



## MAIN STAGE

All-day

**2 Triple b  
OB1 Van**

8.30 - 9.15am

**Afi James**

10 - 10.30am

**Welcome &  
Opening**

**Gumbaynggirr  
Dance  
Performance**

**Welcome to  
Country**  
Uncle Micklo  
Jarrett

**Plus...**  
Mayor Steve Allan  
& Sue Lennox,  
OzGREEN

10.30 - 11.30am

**Greg  
Sheehan**

12 - 1pm

**Storytelling**

Gumbaynggirr  
community and  
elders

1.30 - 2:30pm

**Wild Thyme**

3 - 4pm

**Samba Soul**



## THE PAVILION

9 -  
9.30am

**Weather Showcase**

Bellingen Weather,  
Bellingen Shire Council,  
OzGREEN

9.30 -  
10am

**Sustainable Food  
Practices**

Dolly's Run, Women  
Who Farm, Biodynamic  
Agriculture Australia

10.30 -  
11am

**Water Showcase**

Design with Nature, Landcare,  
Bellingen Riverwatch

11 -  
11.30am

**What's Growing  
in our Shire**

11.30am  
- 12pm

**Future Possibilities**

Fractal Economy Coop,  
Kombu Wholefoods, Centre  
of Ecological Learning

12 -  
1pm

**Energy Showcase**

Better Volt, SolarRun,  
Smart Water & Energy  
Solutions, Bellingen Shire  
Electricity Alliance

1 -  
2.30pm

**Fire, Flood & Forecast**

Rural Fire Service,  
Fire & Rescue Service,  
State Emergency Services,  
Neighbourhood Care Network

2.30 -  
3pm

**Gumbaynggirr  
Audience Choir**

Uncle Micklo Jarrett



## LUNCHEON ROOM

9 - 10am

**Preserving  
and  
Pickling**

Ziggy's Wild  
Foods

*Preserve seasonal  
abundance, develop  
flavour and extend  
shelf life.*

11am - 12pm

**Ayurvedic  
Cooking for the Seasons**

Hidden River  
Ayurveda

12.30 - 1.30pm

**Nose to Tail:  
Nutrient-  
Dense  
Cooking**

Levensale Farm

*Enjoy all, not just  
the prized pieces  
and get the most  
bioavailable  
nutrients while  
reducing waste.*

2 - 3pm

**Nourishing  
the  
Community**

NCoBS Cooking  
demo and shared  
community meal

Bowl of Plenty  
& Mitch Grady



## DISCOVERY ROOM

9 - 10am

**Repair &  
Replace with  
3D Printing**

Anton  
Juodvalkis

*Discover how we  
can re-use our  
plastic waste!*

11am - 12pm

**Big Picture  
Thinking**

Sue Lennox

*Learn a tool to  
help connect,  
share ideas and  
ignite action. Let's  
create the world  
we want to live in!*

12.30 - 1.30pm

**Caring for  
Country**

Mark Graham

*Rainforests & rivers  
of our region - how  
to care for them &  
expand them for  
the benefit &  
wellbeing of all!*

1.30 - 3pm

**Bushcraft &  
String-Making**

Evelin Oaktree

*Discover how our  
well-being is  
connected  
with our natural  
surrounds.*



## NOURISH TENT

9 - 10am

**Mindfulness  
and  
Compassion**

Lisa Brown &  
Jude Baderie

*Start your morning  
with calm, love and  
gratitude.*

11.00am - 12pm

**Herbs for  
Resilience**

Chamomile  
Natural Health

*Learn to manage  
your health during  
times of stress.*

12.30 - 1.30pm

**Drumming  
Workshop**

The Rhythm  
Realm

*Come and learn  
the samba drills,  
footwork, playful  
choreographies  
and get moving!*

2 - 3pm

**Body  
Percussion  
Workshop**

Greg Sheehan

*Blow your mind to  
the possibilities of  
body percussion.  
Not to miss!*



## KIDS SPACE

10.30am - 1pm

**Bush Clay**

Bronwyn  
Napiorkowski

*Create art from  
earth with local  
art therapist!*

1 - 3pm

**Bellingen  
Riverwatch  
Waterbug  
workshop**

*Explore the world  
of waterbugs and  
find out about the  
critters that call  
our rivers home!*

All-day

**Jumping  
Castle**



## OUTDOOR EVENTS

## Bike Station

Showcasing  
electric bikes  
display &  
demo



## MALAAMI TENT

10.30am - 3pm

**Conversation  
Circles**

for Future  
Building

**Activism and  
Holding  
Actions**

**Creating  
New  
Structures**

**Shifting  
Consciousness**

*Each conversation  
circle will form  
fertile ground  
for the **Malaami  
Project**, a future  
building weekend  
held 25th-26th  
March by CEL.*

## Emergency Services

Water Games  
& Fat Fire Demo

## Reflections Workshop

Gumbaynggirr man  
Bernard Kelly-Edwards

*Learn about Dawaandi  
(reflections) and  
patterns of country*

Meet 1pm at entrance  
to the Nourish Tent.