remember, our canteen is open for all home games with homemade pies, cakes, slices, coffee and drinks, so come on down and support your local club while watching some home grown local talent on the pitch.

Easter baskets and rabbit hats



by the educators of Nimbin Early Learning Centre

We hope everyone had a lovely Easter. We had lots of fun making Easter baskets and rabbit hats, we also really enjoyed searching the playgroup for Easter eggs that the bunny dropped along its way.

This month we went on an excursion to the Lismore Northern Rivers Children's Services playgroup. The children had so much fun and really enjoyed the bus trip

in showing us lots of things along the way, whilst we were at the playgroup the children enjoyed riding all the bikes around but most of all loved the sandpit with the diggers.

We have already booked to go back in July. For our next excursion we are off to a local café, suggested by Kieran who would love to go and order a milk shake and biscuit.

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Mondays – Fibre Arts
(starts 10.30am)

- **13th May:** WILD WEAVERS – Every 2nd Monday of the month. Weaving with recycled materials and e-waste.
- **20th May:** SPINNING – Every 3rd Monday of the month. Drop spindles and spinning wheels available, or bring your own.
- **27th May:** SLOW CLOTH CLUB – 4th Monday of the month. Knitting machines. Bring your own or practise on ours.

Tuesdays – Waste Wise
(starts 10.30am)

- **14th May:** Beginners crochet.
- **21st May:** Garden planning and design. Let's get the 7 Sibley gardens growing!
- **28th May:** Raised gardens, straw bales and recycled containers.

GARMENT MENDING with Atelier Smith – every 2nd and 4th Wednesday, 2-4pm: drop off your old favourites while shopping at Nimbin's Twilight Farmers Market.

COMING UP IN JUNE: Building simple structures – bamboo domes, yurts, reciprocal roofs
Community Tools Library launch – join up now!