

ASTRO forecasts



by Tina Mews
What's happening
in the heavens?

Aries

This is ultimately an inspirational time for you, when you may feel bursts of creativity and a strong need to express yourself and your wishes. Problems could occur if you try too hard holding onto something from the past and at the same time attempt to grow and expand into the future. Use this Mercury retrograde period for reviewing what is valid and within reach.

Taurus

You are still on the path of breaking free from old restrictions and expectations. Choosing between own values and needs and the pressures of others or society in general could be still an issue. It may be helpful to connect with your roots and your heart's desire to find the answers that you need. The Mercury retrograde period might be helpful in this process.

Gemini

During August, Mars and Jupiter are transiting through your sun sign together inspiring ideas of growth, expansion, and the desire to venture out beyond known boundaries. Before reaching for the new restrictions and old expectations may need to dissolve. The Mercury retrograde period is helpful for sharpening your intuition and preparing for your next move.

Cancer

This is a good time for finding out about your deeper motivations and questioning beliefs they are based on. You can use the Mercury retrograde period for reviewing your values and needs reflecting on your personal year that is about to end. What worked and what didn't? Where is your path taking you and is it aligning with your heart's desire? Pay attention to your dreams.

Leo

This is the time of the year when you need to shine and have some fun. These are intense times and with Mercury being retrograde for almost the entire month, it is helpful to review plans and ideas before acting upon them. Especially those who celebrate their birthday around the Full Moon period (Aug 19-20) may need to verify if they have all the information at hand before making decisions.

Virgo

Mercury retrograde is helpful for reviewing your intentions and checking if you are still on the path that you wanted to travel. Venus is your good helper this month, being in Virgo during August 6 -29, assisting you with sorting out what is essential and what is not. Too many projects at once may spiral into an emotional overload especially during the Full Moon period.

August

The Sun journeys through the fiery sign of Leo until August 22, when we shift into pragmatic Virgo. The Lion represents strength and confidence and encourages authentic self-expression, eager to contribute its special gift to the world. It is a time to celebrate life and be generous to oneself and others. Leo and the Sun rule the heart centre, the core of our unique essence as courage lives in the heart. Overall, August is an intense month with energies shifting fast and unexpectedly.

The Leo New Moon on August 4 coincides with Mercury turning retrograde in Virgo. The messenger planet remains retrograde for most of the month, until August 29. The New Moon is generally favourable for setting fresh intentions. This time around we have to be more careful with working out the details of our plans as things may change in unforeseen directions. This applies especially for the days leading up to the Full Moon on August 20.

Communication may not be as straight forward because unresolved issues – technical or otherwise – seem to surface during Mercury retrograde cycles demanding our attention. Mercury retrograde is a 3-week period occurring 3-4 times a year when Mercury slows down and travels close to the Earth. On the positive, the retrograde cycle can lead to valuable insights and new or improved ways of being and doing.

Mercury re-enters Leo on August 16 squaring unpredictable Uranus (exact August 18). On August 19, the messenger planet aligns with the Sun, the midpoint in the cycle when new ideas can be seeded. It coincides with the Full Moon period and could reinforce an overly subjective viewpoint (Leo). Not all information will be revealed as Mercury is in the heart of the Sun, in the Sun's shadow. We may want to plant a seed intuitively by feeling into our heart wisdom, envisage and dream a new storyline. With Uranus, planet of freedom and the receiver of cosmic consciousness, spontaneous breakthroughs are possible. The Full Moon in Aquarius supports detached listening and sharing of inspirational ideas that may bridge the gap between past and future, ego and soul.

Mars, the warrior planet, travels through busy Gemini during all of August. **During mid-month, the days leading up to the Full Moon, Mars conjoins with Jupiter (exact August 14) and then forms a square aspect with Saturn (exact August 15/16).** Mars energises Jupiter, adding speed and confidence to the situation. The danger is premature and impulsive acting as important information may be in shadow (Mercury

retrograde). Then Mars enters a challenging alignment with Saturn (exact August 15/16) frustrating our desires for action. We truly need time to stop for a moment and breathe, focus on our inner centre to not lose connection with our greater goals.

The Full Moon on August 20 in the airy waters of Aquarius is opposite the fiery Leo Sun and square revolutionary Uranus in Taurus. Things can change quickly and unexpectedly. Sudden developments but also quantum leaps are possible during this highly charged period. Additionally, backwards looking Saturn in Pisces and future orientated Jupiter in Gemini form their first out of three exact square aspects. It compares to the inner battle between forces that want to hold onto the old, fearing to let go and making changes - and having faith in the unstoppable pull of evolution and transformation. Ultimately, we may not know the outcome of what is illuminated during this Full Moon period before June next year, when Jupiter and Saturn form their last waxing square in their 20-year cycle.

In the greater picture, the Moon in Aquarius suggests that real change occurs from the bottom up and not from the top down. The current Jupiter-Saturn cycle began in December 2020 when the planets aligned at zero-degree Aquarius symbolising a major turning point and a new era for humanity. The current square aspect tells us that we need to put real effort into a rebuilding process that creates a fairer, wiser, more unified world based on the understanding that we are not above or separate from nature, and most probably not alone in the universe. The time is ripe for a major shift in consciousness as more and more people awaken to their real potential and birth right of self-determination and personal freedom (Leo) but also as vital contributors to their communities (Aquarius). This includes living from the core rather than following external expectations. Aquarius moves the focus from the centre (Leo) to the fringes of society and the service to all humanity. The soul-purpose of the Leo-Aquarius axis is finding a balance between an open mind and a devotional heart, between inspirational ideas and right action.

Navigation by the Stars: Personal and/or Relationship Astrology; Life Cycles and Your Year Ahead: Plans, Directions, Concerns for 2024/5; contact Tina on 0457-903-957, email: star-loom@hotmail.com

Astrology at the Lillifield Community Centre: 'The Lunar Nodes as the axis of Fate and Destiny', Thursday, 8th August 10.30am – 1pm; all welcome
AstroConstellations Mullumbimby 'Family Constellations with the Wisdom of Astrology', September 1, 8, 15; limited numbers
For bookings and info, phone 0457-903-957 or email: star-loom@hotmail.com

Libra

Making connections based on mutual goals require a greater effort during these intense times. Avoiding conflict may not always work as you might feel the need to draw clear boundaries and maintain a safe distance from those who do not play fair. See yourself as being on a quest to explore your own spirituality. Create rituals that help with maintaining a balanced state of mind.

Scorpio

These are times when things can change and shift suddenly and unexpectedly. Breakthroughs or breakdowns are equally possible, especially around the Full Moon period (August 19 – 20). It is helpful to remain flexible in your thinking and exercise detachment regarding achieving your goals. Mercury is retrograde for most of the month delaying and upsetting our normal schedules.

Sagittarius

Use Mercury retrograde period for reviewing your life direction and if you are still on the path that you once set out to travel. Opportunities come from the outside. The question is if you can see them and go with them. All in all, things may change unexpectedly asking you to remain flexible. Tune in and allow enough room for new creative ideas to inspire you and manifest.

Capricorn

Your beliefs about the world are under review while Mercury is retrograde during most of this month. Allow yourself to think differently and look at things in a fresh way. You might be forced by outer circumstances to re-evaluate your priorities. Letting go of control and instead having faith in life's flow will eventually get you exactly where you want to go.

Aquarius

This is an important month when things can shift suddenly. Especially around the Full Moon period (August 19 – 20) you may have to make space for the unexpected. You might feel as if the foundations of your life have changed including your needs and value system. You are moving through the process of aligning more genuinely with who you truly are.

Pisces

Use this time of Mercury retrograde to purify your body, mind and spirit. Treating your body with some nourishing self-care regime helps to cleanse the mind as well. The path to happiness is finding inner peace and security. Once you stop pressuring yourself, you can feel the joy in the little things of daily life.

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New spaces...

by Marilyn Devlin

The planets – divine intervention – the cosmos trying a new set of becoming... the weather, the collective madness, sanity and wishful thinking. Destiny – testing – making sure you're ready... to carry the mantle, oh so heavy.

Or just life? Simply life. The ups and downs, the biorhythms, the constant fluctuation and adaptation. Being human is not for the faint of heart.

It's been a rough passage for this human. We all have them, different sizes, we manoeuvre around them – avoid the larger potholes... the gaping holes in the road.

Sometimes we're successful, sometimes not.

We look to the stars, our history... ask others for advice... or stubbornly trudge on. Muscles aching, head a whirl of stormy weather... limbs weak, body crying... to lie down in a meadow full of bliss.

Dark clouds hide our clarity, our brain continues to spin - more like a whirl, the dumbing sound has you seeking escape. Just something to shut out the noise.

The big difficult times that visit... fortunately not often, at least at that intensity. Taking you to the edge once again. You know the scenery, the smell, the presence... it's not a safe place to be. Respect is needed for this precious vehicle.

It's just the second time now... I've witnessed death up close. My mother and brother. My father's death eluded me. I'm the only remaining member of my nuclear family. Now an orphan... as someone commented.

I'm not who and how I was before... we change. Hopefully we evolve. We seek the path of truth, and reliability. We seek authenticity... to be ourselves. To be truly ourselves... to be how we were born to be. It's a journey... that takes a lifetime. It continues until we go.

I've been a lover of growth and transformation since I was a young girl... this wondrous evolutionary gift given to us. It's always called me... I could never resist its call.

I've taken this destiny of evolving thing seriously... as best I can at any time. I've studied and trained and learned. I've continued to heal myself. It's the greatest privilege... because you know it impacts so much more than you. It creates healing in your line. It's powerful jujitsu.

You get to learn about life... just a little bit of course. It's bigger than we can comprehend. But just those little bits... such joy and respect in their discovery.

The psychologist I was seeing... used the label 'emotional deprivation'... yes, sounds heavy. Slowly the awareness of this new presence inside me unfolded... I could see the impact it had had on my everyday life.

I could never allow an avalanche of emotions to enter my territory... thus the 'avoidant protector' stood at the door. But then there's healing... wondrous healing, doors opening to brand new spaces. They're deep these experiences... they're very tender and super vulnerable. They're newly-born states of being.

Experiencing this recent death of my brother... a hurricane of emotions overwhelmed me. I've not experienced emotions this way before. I'm not the same me as I was... I've moved into new spaces... created new realities. I'm awake to emotions... and that's a thunderous unfolding. Seemingly all at once... it picked me up in its gigantic wave and I'll never be the same again.

A dear friend recently texted me... "Your bravery has always inspired me. Your gentleness and strength residing together respectively." How wonderful our friends... I know I neglect mine so often. Learning to deeply love the self is a long, long journey. Each tiny step takes us closer... to know the truth, the reality.

We welcome August... Leo time... then moving into Virgo. We're approaching the ending of the year. And what a year it's been... my goodness. How can they keep getting bigger??

Hopefully we're getting stronger... and kinder, and loving ourselves that just little bit more. 'Cause we are amazing.

Nimbin Trivia Time

by Eclectus

- Where in the Northern Rivers is the lyrically labelled locality of Green Pigeon? Emerald dove (*Chalcophaps indica*) [Image courtesy australiazoo.com.au]
- One each of the words lapidary, pardalote and purslane can be associated with animal, mineral or vegetable. Which is which?
- Where will you find lachrymal ducts?
- Why is a large vinyl music recording called an LP?
- Call me Ishmael. So begins what tale of relentless pursuit by whom of what quarry, written by what author in 1851? Take half a point for each correct answer and a bonus half point each if you can name the means of pursuit and Ishmael's mate.
- Speaking of relentless pursuit, *The Terminator*, first in the time bending, dystopian cyber-future franchise, opens with Schwarzenegger as the T-800 cyborg assassin seeking to eliminate Sarah Connor, mother of the future John Connor, leader of the resistance against the rise of the machines. For all its cybersmarts, the T-800 opens the phone book and starts knocking off Sarahs Connor in alphabetical order. This plot device, however, delivers a far more rapid rise in suspense and tension than the Pequod's peripatetic peregrinations: phonebook, bang; phonebook, bang; heading relentlessly towards OUR Sarah Connor. What was her middle initial?
- To round out this little literary lark, can you name the author recently dogged by allegations of plagiarism, including works of Leo Tolstoy, F. Scott Fitzgerald and 2015 Nobel Laureate Svetlana Alexievich, among others, in his Miles Franklin-nominated 2021 book? Take a bonus point if you can name the novel.
- Which gemstone lends its name directly to a town in Central Queensland, and as a nickname to an Australian capital city and a North Atlantic nation?
- In which 2021/22 sporting world championship held in London did Peter 'Snakebite' Wright, a Scot, stage a miraculous late recovery to take his second world title defeating Englishman, Michael "Bully Boy" Smith?
- If you found some pappardelle would you eat them, light them or lie on them?

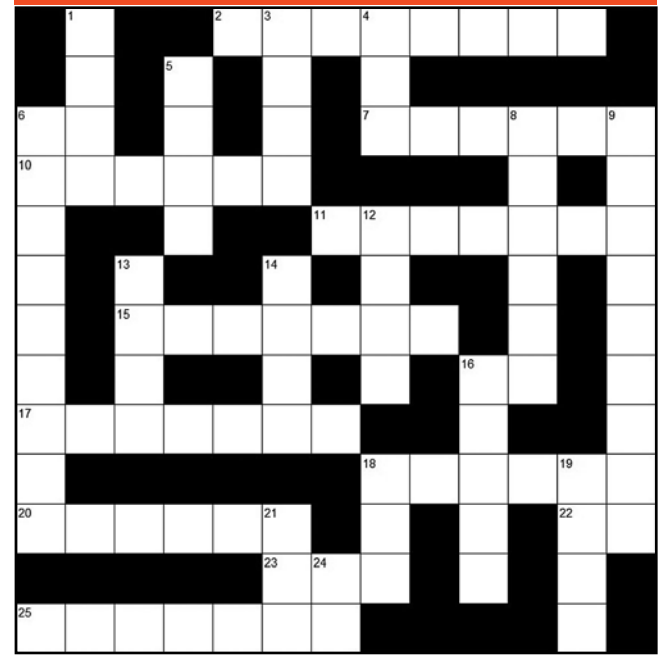


- Answers**
- Home to some 155 people, Green Pigeon is only about 18 kilometres north northeast of Kyogle but it receives more than twice the rainfall. Nimbin is only about a kilometre further as the crow flies but it is nearly 50 kilometres by road.
 - Lapidary refers to the working of stone (mineral). Pardalotes are small lerp loving birds (Genus Pardalotus) that spend their days in the tops of the trees and their nights underground in tunnels up to a metre deep (animal). Purslanes are flowering plants of the Genus *Portulaca* (vegetable).
 - Right under your nose! They channel the excess fluid the back of your nose.
 - LP stands for long play because they rotate at 33 1/3 revolutions per minute and are 12 inches in diameter, therefore they carry more information on a longer track than a 45 rpm "7" EP (extended play) with four or five tracks or a "single" (same size and speed but only one track on each side). We might just leave it at the analogue era before we complicate things any further. Written by Herman Melville and first published in London to a lukewarm reception, *The Whale* received some criticism for the disconnect between its narrative style and the death of its narrator at the end of the book. A revised edition, *Moby-Dick*, or *The Whale* was published in New York some months later, with both Ishmael and the novel faring far better. Ahab, captain of the Pequod, sought revenge for the loss of his leg to the Great White Whale also known as Moby Dick (curiously unhyphenated in the text). Ishmael's mate was the tarrooed South Sea "cannibal" Queequeg.
 - John Hughes has demonstrated significant creative talent in his responses to the allegations ranging from saying the similarities were inadvertent and regrettable, to issuing a public apology, to "it's not what you take but what you do with it that counts." The Dogs has been removed from the Miles Franklin longlist.
 - Emerald, which is also a Queensland town while Sydney is sometimes referred to as the Emerald City and Ireland is known as the Emerald Isle.
 - Darts.
 10. Eat them. Pappardelle is a style of wide, flat pasta from Tuscany.

Nimbin Crossword

2024-08

by 5ync



Across

- Sowing? Placing fake evidence
- Futuristic genre (init.)
- Opposite of comic
- Fossil fuel extraction platform (3,3)
- Song (stuck in your brain) (3,4)
- _____ no religion (it's easy if you try)
- Miss, Or Mrs
- Rare
- Chest?
- Jumping chess piece
- Lubricant
- Tenth month (init.)
- It takes one to raise a child

Down

- Internet connection protocol invented in Australia
- Desire? Not short
- Pea, for example
- Pointy and erect?
- Subgenre of (6 across) focussed on
- Hidden crystal?
- What we build in 25 down
- Hindu fie God
- Japanese aboriginal
- Taj Mahal city
- Encounters
- Be in, in cricket?
- You need this. In the game.
- Thermal grading of bedding? Get dressed
- Product certification mark, Europe? After Christ

Solution: Page 34



NOT JUST NIMBIN

16,000 copies of *The Nimbin GoodTimes* are distributed monthly throughout all six Local Govt Areas of the Rainbow Region, including the following towns and villages:

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THE NIMBIN GOODTIMES
YOUR COMMUNITY NEWSPAPER

As I lay dribbling on the floor...

As I lay dribbling on the floor my eyes fixed on a small crack in the tiles.

The Seph stood over me looking down dispassionately. "I'm going to repeat it just once more but I doubt you will get it. Are you sure you want to know the computations the computer makes to determine who is and who isn't elected in the quasi optional preferential proportional system?"

I twitched spasmodically at the mere mention of the process.

"I'll take that as a yes" he said. "A count and a check is performed of all the first preference votes both above and below the line; in Lismore about 25,000 votes. Then a quota is established. This number is the aggregate of first preferences plus one divided by the number of vacancies plus one.

Quota = 1st preference votes +1/ vacancies +1. In Lismore about 25,001/11. = 2,272 roughly. As we've talked about last month - the winner of the mayoral race is elected and if they're on top of a council ticket those ballots are distributed first, in parcels down the chain of preference. In addition all the candidates who directly received more than two quotas in the first count are elected and that surplus is distributed. Obviously the lion's share goes straight on to the next down their ticket. However there is a 'leakage' to other candidates on other tickets.

Cerebrospinal fluid having filled the chocha of ear began 'leaking' onto the tiles. I moaned.

"Ok let's give an example so this makes sense. Let's say Harry is elected mayor and all of his 14,000 first preference votes are distributed. 12,600 above the line go to his number 2, Joan, and below the line 1,260 voted directly for Joan, 70 voters preferred Bruce second, 42 gave their second preference to Jolene, and 28 gave Carbunkle their second preference votes. All these are parceled up and go onto the progressive tally for those candidates. However this process changes once the distribution is reduced to where candidates only have one quota and a bit... stay tuned all will be revealed.

Joan has now got a quota and she is also elected and the surplus after removing a quota of votes is distributed. Joan got 12,600 in a parcel from Harry and also picked up 1260 below the lines of her own, so her surplus vote is (13,860 - (the quota) 2,272 = 11,590) is distributed. The great majority of these go straight down her ticket to Boris. However the 1,260 from Harry and her 20 first preference votes below line votes are parceled up and sent to the candidates preferred on those ballots.

It should be noted that the below the line vote numbers are also reduced as a percentage of quota they fill. This process of distribution continues until the surplus is less than quota. Once that is reached the value of the votes is reduced by



Revenge of the Loon

by Laurie Axtens

multiplying the surplus by a thing called the 'transfer value'. The 'transfer value' is the surplus divided by total of votes that the candidate received.

A gout of congealed blood fell from my lip, as I pondered whether he would care enough to call the ambos. He didn't.

"Oh still with us," the Seph continued as he raised a wiry eyebrow. "Good that's basically how the initial count is undertaken

without mentioning vote exhaustion. This goes on until we are left with candidates with a quota and a bit. Then the candidate with the biggest bit of surplus is elected and their preferences are distributed but these distributions are reduced by the transfer value. Again we will need an example, don't we?"

By this stage we have slowly worked our way down Harry's ticket electing councillors all the way down. We finally get to Poopipants who is 7th on the ticket. Poopipants has received a parcel of 2,860 votes from Karen (the team's number 6) and has two votes below the line for himself personally and a parcel of three from Jolene. He is elected and the surplus of 593 votes is multiplied by the transfer value and distributed in parcels down the chain of preference. The transfer value is $593/2,860 = 0.2$. Therefore Poopipants distributes 118 votes down the chain of preference - the huge majority going to Nogg who is running at 8th on Harry's ticket.

By this stage ballots have started to exhaust and the computer has to calculate the 'continuing transfer value' based on the 'surplus fraction' which is in turn calculated on the aggregated value of the exhausted votes in each parcel. This happens after the first five preferences are distributed in Lismore.

"And you're going to walk me through that as well," I muttered.

"If you like," he continued

"Please kill me first," I pleaded.

"Alright, I won't but we haven't finished this process because the top down transfer of surpluses may not have filled all the positions; this is regularly the case." At this stage the process is inverted and candidates with the least votes are eliminated systematically and the preferences on those ballots are honoured and distributed directly in what is called the 'exclusion transfer' back up the candidate lists until numerically unbeatable candidates or candidate are produced.

I raised myself onto an elbow "Is there a take away from this harrowing maths tutorial?"

"It's primarily a top down quota based system. What you need to do is make sure your team gets a lot of 1st preference votes, win lots of quotas and get a big sub quota number. Let's just say Labor's Dalton got 1.5 % of a quota and the Greens Guise got 1.6 % of a quota - the Greens would have a much better position to elect its number two than Labor simply because of the order of counting."

A moment

by S Sorrensen

Dear Love,
I miss you. When you're not around, I don't know what to do. I bounce from one thing to another, like a pinball, ping-pong here and there, lights flashing, but always feeling gravity shoving me inevitably to 'game over'.

Sounds morbid, right? Yep. The flashing lights are nice, though.

There are three places where I can sit and just hang, happily, in the moment. They are at the beach, by a campfire, and with you. At all other moments, I'm restless. For what? I don't know.

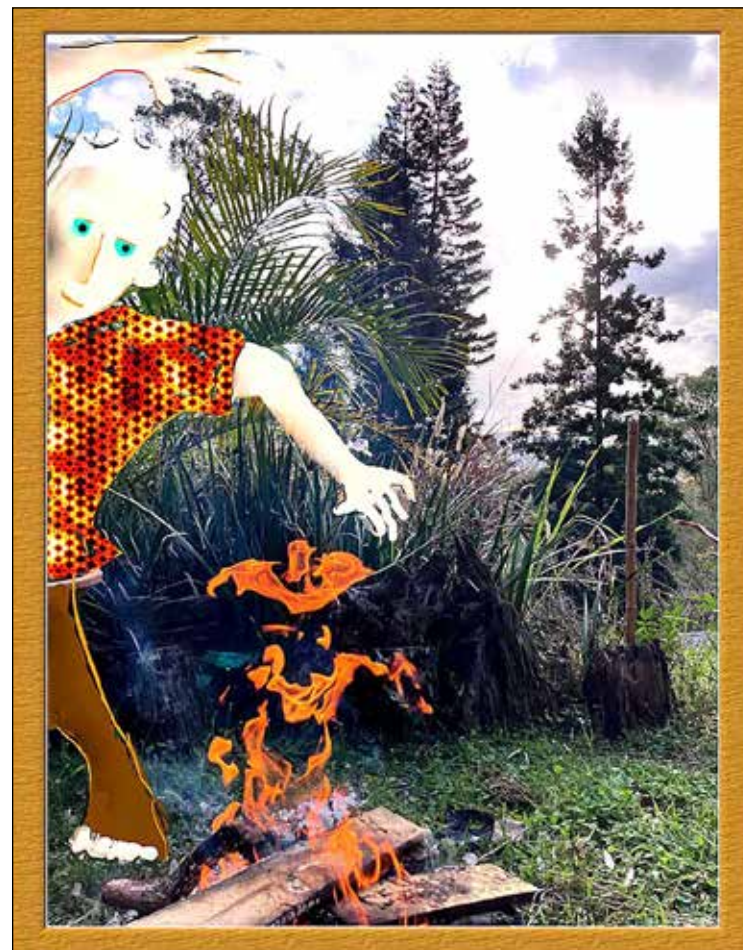
Impatient for the next thing as if that may be the goal, but it isn't. Keeping busy because busyness covers the restiveness with a veneer of purpose. Activity is white noise masking the music of stillness.

But, you've got to do stuff, right? Otherwise you'd be a bum, or a buddha.

I like the beach. There is something about that liminal space that soothes the soul. The beach is a place where people can just be. Despite the shopping centres and bars and gelato cafes that encrust the coast like barnacles on a wrecked ship, people stand at water's edge, looking to the horizon, their sneakers in hand, toes in the water.

Or lie motionless on a towel, bare back to the sun, an open book face-down on the sand near where their head lies in folded arms, a lazy finger curled around ditched sunglasses. Or dive into the sea, gasping with the sudden cold before floating on their back looking up, clouds flitting by like thoughts.

There is peace at the beach. The beach is a church, a proper church, where people are present with others, bound together in a wave-whispered prayer by a subliminal awareness of the enormity of the universe and the fragility of our unlikely existence.



Love, you made me feel like that.

I miss you. Where are you?

Small branches shaken loose by winter winds from the apple gum near my shack under the cliffs (far from the beach) make excellent kindling. Like the beach, an open fire is an invitation to live for a moment, a genetic cinder still warm from ancient wisdom, free from the burden of achievement.

Saltwater tingling your skin at dawn, a fire dancing disco at dusk - this is life; this is what you showed me, Love: you don't do life; you feel it.

As the sun sinks, kissing the Mount Boorabee range before it hits Kyogle, I watch a small flame jump from lighter to kindling, to race like a maniac along a twig.

It leaps from smaller to bigger branches, growing quickly, like a pubescent. I feed offcuts of four-by-two framing and spotted-gum flooring to this hungry fella, and

it dances like a whirling dervish.

I dreamed of you last night, Love. I dreamed of dancing with you to Kepler's *musica universalis*, the music of the spheres, of dancing for no reason except you are with me. I felt the heat of your passion, your cool wetness.

I smelt the fire smoke on you, tasted your salt. I dreamed of watching clouds go by with no wish to do anything else but be with you and watch the clouds go by.

In my dream, I turned to you - but I couldn't see your face. Gone.

Where are you now? I need you.

Shifting my chair back from the heat, fingers of warmth touch my cheek. They beckon. They pull me from my chair, embrace me, and I dance. Like a dervish, like a kid, like an old man in love.

Looking into the frolicking fire, I can see your face. All your faces. There you are.

Welcome back.

Don't be a muso

by Magenta Appel Pye

When my husband, Norm (from the NGT's 'So They Say' column) was five years old, he fell in love with the first piano he ever saw and wanted one.

His mother bought him a toy piano which he was most disappointed in. He wanted a real one and pestered his parents so much they eventually gave in.

"You will have to get piano lessons," they informed him and he agreed even though he had no idea what that meant. He found out and decided he wanted to be a professional musician.

His parents were horrified and insisted he get a 'real job'. He became a piano tuner to stay close to the instrument he loved. But he kept playing, composing and dreaming.

Recently all the pieces fell into place as his new album *The Tallowood Sessions* was created. It was recorded on our own Borsendorfer concert grand piano, a beautiful beast of an instrument. Recording engineer, Eric Coelho, brought his expensive gear to our place and they made a truly beautiful album.

Eric's wife, Anna, loved the album so much she thought the ABC might be interested. They were, and it went to the meeting that decides which artists they will represent next year. He was not chosen but Anna said it was like getting into the footy grand finals and he should be proud it got that far.

Before, CD sales were a good way of supplementing a musician's income, especially after live gigs. Now most people don't even own a CD player, so that avenue is all but lost and music is mostly streamed.

The industry is now tied up by a few massive companies who have zero interest in the musicians, and pay them fuck-all. Certainly not enough to live on. Let's not

even mention Covid and AI.

Sadly, people are not hearing music at its best because much sound quality is lost, especially on the free versions. Vinyl records, though very expensive, are making a come-back as audiophiles want that purity of sound.

So, Norm's parents were right. He has enjoyed a solid job that made decent money and gave him a relatively stress-free life; unlike that of a musician.

However, he has recently realised his dream and has released his magnum opus. If you are a lover of solo piano music, check out Norman Appel on Youtube. *The Tallowood Sessions* is available at: normanappel@bandcamp.com

His first album, *Music of the Caldera* featuring yours truly on saxophone and bamboo flute is also available from bandcamp.

"I rarely praise pianists, but what you have achieved is nothing less than brilliant! In fact, bordering on genius. Proud to have you as a friend." - Jheff Bailey, pianist.

Reuse before recycle - keeping our textiles in use

by Kaali King, president

Each year, as much as 92 million tons of clothing ends up in landfill.

In a world of fast fashion, it's great to see schools getting out sewing machines and finding ways to fight back against clothing waste.

At the end of May, Tumble Falls Preschool hosted a clothes swap at the Tumble Falls Hall to raise funds for our wonderful parent-run facility.

We charged an \$8 buy-in for those who came along with clothes to swap, and \$15 for people who didn't bring clothes. Once inside, people could take all the clothing they wanted.

All up, we had about 40 people come through with or without clothing donations. The parents and committee members hosted coffee, cakes and soup at the Tumble Falls Co-op, while Shey Zo the Great entertained a rapt throng of children with his amazing balloon artistry.

All left-over clothes were donated to local charities and second-hand sellers.

The day was a great success, raising much-needed funds for Tumble Falls Preschool. Our preschool uses fundraising to bring diverse programming to our kids, and the broader community can help us do this by attending our fundraisers.

Upcoming fundraising this year



The clothes swap in Tumble Falls Hall

include:

- Saturday 21st of September - Trivia Night at Nimbin Bowlo. Lots of great prizes to be won on the night.
- October Channon Market - Tumble Falls Preschool will have coin collection buckets at the gates.

- Saturday 9th November: Tumble Falls Preschool and Primary School Fete. Tumble Falls Early Childhood Centre is open Tuesday, Wednesday and Thursday during school hours and is open for enrolments now. Please phone 02-6689-1179.

Wild maths at Tumble Falls Primary School

by Ginger O'Brien, teacher

As a student myself, maths was my least favourite subject, something about the rigid answers and lack of creativity.

Last year Tumble Falls Community School adopted the new NSW maths curriculum, however within these outcomes there is scope for creative teaching.

When I became a teacher, I challenged myself to break the norms of maths education and added extra creativity to programming for this subject, bringing huge benefits to my students.

As a result, maths lessons in the Buribi (kindy) class at Tumble Falls are one of the children's favourite.

Maths has some very interesting concepts, but the foundations are built on early number. Once they have a concrete sense of number order, the rest of the maths concepts can be introduced.

The Buribis are at the perfect age to absorb a solid number sense through sound, movement and one

of my favourites, outdoor maths.

I love teaching what I call 'wild maths'. It entices the children and brings a greater sense of relevance to the learning.

To solidify pattern sense, we have collected and counted various natural materials and used our understanding of patterns to create beautiful mandalas following an AB, ABC, AAB and ABB pattern structure.

They have roamed the school grounds, surveying nature, collecting data on visible mushrooms, snails, butterflies and birds. The data is used to form picture graphs and analysed to make judgements about the findings.

One child reported, "There were no butterflies, because it's winter. If we did it again in spring we would have more butterflies."

They use natural clay and found sticks to embed their learning of the features of 3D shapes.

By engaging the senses in sensory tools, these lessons bring a sense of calm and



presence to the learning.

Furthermore, we baked 2D shape cookies for an extra tasty maths lesson.

The kids have benefitted greatly from wild maths

lessons, igniting their senses and building that bridge between the maths themes and the world around them in a relevant, creative and open-ended way.

Tumble Falls Early Childhood Centre

A welcoming environment within a natural setting.



117 Upper Tumble Falls Rd, Nimbin
Preschool program: Tue-Wed-Thu 8:30am-4pm
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Sharon, a student enjoying last term's art class with Julie.

Adult education

The Nimbin Open Learning classes resume on Wednesday 31st August, with classes in Astrology and Creative Writing.

Drawing from the Inside commenced on Saturday 3rd August, and Gelli plate Monoprinting starts on Saturday 10th.

Late enrolments are fine in all courses. Each has a \$60 fee.

For more information, phone the Nimbin Community School Co-op on 6689-1477 or check the facebook page at Nimbin Open Learning.

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Preventing Falls – *Stepping On* program comes to Nimbin

by Gail Pierce

Falls are very common, with one in three people over the age of 65 falling each year.

A fall can lead to injury, loss of confidence and independence.

While falls are common, they are not an inevitable part of getting older and they can be prevented so people maintain their independence and confidence.

There are many things we can do to reduce our risk of a fall or serious injury from a fall including balance exercises and learning how to avoid falls.

I provide exercise groups for older people in Lismore and Nimbin, and will soon deliver

Stepping On, a 7-week group-based fall prevention program for adults aged 65 years and over, and Aboriginal adults aged 45 years and over.

At the Stepping On program I will lead gentle group exercise to improve your strength and balance.

There are also weekly educational talks from experts on home hazards, community safety, managing your medications and more.

A fear of falling can prevent us from joining in on activities that we enjoy. We want people to age well by being confident to go out, socialise, exercise or go for a walk.

Stepping On increases awareness of falls and in turn helps people gain more



confidence in knowing how to prevent them.

I am excited to bring Stepping On to Nimbin, and to continue to contribute to helping people in Nimbin to maintain their health and wellbeing, and independence as they age.

To be eligible to attend you must live independently in the community, and not be reliant on a walking aid.

Stepping On is not suitable

for people with cognitive or neurological conditions.

The program is free to attend and supported through funding provided by Northern NSW Local Health District's Health Promotion Unit.

If you are interested in attending or would like more information, please contact me on: 0409-452-620, or visit: www.activeandhealthy.nsw.gov.au/home/stepping-on

Don't get me started

by Harry Gumboot

If dingoes are not dogs, why are so many of them walking around town on leads? Is it because their owners – despite advocating for them as pets – are well aware of their natural instinct to go bush?

And if dingoes are not dogs, it should follow that dogs are not dingoes, which leads me to wonder why so many of the latter are wandering around town unleashed.

Don't get me wrong here, I'm on patting terms with a number of dogs and intimate shouting terms with couple of dingoes.

I was sitting on a stump taking a break from splitting firewood last week when a couple of local dingoes wandered past. They've grown up here, probably as a result of their parents being driven out of the Nightcap at the time of the 2019 fires.

As a result, they're far less wary of humans and are best discouraged when encountered. I shouted, clapped loudly, and tossed a stick in their direction. They ignored me and continued on their way.

Someone allegedly shot a 'pet' dingo recently. Not fatally, but enough to run up a considerable vet bill. Whether it was chasing stock, or feral or domestic dogs had been chasing stock in the past, was unclear. I doubt the farmer involved had time to do a DNA test.

Some people argue about the percentage of DNA in various dingo populations. It's a far more interesting discussion than many you're likely to overhear at the next café table.

I was having just such a discussion the other month and making a point by waving a wedge of toasted cheese and tomato in the air, when a passing unleashed dog took it from my hand.

It was my own fault, according to the owner, because her dog had been trained not to touch food unless proffered by a human.

Words were exchanged, but the owner refused to replace my sandwich on the grounds that I'd almost finished it. The rim of slobber clinging to its remains convinced me to leave it in a nearby pot plant for the noisy miners to deal with.

A dingo has never taken my sandwich. Neither has the python that lives in my ceiling, the goanna who constantly searches for a way into the chook pen, nor the bush turkey who dreams of me leaving the lid off the compost bin.

I won't be bringing any of them to town.

Flourish Sanctuary August programme

Flourish Sanctuary in Nimbin is committed to creating a space where individuals can spiritually grow, heal and connect.

We have a host of regular activities designed to nurture your body, mind, and spirit.

Mondays – 10.30am, Meditation with Jagad (entry by donation). We are happy to arrange pick-ups from outside Nimbin Town Hall if organised in advance, contact Jagad on 0433-173-508.

Tuesdays – 6pm-8pm, Men's Group (entry by donation). A supportive space for men to connect and share. Please call Jagad before attending.

Wednesdays – 10.30am,

Permaculture with Jazmin LJ (entry by donation). Learn sustainable living practices and get your hands dirty in our beautiful land.

Thursdays – 9.30am, Sound Healing with Michael Deanshaw. Immerse yourself in the healing vibrations of sound. Ask him about his 'Evening with the Fireflies' on Friday 26th August, a special event that promises a magical experience.

Fridays – 10.30am, Yoga with Jazmin. Suitable for all levels, this class will help you find balance and flexibility.

Saturdays – Biodanza (afternoons, starting in September). Secure your place by calling Jazmin at 0401-397-850.

First Saturday of the Month, 6pm-8pm, Kirtan (entry by donation). We are forming a new Kirtan group. Join us for an evening of devotional singing and community.

Sundays – Satsang with Jagad (entry by donation). Experience spiritual discourse and meditation.

On the second Sunday of the month (August 11th), Satsang will be held at Flourish Sanctuary. On the third Sunday (August 18th), it will be held in Mullumbimby. Contact Jagad on 0433-173-508 for details of the Mullumbimby location.

Radio Show – with Jagad, Mondays from 7.30am to 9am on Nim-FM 102.3.



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