



Welcome to Summer!

We'd like to wish all our nature journalers and subscribers a wonderful Christmas and New Year. Make sure you gift yourself with the space and time to relax and reflect, and to do more nature journaling of course!

We hope you enjoy the summer edition of the newsletter.

See you in 2024!

Henrietta

Forest Bathing

You've probably heard of the term, maybe even participated in a forest bathing session. So what is it?

It's a practice originating from Japan called *Shinrin-yoku*. The idea that spending time in nature is good for your physical and mental health - sounds familiar right? There are many similarities between forest bathing and nature journaling, some people practice both naturally when they are in a quiet space in nature - feeling and listening to a tree by hugging it for example.



Next time you are in nature, try this practice to enhance your nature journaling/ forest bathing experience and understanding:

- * Lean against a smooth-barked tree, feel the coolness and subtle movement of the tree.
- * What does the surface of the trunk feel like, is it dimply or patchy with bark? Take a piece of paper in your journal, place the paper on the trunk of the tree and using your pencil to rub over the surface and see what patterns emerge on your paper.

Nature Journaling card deck coming in early 2024.

I have been working slowly but surely on a nature journaling card deck for new and experienced nature journalers, suitable for any age or ability. The 32 page card deck will feature a variety of flora and fauna of woodland environments, packed with ideas for drawing, painting, and identifying species.



Ready early February, with the special subscriber price of \$25. Pre-order [here](#) or scan qr code:



A collection from our most recent meet up...

Walking through Awabakal Nature Reserve is always a favourite. Throughout the year there are a variety of wildflowers, birds, reptiles, and spectacular scenery to capture.



Nature Journaling on holidays

Staying at home or traveling this festive season? Holidays are one of the best times to grab your pencils and paints, and a blank postcard! This activity is suitable for all ages, kids and adults.

Many art shops and online shops sell blank watercolour postcards with an address block printed on the back. The most common brands to look out for are *Fabriano* and *Milini* but you could also make your own from whatever paper you have (thick paper or board is best).

Sending a postcard to family or friends allows you to tell a story of your holiday and adventures, and they receive a nice surprise in their mailbox!



Our club meet ups for Summer 2024:

We have changed our free nature journaling sessions to the 4th Sunday of each month. No previous art experience is required to start nature journaling, just come along and enjoy, we learn from each other.

Sunday 28th January
Green Point Foreshore Reserve, Valentine.

Sunday 25th February
Throsby Creek Boardwalk, Carrington.

More details are posted on the [website](#), [facebook](#), and [instagram](#) pages as each meet up approaches.

This exhibition and beautiful book is a creative and explorative interpretation of the local natural environment by Hunter-based artist and author Bronwyn Grieve that highlights work developed during her PhD in Natural History Illustration. Featuring ideas for capturing nature in your backyard and beyond.



Exhibition:
Local History Lounge
Newcastle Library
15 Laman Street Newcastle
until March 2024

Some of you may remember Bronwyn (and Max) as our hosts at our Nature Journaling Retreat in Fosterton. Buy the book from Bronwyn direct \$35, M: 0439 500 909

Enjoy your nature journaling!

We hope to see you at our next meet up, event or workshop.



Grab a cloth badge to wear on your backpack or field kit!

They are made in Australia and are \$15 each if you purchase them at our club meet ups, \$20 if you wish to purchase online [here](#) and have it posted to you.

If your workplace or community are looking for a unique workshop or nature journaling session, please let us know. Workshop spaces are available in early 2024. Find out more [here](#) We are also listed on [Sustainability Connect](#).