

ASTRO FORECASTS WHAT'S HAPPENING IN THE HEAVENS?

by Tina Mews

Aries

These are emotionally challenging times. Tension might arise between your personal wishes and the demands of the wider society which directs you towards rethinking your values and what is important to you. For now, focus on your domestic situation and make it run as smoothly as possible.

Taurus

Career plans might be under review, and you could have reached an important turning point in the process of restructuring your life. More time spent on creative projects will revitalize your home environment. This means that energy needs to be withdrawn from outer goals and redirected towards your domestic affairs.

Gemini

The emphasis is on enriching your direct environment with new found creativity. Nevertheless, too much focus on personal wishes and individual choice might cause friction with the needs and beliefs of others. You might find yourself dancing on the tightrope between the need to express your authentic self and remaining open for cooperation.

Cancer

This is a time of new beginnings, as you are starting your new solar return. Take a moment to rest and reflect on where you have come from and where you would like to go next. Imagine new frontiers that you want to reach despite outer circumstances that can hinder you and slow you down. Freedom has to be found within current restrictions and limitations.

Leo

This is an intense time for Leos on all levels. Mars and Venus, the two relationship planets are in your sun sign for most of this month, stirring your wish for freedom and individual expression. Instead of hitting your head against the wall, dare to change and be willing to embrace the unknown.

Virgo

This is a period when friends and involvement with groups becomes increasingly important. To avoid running empty, balance your need to engage in collective goals with time and energy spent on your private projects. Strengthen your support network and reach out when you feel overwhelmed.

July

The current process of 'global reset' creates a lot of uncertainty and fear. From a higher perspective, an old world age is passing away, and a new one is struggling to be born. This 'birthing' process will take its time and there is no exact end date that can be predicted. We only know that everything goes in cycles. The transition of this deep-sweeping transformation of consciousness was instigated by the start of a new 200-year cycle of Jupiter/Saturn conjunctions in Air signs in December 2020. These planetary forces met in Aquarius seeding a new impulse onto Mother Earth and all her inhabitants. However, while a new era is emerging, we are still in the 'eye of the storm' and the dissolution of the old systems is still happening. Pluto, the cosmic force of destruction, is finishing its once every 248-year journey through Capricorn in 2023/24. Uranus and Neptune, the other two slow-moving outer planetary force fields are also shifting signs in 2025 foreshadowing a massive change in direction during the years to come.

The main actors in the 2021/22 cosmic drama are Saturn in Aquarius and Uranus in Taurus. Their square aspect in fixed signs will be in orb until October next year. They met twice, February 17th and June 14th and meet again on December 24th. The attempt to recreate stability (Saturn) keeps being disrupted by unexpected developments (Uranus). Saturn is associated with boundaries and slowdowns while Uranus is the energy of innovation that pushes us forward and forces us to shift and find new ways. **During July 1st until July 5th, Mars in Leo will activate the Saturn/Uranus square, challenging Saturn's limiting influence and setting fire to Uranus' urge for freedom and autonomy. Then, Venus in Leo will trigger the same formation during July 7th – 10th.** On a personal level we can make use of this high voltage energy and create the change that we always wanted in our lives by finding the right balance between assertiveness (Mars) and relationship (Venus). Those who have important points or planets in the 10th – 15th degree of fixed signs (Taurus, Leo, Scorpio and Aquarius) will be most affected by these transits.

Nevertheless, while the Sun is journeying through the sign of Cancer (June 21 -July

22), we receive a cosmic reminder to keep foundations strong and remain anchored in our inner center. Cancer is associated with home and family, our familial roots and need for emotional security. **The New Moon in Cancer on June 10th is in a flowing trine aspect, with Neptune in Pisces enhancing our intuition and longing for unity and peace.** Every new moon signals a new beginning and marks a great moment for going inward, resting, gathering our thoughts, then setting our intentions and planning our goals for the month ahead. This is a

good period for spending more time at home and focusing on our domestic affairs.

The Black Moon

Lilith enters Gemini

on July 18th initiating a nine-month period of controversies about the dark side of information gathering and distribution. Lilith as an archetype, symbolizes the voice of those who feel disempowered or silenced by mainstream media,

but have found a way to stand up for their rights and beliefs. Lilith's task in Gemini is to cut through illusions and misinformation and find ways to air our truth without fear of punishment or rejection (until April 15th, 2022). **The Full Moon on July 24th in Aquarius forms a supportive trine with Lilith in Gemini** and highlights the need to share our knowledge even when it differs from popular opinion. One of the cornerstones of democracy is the honouring of diversity. Saturn is in Aquarius until March 2023, teaching us what it means to be a conscious member of society despite our differences. Saturn shows us where we have to restructure and use our mind for innovations that build a better future.

Jupiter re-enters Aquarius on July 29th, supporting Saturn in this process until December 29th, when Jupiter will enter Pisces again.

Navigation by the stars: Personal Astrology Consultation including Your Year Ahead: Plans, Directions, Concerns for 2021/22; contact Tina on 0457-903-957, email: star-loom@hotmail.com

Astrology Mornings at the Lillifield Community Centre: Thursday July 22nd: 'The Fire Houses in Astrology; Part 1: The Ascendant'; 10.30am – 1.30pm

Zoom Astro-Class: Thursday, July 15th: 'The Mysteries of the 12th House'; 10.30am – 12.30pm. For all bookings and info, contact 0457-903-957 or email: star-loom@hotmail.com

Libra

This is a time of the year for examining your life and see if you move in the direction you want. Make the necessary changes if necessary. This could be a good time for making new friendships and forming alliances with like-minded souls even though current restrictions might be a hindrance.

Scorpio

You need to find a balance between your creative drive to achieve your goals, and do things your way, while being in relationship with others. If you feel as if you have sacrificed too much of yourself, you might become impatient wanting to push for change. Remedy frustration with lots of self-love and self-care plus try to work out where exactly you have put too much of your energy.

Sagittarius

It is essential to maintain a positive mind set and not to lose hope during these times of renewed restrictions. The global crisis is ongoing and will not resolve itself magically. Focus on finding meaning from within while activating the deeper layers of the soul. The process of the moment requires the shedding of what is non-essential.

Capricorn

The desire to engage in meaningful and nurturing relationships might be strengthened during this phase. Reflect on your agreements with others. Do they inspire you to grow and evolve? Find a balance between being assertive and getting your own needs met while managing to cooperate and being sensitive of the needs of others – even if you are tired of constraints and obeying rules!

Aquarius

Mars and Venus are in your relationship sector for most of the month. The task is to find a working balance between assertiveness and cooperation. There is a need for closeness as well as for individual space. Keep your focus on 'the other' while taking responsibility for your own feelings and needs.

Pisces

Mars and Venus are in your relationship sector for most of the month. The task is to find a working balance between assertiveness and cooperation. There is a need for closeness as well as for individual space. Keep your focus on 'the other' while taking responsibility for your own feelings and needs.



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by Marilyn Devlin

It's easy to shelter away from the natural ebb and flow of the seasons.... especially in our modern worlds. We've become accustomed to our creature comforts... our mechanical dependence.

Yet her seasons reflect in our body, in our moods, in our psyche. Our body opens to her guidance. We're connected.

Winter's a time for reducing the speed of our forward momentum. Creating an interlude of quiet and stillness. A Sacred Space for our self. A time of reflection. Summer invites us out... our Yang is activated, we're drawn to exert our physicality. To go for our goals, achieve our plans. Our desires are stimulated. We want to play, connect... have fun. Be 'out there'. Of course depending where you live... the degrees and intensity of the seasons vary. But if you pay attention you'll feel their subtle presence.

It's a time for moving the gears to a slower speed... not just for slowness sake... but to notice something different happening inside you. To pay

attention. To be alert... aware of the shifts that are happening inside and all around you. What's your body craving?

What's your psyche needing? Do we dare to follow our internal guidance? Will we get off the wheel for a while... try a new approach? Are we willing to meet the other side of us? The dark side. The empty hidden part. The bits that stir the waters in our internal ocean.

Winter brings her magick. Dressed to impress and seduce. Enticingly she draws us to the cave. 'Enter'... she whispers, 'come sit with me... leave it all behind for a while... it'll be there when you return'.

Slowing down makes us nervous... it's not what we've been trained to do. From our earliest we've been prodded to do. To achieve, to climb, to overcome, to build more and more. To be seen, to be active... to keep moving.

Now Winter comes and says 'stop'. Stand still for a while... reflect. Allow the time for digestion... integration and sorting all that activity. Allow space for clarity... create some distance.

It's hard to trust. Standing still means

death, being separated, alone... down into the darkness of the well. Only room for one... can't take anyone along. We fight the stopping. What will happen if I let go? Who'll be there for me? Will I be a target for all those creepy crawlies... lingering down there in the darkness?

An adventure into the dark takes courage. Takes purpose. Takes awareness. Takes desire... takes allowing. Or sometimes simply a desire to move beyond the barriers.

Then there's the beauty... the sheer magick of Winter. Sun shining from his new spot, creating different shadows and illuminations. Caressing gently. The glorious chill in that sumptuous winter breeze... clears all the channels. Removes any built up, clogged up pieces. And goodness goddess... those magickal night skies.

There's such a magick and profundity to the natural world. So often in our ignorance we ignore her. Unless we're having 'fun'... being out there. Slip sliding on the surface.

But listening, being attentive. Understanding what she's asking. What she's offering. Can we trust her? Can we trust our self? Are we game to take the journey into the dark? Where activity stops, where our senses are heightened to new sights and sounds.

Where we meet the other side of our self. Where we long to be whole... to be united. To be simple, to be free... to become as we are meant to be.

Living at the Sacred Site... Winter became my favourite time of year. This is a particularly important Winter... that Winter Solstice was powerful. Especially powered by those two eclipses.

Feels like we've entered another major shifting time... during these times it's more important than ever... to be truly rooted and grounded within the wholeness of our self.

To allow... whatever is ready to die and be reborn.

The wonderful journey of partnering with your Higher Self

Just imagine if you had a best friend who possessed an infinite supply of wisdom and love, who knew you intimately and who only ever wanted the best for you.

Someone you could speak to when fearful, confused or uncertain, who could advise you the most beneficial path to take, whether you should accept that job, change your career, enter into that relationship, end that relationship, who could recommend how best to heal your body, mind and emotions.

That wise loving friend is not a separate Being, it is your Higher Self, your personal connection to the Creator Source of All That Is. Your Higher Self (HS) knows everything about you, including your life purpose, what you need to learn, where you need to grow and where you need to direct or focus your energies.

I'm sure many readers have already tapped into their HS and are following their guidance, but for those who yet haven't, it is highly recommended and beneficial

to establish that connection. Life will flow with much more ease and joy. When you are following your HS's guidance, you will always know what to do next and how to do it. The voice of your HS just seems to make sense and there is a feeling of inner knowingness.

When partnering with your HS, you don't need to work so hard to make things happen. In our goal-oriented society, we work hard to achieve what we desire, but our HS can help us achieve our goals with much less effort. If it is for your highest good, your HS will bring you to what you seek instead of you having to push and fight and struggle for it.

Our Higher Self will never tell us what to do. We have free will to choose whether we listen to our head/lower level of consciousness, or our heart/higher level of consciousness. This loving, benevolent higher aspect of us does not wish to turn our world upside down, but will pull the rug from beneath us if we are off-track or not



by Auralia Rose

in alignment with our soul purpose.

Our HS has so much love and patience for us, it never judges, it just keeps trying to find a way that will trigger us to make a choice that will put us on the right path. However, when the HS can see a non-beneficial outcome to the path we're on, it often takes action, and that can be illness, an accident, or things not going according to plan.

Lack of communication and connection with our HS is the main reason people feel depressed, anxious, lost, alone, angry, irritated. Alzheimer's can also result

from being disconnected from Spirit, and so they forget who they are.

This amazing evolutionary spiritual shift that is occurring is helping us to attain higher levels of consciousness and merge more fully with our HS. It is very much a part of our human spiritual evolution and purpose. As we awaken and merge with our HS, we begin to build a bridge back to the heart of the Creator.

Our HS works with the Universe and knows the bigger picture, so set your intention every day to grow your connection and be in alignment and harmony with your Higher Self.

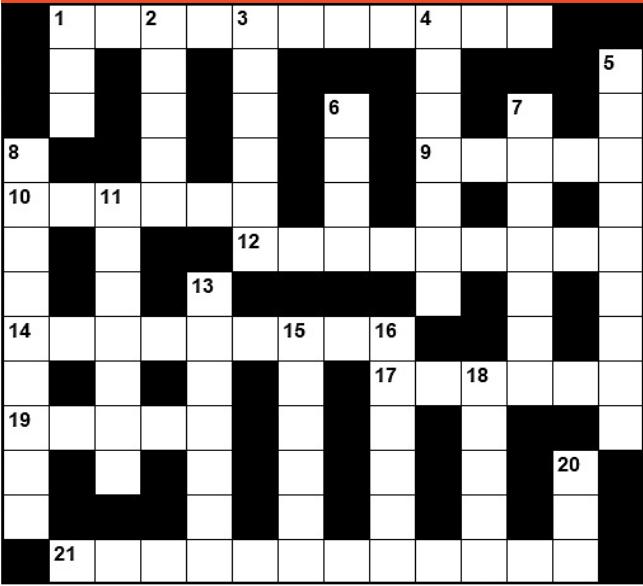
For those who would like guidance on how to contact their HS and start tapping into this infinite source of wisdom, love and healing, I will provide some practical advice and exercises next month.

Meanwhile foster love, peace and kindness all around you.

Contact me on 0422-481-007 or go to: auraliarosewellbeing.com

Nimbin Crossword

2021-07
by 5ynic



Across

- 1. Christian callers-to-prayer? (4,7)
- 9. Lift
- 10. Model solar system
- 12. Decade guilty of flares and polyester knits
- 14. North American daisy flower (coneflower) – used for common cold remedies
- 17. Even sided rectangle
- 19. Fat
- 21. Brexiteers

Down

- 1. Soft bun?
- 2. What 21 across wanted to do?
- 3. Switches? Transmits (for example, the news?)
- 4. Jewellery (3,4)
- 5. Raised on mum's milk (6,3)
- 6. 24
- 7. Coastal South of France
- 8. Blue cheese from South of France
- 11. Biblical women's name
- 13. Hell
- 15. Western European peoples? Glasgow football club.
- 16. Not woke
- 18. MSG taste
- 20. Fossil fuel

Solution: Page 32

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Nimbin Crossword
Solution

From Page 31

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Photo: Paddy

by Carol Boomsma

On Sunday 20th June we had an event at the Nimbin Headers Sports Club to celebrate Female Football Week.

There has been a 30% increase in women joining the sport across NSW, and currently we have two women's teams at the club

with many more women in the community looking to join us next year.

The event was a terrific day. Along with our scheduled matches, we had a kick around 'all-in friendly' followed by a BBQ, raffle, music and lots of delicious food. All the proceeds raised on the day were donated to the Lismore Women's Health and Resource

Centre.

One of the services they provide is low-cost counselling and this donation will directly assist women affected by domestic family violence and complex trauma who are also in financial stress.

It was a great community event, and we raised \$1167.65 for our charity. Football Far North Coast

has also agreed to contribute \$200 to the Women's Centre as a gesture to acknowledge the efforts of the Headers Club and applaud such community spirit and the support of the wider community.

Thank you to all those involved in making it a great day and thank you to all who came down and helped support it.

A new set of eyes (and a fresh pair of legs)

by Jumana Schriefer

Playing for the Nimbin Headers from the perspective of a (very happy!) newbie

I've been around. I was born in Germany, my family and I migrated to the desert in Qatar in 1995, I lived there for 18 years, spread my wings and went to uni in the Netherlands, and then somehow, I found myself on an exchange semester in the lush Northern Rivers. Five years on and I'm still here, I couldn't be more grateful to have landed in this hidden gem of the world.

I'd be lying if I said it was easy, not to say that the community and people in Lismore and at work weren't absolutely fabulous at making you feel welcomed, but finding friends seemed difficult for the first three years. It was also always a bit harder to make female friends as well, but I slowly got there, (finally left my partner and his friends at peace, ha!).

Thanks to one newly-acquired friendship, I was convinced to come by for training on a random Tuesday night and see if I would enjoy playing soccer. I was always involved in sports one way or another, however solo sports were more my thing.

The thought of playing in a team sport was quite daunting, as I always feared letting team members down by making a silly mistake or doing something dumb and making us lose. What... a dumb thought.

All the glorious ladies at the Nimbin Headers welcomed me with open arms, and I was ecstatic about the fact that there was such a huge age-range in the team. I also loved the fact that it seemed

like absolutely everyone was there for the same thing, to have fun. Anyway, that's all that was needed to make my mind up and convince me I was going to join the season in 2021, and so I did!

I couldn't have joined a better team. The fact that you see these people twice a week, and for games on the weekend, and you have this common thing that you are all doing together with the same goal, is just magical. It's not only beneficial for your physical health, but it's also what I look forward to most during the week, to shut off, and think of nothing more but dribbling a ball between my feet.

I loved noticing how much improvement the training and the terrific coaching from Nigel have had on my soccer skills. I still get confused on the field with who gets to throw in, or why a corner was called, but anyway that'll come with time!

At the moment, I'm still exploring which position I'm best suited for. Apparently, I'm pretty quick, so I got the lovely job of running up and down the field constantly and pressuring the opposition (wings it is). It's really cool to notice that my control of the ball is getting refined; I don't huff and puff after just 10 minutes of sprinting anymore, and my attempts to shoot a goal are getting so much better!

The first game I played was in the pre-season Callum McMillan cup against Kyogle. It would be an understatement to say I wasn't nervous to the point of feeling sick. But the girls did an amazing job at talking me through it all and ensuring me, "It's all just a game, it's about having fun, we won't kill you afterwards if you do the wrong thing."



So conquered that first challenge, and now I can't get enough of playing games!

You can really feel the love and support from the Nimbin Headers, not only in the team you're playing itself, but just everyone! I had my first minor sports injury from a nasty collision and everyone (spectators included) got up to grab me a chair, bring an ice pack, give injury advice.

It's also amazing how everyone in the community helps out to fix up the club and do work on it, helping out in the canteen or simply supporting the teams at games and yelling out, "C'mon you Headers!"

So, without further ado, I thank the Nimbin Headers for introducing this fantastic opportunity to me, welcoming me so warmly and to all my teammates and Nigel, you are all simply legends.

And thank you to Nimbin and the community for having me!

Teddy Bears

My girlfriend has many teddy bears and stuffed toys. I thought that when we moved in together, she would outgrow them, but she keeps buying more and they have pride of place on our bed. It shits me. Am I being unreasonable?

– Edward Bair, Woodburn



by Uncle Norm and Auntie Maj
Send your relationship problems to: normanappel@westnet.com.au

She says

If a few bobkes on the bed is all you have to kvetch about, then you're lucky. A survey in 2020 found that 44% of adults have held on to their childhood teddies and dolls (guilty) and as many as 34% of adults still sleep with a soft toy every night. At least she doesn't collect war paraphernalia and guns!

People who collect teddy bears are called arctophiles. My friend Victoria's boyfriend was an arctophile. He moved in and suddenly every room was filled to over-brimming with old teddies, some worth quite a lot. His pay went into acquiring more of them.

There is a line between cute collection and creepy addiction, and that is when the little fuckers take over the house and you suspect your partner would rather let go of you than any of their toys. Which is what happened to Victoria.

When Norm was in hospital for some time, I bought him a white toy dog that looked like our dog, and it brought him great comfort. I later sent this dog to my Mum. She named her Fifi and hoped it wouldn't fight with the other two stuffed dogs she has. She gets much joy from them.

Teddy, if you can be cute, cuddly and comforting; fluffy, fun and friendly; and always there when needed, as well as be an attentive listener, then you might usurp the terrific teddies, darling dogs and cuddly cats. But, let's face it, that isn't going to happen, so just be happy being part of her menagerie. At least you're in the bed with her. However, leave the unicorns alone for you could never live up to that fantasy.

"A bear grows more alive with age. No-one with one ounce of sensitivity could ever consign a bear to the dustbin" – Johnnie Hague

The world according to Magenta Appel-Pye

The push for a sugar tax is gaining momentum, with good reason: evidence shows it would help to reduce Australia's obesity epidemic and the flow-on increase in chronic disease burden including dental problems.

I have arthritic pain in my hip when I eat sugar. When I don't, it goes away. It's that simple and that hard. Foods you wouldn't even think to check have added sugar. People are hard-wired to enjoy sweetness, and manufacturers are playing on our weakness.

Norm was recently diagnosed with diabetes and has had to change his diet. However, we have had some pleasant surprises that we wish we had found years ago. Peters no-sugar, low-fat vanilla ice-cream is delicious. It is available in supermarkets, but you have to look for it.

We know that you have to be careful of some chemical sugar substitutes, as these can cause as many problems as they solve, but this ice cream is sweetened with sorbitol. Sorbitol contains one-third fewer calories than sugar and occurs

HE says

Had you put this question to me 30 years ago, I would have been like you. The thought of a bunch of mangy, dirty teddy bears and associated taxidermy taking up space on my bed would have been outrageous.

In my time I have learnt many things, some of them extremely unpleasant truths, but I've also learnt a very important word in order to try and live out my life in some sort of peace and harmony. That word is "compromise". Yes, I had to look it up as well, but it's amazing how well it works when put into practice.

You could agree to let her keep her menagerie if she lets you keep your collection of porn and filth that you keep under the bed. I'll bet you've got lots of other crap lying around that she finds irksome and disgusting.

I once had a mate who kept an entire Ducati 750 Supersport under his bed, in pieces of course. His girlfriend complained that her clothes always smelled of sump oil. When I was young, I had my piano repair workshop in my bedroom. That didn't seem to appeal to the ladies either for some reason.

None of us is perfect. At least she's not collecting and breeding cats or reptiles or something equally frightening.

Remember that magic word, compromise, have a cookie or two and chill.

"An experienced Teddy Bear brings with it a lifetime of knowledge and experience; the wisdom of silence and the stillness in moments of great turmoil. The long-suffering patience that is learned when belonging to a child who is coming of age, and coping with the bewilderment that this period of time can bring, is what it does best. The experienced bear has seen life through the heart and eyes of a child grown to adulthood, and perhaps even accompanied that adult all the way to the end of the road." – Ted Menton



SUGARY

naturally in a variety of berries and fruits. Its safety has been confirmed by global health authorities.

Heinz make excellent sugar-free baked beans. Not available in all supermarkets, they are well worth searching for. The sweetener is steviol glycosides which are

Generally Recognized As Safe (GRAS). Natvia is a good natural sweetener for teas and coffees using stevia. Their brown sugar alternative is great for baking.

After not drinking soft drinks for more than 20 years, we discovered Nexba soft drinks. They come in

a variety of flavours, are sweetened with Nexba, have nothing artificial and are made in Australia. I keep checking the label because I can't believe how good it is.

With some really good alternatives now available, a reduction in our sugar intake is easy.

Nimbin Trivia Time
by Eclectus



Questions

- 1. The ruby-throated hummingbird (*Archilochus colubris*) has the fastest wingbeat of any bird. Can it beat its wings 20, 50, 100, 200 or 500 times a second? (Photo: almanac.com)
- 2. Which five letters (using all five) can be rearranged into five words that can mean cancel, diminish, hat, joint, refer, send, shellfish, watch or worth? Hint: two vowels and three consonants.
- 3. The NSW Blues have defeated the Queensland Maroons in the State of Origin with a two-nil lead in the three match series. What new record was set in game two?
- 4. Vaduz is the capital of which European country?
- 5. In the Netflix comedy *The Kominsky Method*, which finds an ageing actor Sandy and his ageing agent Norman encountering significant and unexpected change in their later years, who plays the two main protagonists?
- 6. Is the word 'murmuration' used to describe the behaviour of a stag, starling, stickleback, stingless bee or stripper?
- 7. On triple j live music show *The Set*, who recently covered AC/DC classic 'T.N.T.' to significant acclaim? Bonus point if you can say when 'T.N.T.' was written.
- 8. Which of the following are red wine grapes: Gewürztraminer; Müller-Thurgau; Gamay?
- 9. The city of Carthage was once the largest metropolis in the world. Where was it and why isn't it there anymore?
- 10. Who wrote *My Love Must Wait* and what is it about?

- Answers
- 1. Its usual wingbeat of 90 beats per second soars to 200 when the male is transported by passion during the mating season.
 - 2. Merit, miter, mitre, remit and timer.
 - 3. Winning 26 nil, NSW held Queensland scoreless at home for the first time ever. Looking on the bright side, in just a few weeks Queensland went from a 50 points to 6 drubbing to only losing by 26 points. New South Wales will be in trouble by the middle of next year!
 - 4. Liechtenstein.
 - 5. Michael Douglas, looking more like his father Kirk every year, plays Sandy and Alan Arkin plays Norman.
 - 6. A flock of starlings is known as a murmuration because the swooping, swirling movement of the entire flock produces a rustling sound that varies according to the speed and direction of flight.
 - 7. Peking Duk, *The Amity Affliction* and Jesswar teamed up to do a hard grinding cover of the 46 year old classic written in 1975.
 - 8. To give it its full name, Gamay Noir à Jus Blanc is the only red wine grape of the three. Even though Gewürztraminer (also known in English as Traminer or, more recently Gewürz) grapes have a pink or red skin, they lack the deep red/purple of true red wine grapes, so they are regarded as a white wine grape.
 - 9. Carthage was on the eastern side of Lake of Tunis in what is now Tunisia. Established in the ninth century BC and rising to the peak of its power and influence in the fourth century BC, Carthage was completely destroyed by Rome in the third Punic War.
 - 10. Ernestine Hill wrote this biography of Matthew Flinders who, among many other achievements, was the first European to visit and map the south coast of Australia. He is also credited with naming Australia.

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Innovative project for preschoolers

by Heather Jessup

Tuntable Falls Community Preschool has had a wonderful experience engaging with the 'Walk Draw Map' project. 'Walk Draw Map' is a collaborative drawing, printmaking and mapping project, engaging children to creatively interact and connect with the natural and urban spaces surrounding them.

The project is facilitated by two well-known Northern Rivers-based artists, community arts workers and educators Rene Bolten and Claudie Frock.

The 'Walk' phase of the project took place on one of our familiar creek walks. The preschool's Bush Kindy Program provides us with regular walks to explore our wild natural environment and it was a great opportunity to combine the two.



The children dipped fabric into mud, picked "furry grass" and took their time to notice fauna that could be used for their coloured

pigment.

When we returned from the walk, Claudie and Rene supported the children to make prints on fabric.

Printing techniques included roller block printing, spray bottles and natural colour pigments onto fabric.

When looking at his natural materials, Aedan pulled out a piece of furry grass and said, "This is the one we can make paintbrushes out of."

When printing with the hard roller, Lali said, "Can you hear the leaves crunching when we roll over it?"

When all of the individual fabric pieces are collected and finished, they will be sewn together by local designer and seamstress Bec Massey of Lismore's Thready Set Go business. The quilted maps will be joined into a large tent structure for exhibition.

The Community Arts Project ran until June, culminating in a public exhibition in July at the Elevator Artist Run Initiative Gallery in Lismore. You can also follow the project on Instagram @walk_draw_map.

A sense of place at Cawongla Playhouse

by Leanne Logan

We have places at our preschool.

A workshop, an art studio, a kitchen garden, a "play" space where blocks and animals and people and all sorts of bits and pieces are constantly in interaction with each other and eventually all compost down together. A bit like real life, really. We have a jungle, a book nook, a dance and dressup studio, kitchen, sandpit, bush tucker garden, and more.

Each of these places – or spaces depending on how you think about them – belongs here at preschool. All of them have a history, and some have been here long before us. So too have all the gaps in between the spaces/places.

This year, our planning and curriculum at Cawongla Playhouse has intentionally focused on place. We continually think about it and discuss it. Tyson Yunkaporta's book *Sand Talk*, with its Indigenous perspective on thinking, is helping us shape our pedagogy. We tend the places at preschool, and care for them. They change, like we do. Sometimes they are full, sometimes they are empty. Also a bit like us. But



Albi finds baby worm to put in the worm farm

one thing that is different from us is that the places are always here. We aren't.

We are here three days a week – Tuesday, Wednesday, and Thursday. Well, four actually – on Monday mornings playgroup families come and share the space too. Whether preschoolers or playgroupers, when we are here the place feels alive. There is connection, smiles, hugs, fights, tears, tangles, understanding, not understanding. There is food, water, shelter, shade... like at any home. There is paint, clay, plastic, wood, metal, soil, sand, grass, rocks, trees, birds,

flowers, compost worms. Our preschool has so much. Its richness and diversity is almost intoxicating.

But when we are not here, what does it look like? We know bees and other insects

and plants still connect here, because our mandarines and midgen berries fruit. We know the trees and soil and earthworms and beetles have an on-going understanding, because they all live and flourish and die here. We know our preschool is home to sentient creatures other than us, because we've found the occasional possum or feather glider dead on the path in the morning. And we've seen others, like snakes, silently pass through.

We appreciate that our preschool is a place where we can belong, be and become. And we love that we have been given this opportunity to do all that here, in this place, in a weaving with everything else.

Cawongla Playhouse can be contacted on 6633-7167.



Cultural immersion

Indigenous students from Nimbin Central School enjoyed their cultural immersion excursion with Uncle Gilbert. He shared stories and the students explored some bush tucker.

Thanks to Ngulingah Nursery for a fun day, and their generosity for giving each of these students a Midyim Berries plant to take home with them to honour the NAIDOC theme: Heal Country.

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