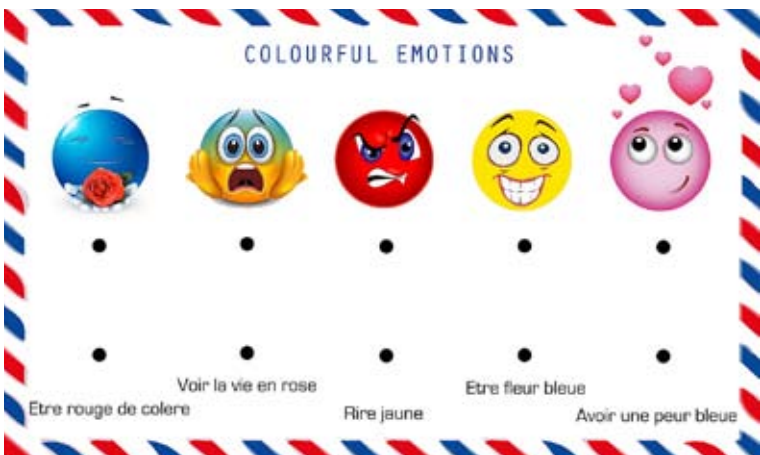


Colourful emotions

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 and colour your moods... Learners often say they want to learn French because France is a romantic country and they want to go and visit. It's an interesting thing to hear and for sure the romantic picture of Paris needs no further promotion but to French people the most romantic country is... Italy! This is almost certainly due to its rich artistic history, including the work of a certain William Shakespeare... French people are probably considered romantic because we don't hide our emotions or feelings. These need to be expressed, good or bad, and it leads to some colourful sayings. I will translate these literally so they stick in your mind, even if they don't really make any



sense! Colours are commonly used in French expressions to illustrate a feeling, and I wonder to what extent Anglo-Saxon expressions regarding feelings use similar colours. Shame and anger are often denoted by the colour red. For instance, you might say 'être rouge comme une tomate' (to be red like a tomato) which suggests shame or how uncomfortable you feel. If you happen to 'voir rouge' (see red), it shows how angry and aggressive you are... Looking at green can be scary too... French people say 'être vert de peur' (to be green from fear). 'Être vert' (to be green) denotes jealousy and means you are envious. Having a green thumb, or even 'avoir la main verte' (to have a green hand) means being an effortless gardener. Blue is a color often used to suggest fear as in 'avoir une peur



French Corner by Aurelie Billot

bleue' (to have a blue fear), while 'se faire avoir comme un bleu' (to be fooled like a blue one) indicates how unexperienced you are. However, for romantic people 'être fleur bleue' (to be blue flower) comes with much the same meaning as 'voir la vie en rose' (to see life in pink). The latter even adds an optimistic touch to the feeling. White colours often suggest innocence, as in 'être blanc comme neige' (to be white like snow), or maybe the pretence of innocence as in 'montrer pate blanche' (to show a white paw). When feeling unwell, your condition might be described as 'être blanc comme un linge' (to be white like a sheet) Yellow is often used to denote a lack of sincerity... for instance if you share a 'rire jaune' (yellow laugh),

it means you laugh loudly with a tinge of bitterness. However, if you decided to 'en faire une jaunisse' (to make a jaundice out of it), this shows you have become over-dramatic and like to complain... Finally, the darkest black is associated with a huge and cold anger 'se mettre dans une colère noire' (to put oneself in a black anger). It may also refer to a deep depression or pessimistic attitude when you are in the mood of 'broyer du noir' (grind black) I hope you are feeling good today and I wish you a colourful one. 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](http://www.douce-france.com.au) or email: [douce-france@yahoo.com.au](mailto:douce-france@yahoo.com.au) You like our articles? Find and like us on FB at DouceFranceLanguageCentre for more on French language and culture.

ASTRO FORECASTS by Tina Mews WHAT'S HAPPENING IN THE HEAVENS?

**Aries**  
This is the time of the year where you can work particularly hard to achieve your goals. Nevertheless, use the Mercury retrograde period (March 5 – 27) for reflecting on your motivation. Are your values still aligned with your current reality? You might be going through a process of dreaming up a new vision.

**Taurus**  
Embrace the force of chaos because it is ultimately the energy behind creativity and is needed for breaking up old patterns. This is the start of a long-term personal growth cycle that ultimately will provide you with more freedom over the next years. The current Mercury retrograde period (March 5 – 27) could be great for catching up with old friends.

**Gemini**  
You are entering the time of the year where it is helpful to reflect on the events, projects and objectives of the last nine months or since your last birthday. Mercury retrograde (March 5- 27) will be helpful during this process. Which goals have been achieved and brought good results and what needs fixing or even releasing?

**Cancer**  
Use the Mercury retrograde period (March 5 – 27) for reflecting on your vision and long-term goals which could ultimately be life changing. You are ,receiving a cosmic push towards expressing your creative potential and living your purpose. Know that you can step up! You are supported if you are willing to carry more responsibility.

**Leo**  
This Mercury retrograde period (March 5 – 27) marks a good moment in time for re-assessing your contracts with others and if you get or give your fair share. How can you make best use of your shared resources? On a deeper level, you might want to work through some unresolved material from the past.

**Virgo**  
The Mercury retrograde period (March 5 – 27) could be helpful in sorting out your relationship dynamics, if you can apply creative problem solving techniques. A 're-negotiation of terms' might be required. Mercury journeys through Pisces until April 18 and could bring some confusion, but also can sharpen your intuition.

**March**  
March is a month of seasonal change. However, before we reach our Autumn equinox on the Southern Hemisphere on March 21, marked by the Sun's entry into zero degree Aries, we still have three weeks of swimming through the cooling and elusive Piscean waters. Pisces is the last sign in the zodiac and marks the end of the 12-month astrological cycle. Symbolically it means that the inner self is preparing to retreat and transcend to a higher level, after having cleaned up what isn't yet clear. Pisces is very imaginative and compassionate which makes it difficult to define boundaries. It is a dual sign: 'one fish swimming downstream into matter and the other fish swimming upstream towards the divine'. Finding the middle path between material comforts and spiritual values or 'the real' and 'the ideal' can be a challenge that needs to be mastered. This is why individuals with a strong Piscean signature can be either lost in addictions or put their life towards service and refinement. Often they switch from one extreme to the other.

**Mercury retrogrades though Pisces during March 5-27** and initiates a three-week period of review, revision and reflection. The messenger planet remains out of its comfort zones (which are either Gemini/Air or Virgo/Earth) and in the watery realms until April 18, influencing the creative mind. It might be a good moment in time for dreaming, resting and relaxing.

**Uranus enters Taurus on March 6, just hours before the New Moon. Uranus will remain in Taurus until April 2026.** Uranus entered Taurus already last year during May – November for the first time after 84 years. Uranus is the symbolic energy of rebellion, of unexpected changes, disruptions and chaos. 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. This transit can unsettle financial schemes, banking and value systems in general. On a personal level, Uranus correlates with 'the higher mind' and brings the necessary insights and energy that assist us in suddenly altering stagnant dynamics and patterns that seemed to be set in concrete. In myth, Uranus is the essential force of creation. He poured gentle rain (waters of life) upon Gaia (Earth/Taurus), so that she would flourish.

**The New Moon on March 7 eventuates in Pisces.** The New Moon is conjunct Neptune-Poseidon, God of the oceans and ruler of Pisces,

transiting this sign until 2025. (Neptune is in Pisces since 2011). This is the time of the year where we have to get some decent rain! We have recently been reminded of the preciousness of clean water as well as the value of our rivers and oceans for the sustenance and survival of all life.

Neptune is making a square formation to Jupiter during 2019, challenging our beliefs, standards and perception, especially also in the way we use our water reserves. The Menindee fish kill happened when this formation between Jupiter and Neptune was exact on January 14. There will be two more exact squares, on June 17 and September 22. We are at a huge turning point in our collective evolution and many conveniences of modern living that we have taken for granted might not be there for us forever. Mercury is retrograde and Uranus just shifted into Taurus, making this a good moment in time for reflecting on our own conditioning and needs for personal comfort, especially also in regards to the environment. There are some essential areas where we have outgrown an old reality and where we urgently need innovative problem solving skills.

**The Full Moon on March 21 takes place just a few hours after our autumn equinox.** The Full Moon in Libra falls opposite a Sun/Chiron conjunction on the first degree of Aries. It highlights the need for creating a new balance between living authentically according to our own principles and beliefs and incorporating the values and rights of others. Libra is the sign of justice and social harmony while Aries is ready to act on its instincts. Taking both sides together, Aries is willing to fight for what is fair and just. The first degree of Aries symbolises the will of initiating a new process. Chiron started its new 50-year cycle on February 19. Historically this ingress has been associated with periods where people tried to break free from traditions and hierarchical control to form a fairer and more equal society. Since its discovery in 1977, Chiron has always been a symbol for healing, including healing the Earth and our ecological systems.

*Navigation by the Stars: Personal and/or relationship astrology; life cycles and your year ahead: plans, directions, concerns for 2019.*

*New Weekly Classes in 2019: 'Astrology for Beginners', Tuesday evenings 5.30 – 8pm, starts Tuesday February 5 at the Lillifield Community Centre, 4505 Kyogle Road.*

*The Art of Forecasting: Secondary Progressions, Progressed Lunar Phase & Solar Return. March 16, 10 am - 4 pm: , Lillifield Community Centre, 4505 Kyogle Rd; costs: \$70, conc \$60; for info & bookings: contact 0457-903-957 or e-mail: [star-loom@hotmail.com](mailto:star-loom@hotmail.com)*

**Libra**  
The Mercury retrograde phase (March 5 – 27) directs your focus onto your health and daily routines. Re-organise your workspace, sort out your diary, create a calendar or to-do list. There might be some communication hick-ups. It is a good idea to check important messages twice, as you could miss important details. However, your creative mind does get a boost!

**Scorpio**  
This Mercury retrograde period (March 5 – 27) is perfect for seeking out new inspirations and re-connect with your 'inner child'. It is playtime! Relax, be curious and have some fun. Your personal relationships are going through a process of redefining; allow yourself to be inspired and be open for new insights in your interactions with others.

**Sagittarius**  
Mercury retrograde (March 5-27) directs your focus onto your home and domestic life. Therefore, March might be a good month for repair work and completing jobs that have remained unfinished. This is also a good time for re-connecting with your family and making peace with the past

**Capricorn**  
This Mercury retrograde period (March 5- 27) could create a bit of confusion. It is essential to arrange some quiet time for gaining more clarity. Make sure to have all the necessary information before making decisions but avoid making a new contract until Mercury retrograde is over.

**Aquarius**  
Use the Mercury retrograde period (March 5 – 27) to think about what you really value in life. It is not a good time for making expensive new purchases because your mind is not as clear as usual. Instead, balance your books and reflect on what idea is worth pursuing and what can be released.

**Pisces**  
Mercury retrogrades through Pisces during March 5-27 marking a three-week phase of inner reflection. What is your purpose and which projects are worthwhile to support? You might require more time for your spiritual growth during 2019 because material things seem to be less clear and reliable. The last week in March might feel confusing. Use the energy for creative activities.



# Focus, flow & intention

by Marilyn Devlin

W hew... soooo grateful for the ease in those super gusty winds. Wonderful to feel the calm. Having a cyclone approaching the coastal area where I live... my highly Geonsentient Vata system has been in chaotic panic. It took all I had to calm myself, soothe my nervous system and ground my body... leaving me completely exhausted. Oh god I luv the calm. Some may feel enlivened and charged by these forceful chaotic energies... I'm not one of them.

Yes, they have their place. Everything has its place. Winds move things... BIG winds move BIG things. They're forceful and insistent, they add pressure and can appear frenzied and lawless. They hold great power.

Everything has both an internal and external face. Everything that happens inside us reflects in our outer world. All outer events affect our internal ecology. Nothing is separate from one another. We all swim in the same stream of life... cause and effect, duality.

So during these luscious moments of literal calm after the storm, I can feel this cleared space inside me. Something has shifted. As if a huge hunk of build up debris has been blown away. A new space has been revealed... one that holds great knowledge and understanding. Something I couldn't see before. It's still new, but I know it's there... I can give it space to unfold its wisdom.

I may have preferred a gentler road to it... but heh, no complaints. Clearing debris, especially internal blockages is a blessing.

January and February 2019 have felt like the completion phase of 2018. 2018 was a big year for lots of people. Many glad to see it leave. A lot happened, we processed a lot. It felt like a demarcation time... finally letting go of what was getting in the way of living

the life we desire. What's in the way often has to be dug up and uncovered... and that's not always comfortable. But as they say better out than in.

March feels exciting. Feels like the true beginning of 2019. It's also the first month of Autumn ~ my favourite season. And the Equinox on the 21st March begins the new astrological year. This Equinox is a special one... seems perfect for a special year. Three hours after the exact moment of the Equinox we have a Full Moon in Libra. This Full Moon at 0 degrees of Libra is a significant place in astrology. 0 degrees of the Cardinal signs (Aries, Cancer, Libra, Capricorn) is called the Aries Point.

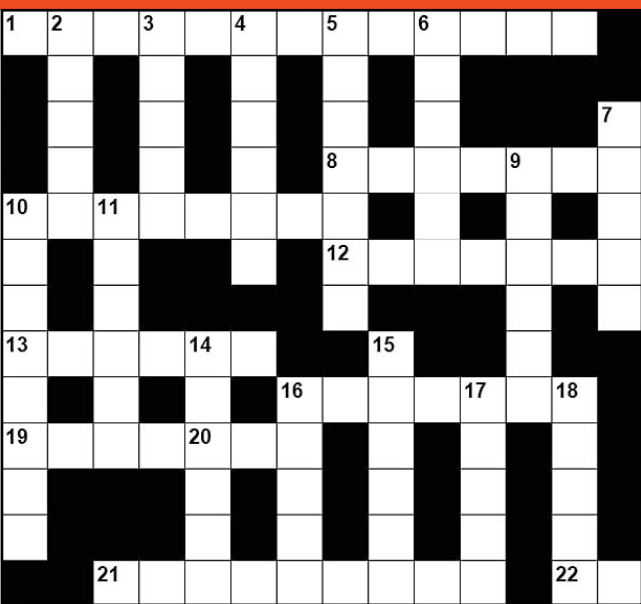
The Aries Point is a powerful point of activation... where our internal experience can manifest into external events. It's where we can create visible changes in the outer world. Talk about a super time of opportunity. And Libra rules relationships... relationships are key to our progress ahead. They will shape our external world. How we relate to each other is how we relate to everything. We cannot be at peace and in war at the same time. I've been feeling this strongly... that community holds the key. This is the time we need to truly unite.

These last two months have offered us some recuperative space, to rest and heal and ground our bodies. Now March is a time for beginning a new approach. Like the Fool it's time to step off the cliff... into the unknown. I'm really feeling this special vibe of 2019 beginning to unfold. It holds a lot of grace and support. But it's up to us - us humans, to truly get our act together.

The power of focus, the richness of intention. The wisdom and grace of being in the flow... the great river of life, of existence. To be a part - one part of the great Divine Creation. To use the gifts and talents we've been blessed with to join together as one humanity. It's up to us.

# Nimbin Crossword

2019-03  
by 5ynic



## Across

- Not a true sage. Has a sweet scent and red flowers (9,4)
- Of a knob, twist back and forth
- Dark future
- (Made of) numbers
- Cannabis originating from the Afghanistan region
- Running away to marry
- Chocolate pudding fruits
- Fungi
- Previous partner
- "Operations to convey selected information and indicators to audiences to influence their emotions, motives, and objective reasoning."
- Common invasive flower, poisonous to stock
- Mystical strain in Islam
- Stone fruit
- Smelly Indonesian fruit
- Native plum
- Parody?
- Serves?
- Root vegetable
- Important chemical compound. Long chain ones make synthetic fabrics. Short chain ones make perfumes.
- River running from Tibet to the Arabian Sea
- Spirit from Arabian myth

## Down

- Words used to mean their opposite
- Hallucinogen. Grows on damp wheat and rye.

Solution: Page 23

# Nimbin Trivia Time

by Eclectus

## Questions

- In September 2017, astronaut Peggy Whitson touched down in Kazakhstan on her record breaking return from the International Space Station after 288 days in orbit. Whitson, a biochemist, has spent a total of 666 days in space; more than any other woman on the planet (or off it). Travelling so fast for so long means that she has experienced the relativistic effect of time dilation. How much younger is Whitson than she would be if she had stayed on Earth?
- In Terry Pratchett's "Night Watch", who founded the Democratic Republic of Treacle Lane?
- The International Olympic Committee is considering four new sports for inclusion in the Olympics. Three of the sports are expected to debut in Tokyo in 2020 and one in Paris in 2024. What are they?
- Prime Minister Scott Morrison, one of Australia's more vernacular PM's, recently likened the Opposition's "HelloWorld contracts for Liberal mates" accusations in parliament as going "to the bottom of the chum bucket". Given his beachside seat of Cook (around Cronulla), how should he have phrased his metaphor?
- What is the oldest organism on Earth?
- Late last month the president of a Eurasian nation sacked the elected government because they had not improved the country. Which country was it?

- Answers
- About 0.02 seconds.
  - Reg.
  - Tokyo is expected to include surfing, climbing and skateboarding while breakdancing is expected in Paris.
  - He should have said: "Labor have gone to the bottom of the bucket."
  - A clonal colony of Neptune grass (*Posidonia oceanica*), growing in the Mediterranean Sea south of Ibiza. At eight kilometres across it is estimated to be about 100,000 years old.
  - Kazakhstan.

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**Normal Mon-Fri Week**

Leaving	Arriving	Leaving	Arriving
Lismore Transit Centre	Nimbin – Main St. (Park)	Lismore Transit Centre	Nimbin – Main St. (Park)
7.00am	7.30am	8.00am	8.30am
8.00am	8.45am	12.00pm	12.35pm *
12.00pm	12.35pm *	2.35pm	3.10pm
2.35pm	3.10pm	5.30pm	6.00pm
3.20pm	4.15pm		
5.30pm	6.00pm		

**School Holidays**

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

\* Mondays & Thursdays Only

No Public Holiday Service  
Wheelchair access available  
Some buses connect in Nimbin for operators to Murwillumbah

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# Positive focus at Coffee Camp PS

by Geraldine Kerr

The new school year is well and truly in full swing at Coffee Camp Public School.

The new kindergarten students are settling in well to their new school routines, with the support of their buddies and new teachers.

This year the school has begun the process of becoming a Positive Behaviour for Learning (PBL) school. This is a five-year process which involves a whole school approach to student wellbeing and behaviour.

The school has selected three values to support the school. They are "be safe", "be respectful" and "be responsible". Over time, the students will be explicitly taught skills in order to uphold these values throughout the school.

In other positive news, the school has recently installed a new 5.22 kw solar system. The system was purchased and installed by local supplier Rainbow Power Company, towards the end of 2018.

The system was purchased with funds from a NSW government Community Building Partnerships grant. A huge



thanks to teacher Desley Banks and former P&C members Maree Conroy, Mandi Raval and Dave Raval, for their tireless efforts to secure the grant for this project.

Students at the school will now be actively involved in monitoring the energy input and output of the school's electricity usage.

The school year has begun with a number of exciting programs, including weekly tennis lessons for the whole

school, smaller classes in the morning for literacy and numeracy learning, and plans for an aboriginal language program later this year.

The custom-made "makers space" is now complete, and plans are being made as to how best to use this unique and exciting space.

The school welcomes new enrolments in all classes. Please contact the friendly office staff on 6689-9259 for further information about the school.



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Email: [nimbinpreschool.director@gmail.com](mailto:nimbinpreschool.director@gmail.com)

## Welcome back



by Cath Marshall, relieving Principal, Nimbin Central School

Welcome back everyone to our new school year.

I hope everyone had the chance to relax and recharge their batteries over the break, ready for what is already shaping up to be a big year for all at Nimbin Central School.

Students are all in their new classes with new learning challenges, teachers have their new students and learning programs and the school itself is entering the second year of its three-year Strategic Plan with lots of initiatives and challenges ahead.

In 2019 we will continue on the path laid out in this

plan, ensuring students are at the centre of our school, and they drive all our decision-making.

We will continue to ensure everyone is learning and growing and that every young person is known, valued and cared for.

We will continue to ensure outstanding teaching occurs in all our classrooms, with young people engaged, challenged and becoming independent learners.

We will continue this commitment to our students, staff and community and I look forward to us all working together again in 2019, it's shaping up to be a great year.



## Worm farming

Starting off our new term at Tunttable Falls Preschool we have been tending to our worm farm. Our farms were donated by our wonderful family Jax, Cawdor and Evey.

The worm farms continue our commitment and engagement to sustainable living by promoting life cycles: The worms help keep our veggie garden soil healthy to grow the food we prepare and eat in our preschool kitchen. We then feed our separated food waste to the worms.

Our children engage in separating their compost for the worms at meal times "Worms don't eat oranges" Max reminds his friends. As a group we decided we needed new compost bins with pictures of food the worms don't like. Together we aerate the soil, lift their worm blankets and make sure our food waste is distributed evenly through our 3 farms. "We feed them scraps and they eat it, but we don't eat the worms! We have worms at our home garden, they wiggle and dig in the dirt," Gypsi tells us.

We are open three days a week throughout NSW school terms on Tuesdays, Wednesdays and Thursdays, from 8.30am 'til 4pm. We are located on the beautiful Tunttable Falls Community, 10 minutes' drive from Nimbin town. A bus service can be arranged if necessary.

We have vacancies for 2019. Call us on 6689-1179 to enquire, or email us at: [tunttablepreschool@gmail.com](mailto:tunttablepreschool@gmail.com)

## Tunttable Falls Community School



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# Enrolments help keep preschool viable

by Katie Pennant

The Nimbin Community Preschool has been in operation since the 1980s. It wasn't the result of a government incentive, it was created from the grassroots: a group of families who wanted their children to experience quality early childhood education based in their community.

Back in the 1980s there was not much funding for early childhood, and these dedicated families fundraised, lobbied and hassled until they had enough support to open a little school at the Nimbin showgrounds.

Then the next struggle started – more fundraising, more hassling, more cake stalls and working bees – in fact twenty years of it!

Yes, really twenty more years of fundraising and lobbying until the Nimbin community got their own purpose-built preschool.

Our building opened in 2012 and has gone from strength to strength. Until now.

The cost of living has skyrocketed on the north coast – rents and mortgages have gone up astronomically, casual work is now common place and cost of living expenses like electricity have



left young families reeling. Added to this have been changes in immunisation laws and soaring fees. The result is a community preschool struggling to remain viable and operational.

We all need early childhood education. Research clearly identifies the need for quality early years:

- Children who attend a quality early childhood program in the year before school are up to 40% ahead of their peers by the time they reach Year 3 in primary school (Warren & Haiken-DeNew, 2013).
- UK research found that children who attended quality early learning had higher grades in school, were better able to manage their behaviour and had lower levels of hyperactivity. The longer they spent in early learning, and the higher the quality,

the better their grades were and the more likely they were to continue academic studies (Waldren, 2017). If we believe that it takes a village to raise a child, then please help us to remain open five days a week by encouraging your friends and family to come and enrol their children.

We offer a quality education for all children led by a highly qualified and experienced teacher supported by a team of highly experienced Diploma trained educators.

Our program is focused on building a sense of trust through empowering children to lead their learning.

We are surrounded by a beautiful garden and have a trained support dog, chooks, and a family of guinea pigs for children to love.

Please call us on 6689-1203 or email: [nimbinpreschool.director@gmail.com](mailto:nimbinpreschool.director@gmail.com)



Connecting at Cawongla



Cawongla Playhouse is excited to welcome back returning families and to welcome new children and families to our preschool and playgroup.

It has been lovely having some new faces joining us over the last few weeks as we settle back into the year.

For we teachers, the nice thing is that every year is unique and different, as new children bring new interests and experiences.

The start of year is all about new connections, and the growth of new relationships.

This is a very heartening, interesting and complex process to be a part of, as children discover and create their own unique pathways into relationship, into community and into belonging.

In these images, Eli and Lyric find a shared space over the delicate work of making and painting a clay magpie (pictured, above left).

These moments can be quite powerful – there's often a 'buzz' or a 'hum' about them that strikes anyone who is a part of it and anyone who witnesses.

It's not unusual to find these moments being expressed and described in other ways – as in this painting by Lyric (pictured, above right), done only minutes after the magpie work.

Here he has translated that special shared space of clay work into a painting – where he and Eli are literally 'on the same page'.

Cawongla Playhouse is a community-run preschool and playgroup, half way between Kyogle and Nimbin.

We operate Tuesday, Wednesday and Thursday each week from 9am-3pm, with playgroup every Tuesday morning (and other times by arrangement).

For enquiries please call 6633-7167 or email us at: [cawonglaplayhouse.director@gmail.com](mailto:cawonglaplayhouse.director@gmail.com)

## Teaching emergency responses



by Carina, Annalyce, May, Isabella & Charlotte, the educators of Nimbin Early Learning Centre

We have had a lot of interest in emergency vehicles, so we extended by creating a 000-call centre.

The children really enjoyed this, and we had a lot of discussion on why we would call 000.

Our craft on emergency vehicles was created by the children doing some cutting and pasting where they chose a vehicle to cut out then glued all the pieces together to create an emergency vehicle.

We have been focusing on a lot of self-help skills as well, with the children having a turn of placing a sheet on their sleep bed and helping to put on sunscreen at our sunscreen station.

We also recycled pipes and attached them to a pallet for water play.

We are going to recycle the water we use to put down the pipe line by placing a bucket at the bottom and reusing it, then at the end of the day using that water again to water our garden.

Please feel free to call the Centre on 6689-0142. We are open Monday to Friday, 8.30am-5pm.

## New season fast approaching for the



by Lucy White

Football season is fast approaching, although some of our families may feel it never ended – with many Headers players participating in summer leagues and social soccer continuing throughout the off-season.

The senior teams are already working on their fitness, with regular sessions each Monday from 6pm. Those looking for pre-season training are welcome to attend these sessions.

Registrations are now open for the 2019 season for all players – miniroos (6-11 year olds), juniors (12-16 year olds) and senior male and female teams. Don't forget to redeem your Active Kids voucher from Service NSW to claim \$100 of all kids registration fees.

You will be prompted to provide your voucher number when registering through the MyFootball website.

Training commences for all miniroos on Thursday 28th February at 4pm and the juniors have already commenced training, again on Thursdays at 4pm.

Parents are kindly asked to attend the training session on Thursday 7th March, to meet the coaches and club officials and receive important information regarding club standards and player expectations.

Parent presence on training days sends a valuable message to our kids that we value their participation, and also assists coaches with running the teams. Soccer training is not childcare, so we would like to see as many parents as possible down at the fields on Thursday afternoons.

Senior women's teams will train Thursday evenings from 6pm and the senior men's

training has moved to Wednesday evenings. Fitness training for senior teams and U16 team will continue on Monday evenings throughout the season.

Our club could not survive without the support of volunteers, so please consider whether you have what it takes to coach a team (time, enthusiasm, working with children check), assist with grounds maintenance and field set up on weekend match days, working in the canteen and helping with raffles and other fundraisers.

We will be requesting that all junior and miniroos teams nominate parents to help out with the canteen on Saturday mornings when the teams play at home. Senior women and men will be asked to help out on Saturday afternoons and Sundays.

Please consider how you can help support the Nimbin Headers to support our community.

All players and supporters are encouraged to like our Facebook page, as this is our main method of communicating changes to training schedules, match day schedules, and wet weather info.

Last but not least, the committee is busily preparing for the second annual Mimi Shield community tournament, which commemorates the life of club dynamo Simone Rutley, who passed away in 2016.

Keep an eye on our Facebook page, and our regular *GoodTimes* columns, for more information on this great event.

And don't forget to register! The more the merrier, and the sooner you register, the sooner we can sort everyone out into teams and hit the ground running for Nimbin Headers 2019 season.

GO THE MIGHTY HEADERS!



NIMBIN'S SUSTAINABLE LIVING HUB

7 Sibley Street

**Mondays (starts 10.30am)**

- **4th March:** SLOW CLOTH CLUB – Spinning wheels, fine fibres, locally grown organic cotton, silk and cashmere
- **11th March:** WILD WEAVERS – Every 2nd Monday of the month. Basket and mat weaving techniques with natural and recycled fibres. With Kerry and Nicole
- **18th March:** FOOTWEAR – Comfy crochet shoes (2 days: \$50) Materials provided. Bookings essential
- **25th March:** SLOW CLOTH CLUB – Knitting machines. Bring your own or practice on ours, with Sue

**Tuesdays (starts 10.30am)**

- **5th March:** SLOW CLOTH CLUB – Create textiles on a loom. Bring your own or learn simple inkle loom band weaving
- **12th March:** MAKING HEMP STRING – also rope and woven bands from local (legal) hemp fibre
- **19th March:** FOOTWEAR – Make hemp rope or cloth sandals (\$50) and (2nd day) crochet shoes. Bookings essential
- **26th March:** SLOW CLOTH CLUB – Knitting machines. Bring your own or practice on ours, with Sue

For those interested in workshops on other days or if you would like to host a workshop (skill-sharing with a sustainable theme), display locally made products, join our garden team or community tools and food processing equipment library, text 0475-135-764.

March workshops:

**Functional Arts**

\$10/hour unless otherwise noted

**Bookings: text 0475-135-764**

www.nimbingoodtimes.com

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