

# ASTRO forecasts

by Tina Mews

What's happening in the heavens?

## Aries

Mars turning retrograde on December 7 means a shift in energy. It is a good time for reflecting on your motivation and what drives you to do things. A fresh path forward could open with a new vision of the future during this cycle (until 26 February 2025). Challenge your current perspective while realigning yourself with your most heartfelt purpose.

## Taurus

Make use of the Mercury retrograde period (until December 15) to question limiting beliefs and old perceptions. Unresolved problems brewing in the dark need addressing. While the external flow of energy is restrained (Mars retrograde), your inner fire is turned on and could easily flare up. It might be best to redirect it towards creative projects that need finishing.

## Gemini

The focus during this Mercury retrograde cycle (until December 15) is on your relationships. Find a balance between your desire to grow and evolve with considering the needs of others. During the later part of the month, there is the possibility of something new to manifest when limitations have been acknowledged and beliefs re-evaluated.

## Cancer

The focus during this Mercury retrograde phase (until December 15) is on health, fitness and daily rhythm. Insights about health hazards, may they be work-related, physical or psychological can give the necessary momentum for change and transformation. This is a good time to re-evaluate the area(s) of your life you want to focus on energetically.

## Leo

The focus during this Mercury retrograde cycle (until December 15) is on your creative projects, children and romance. You may feel a boost in confidence and start risking new ways of self-expression. Then Mars is retrograding through your sun sign from December 7 until January 7. The way you see yourself and how you want to use your energy is under revision.

## Virgo

Your attention is focused on your home life and family relationships during this Mercury retrograde cycle (until December 15). Changes in this area might become a necessity to bring you back to your roots and honour the needs of your deeper self. You may also feel a shift in your motivation.

## December

In the yearly cycle around the zodiac, we have reached the fiery and freedom-loving sign Sagittarius. Archers are the archetypal seekers for meaning and truth. Their view is on the far distance, and they are not so much concerned with the smaller details of everyday living. We need the Sagittarian frequency for formulating our vision and developing long-term goals that inspire us.

The month starts with a New Moon in Sagittarius on December 1. New Moons are times of seeding, when new ideas and intentions are born in the dark. Mercury in Sagittarius is still in its retrograde cycle until December 15. It marks a period of reflection and review, when we are encouraged to listen to our intuition and refine our focus in the search for new insights. Unresolved issues have to be addressed. The keywords are re-do, re-work, re-think. We may change our way of thinking regarding a particular issue. Our rules around communication are under review. With Mercury retrograding in Sagittarius, there may be opposing views. We could be too dogmatic or self-righteous about our own ideas. Keeping an open mind will be essential for finding good solutions. The peak of this cycle is reached on December 6, when Mercury retrograde conjoins the Sun.

Mars enters its once every two-year retrograde cycle on December 7. Mars is the planet of drive, motivation and anger and will be retrograde until February 26, 2025. Mars begins its retrograde phase in the early degrees of Leo and then moves back into Cancer in early January. When Mars is retrograde, the Lord of war is closest to Earth and can bring explosions of conflict especially concerning leadership and supremacy. Leo represents the king, the centre of power. On a more positive note, the outward directed force of Mars moves inside, and we are encouraged to realign ourselves with our most strongly felt purpose. Leo rules also the heart and the inner fire is turned on. Shifts and changes are possible, as well as endings and new beginnings. Nevertheless, Mars will be in opposition to Pluto in Aquarius during this time (exact on January 3, 2025) giving extra strength and volatility to the fight for dominance and rulership. Aquarius is the sign of the people. Pluto in Aquarius means that the power flows back to the people who stand up against top-down authority of the Pluto in Capricorn era (2008 – 2024).

Jupiter retrograde in Gemini reaches its opposition to the Sun in Sagittarius on December 8. Jupiterian matters are amplified to do with communication, the media, beliefs



and ideological positions. Ideals and visions that are too extreme, that are too grandiose or inflated need to be brought back and reassessed. The enthusiasm for projecting into the future and reaching out for the stars requires a balancing act. Others who take on a different position or living through different circumstances are requesting to consider their needs as well.

The Full Moon on December 15 occurs in Gemini. The Moon is opposite the Sagittarius Sun and in square with Neptune, the planet of imagination but also deception. We may have to examine where expectations have become unrealistic and where we might keep illusions alive. Jupiter retrograde and Saturn in Pisces are in orb again to form their second square aspect (exact on December 25. The first square occurred on August 19). Both planets together representing themes around vision and direction, structural changes and major shifts in what guides us as a culture or society. The opening square in a planetary cycle symbolises a crossroad, a turning point, the need for something new to manifest. Since the December Solstice in 2020, when Jupiter and Saturn aligned at zero-degree Aquarius, we have collectively entered the 'Air Age'. This means that worldviews are transforming rapidly. The rules have changed. The 'new normal' is diverse, decentralised but interconnected, creative, uncertain and unpredictable. Innovative ideas are the new currency. We may use the energies of this Full Moon to focus on our vision for the future (Jupiter in Gemini) and reflect on the values of the past (Saturn in Pisces) whether they still fit into the emerging new paradigm.

The solstice follows on December 21 when the Sun enters cardinal Capricorn and marks the beginning of a new season. The Sun is closely squaring the lunar nodes, indicating that we need to build bridges between the past, present and future. As the old world is dissolving quickly, a new world is emerging in 2025 -2026 as multiple planets change signs writing a new chapter in our collective evolution.

"The bird fights its way out of the egg. The egg is the world. Who would be born must first destroy a world." – Herman Hesse in *Demien*

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'The Astrology of 2025: Key Transits, Alignments and Ingresses'; February 8, 2025 10am – 4pm; Lillifield Community Centre  
Information and Registration: 0457-903-957 or email: star-loom@hotmail.com

## Libra

You might feel motivated to enter a particular training path or start a writing project. This could be related to the urge of wanting to contribute something significant to the world. Feelings of not having stood up for yourself amongst peers and friends may surface during the Mars retrograde cycle, motivating you in becoming more assertive.

## Scorpio

The emphasis is about your financial goals. Changes here could transform your life as you may rethink and reflect upon your material stability. The Mars retrograde cycle might bring up frustration about not advancing fast enough. Revisit your goals and find out if they still fit. You may find that you have outgrown your own rules.

## Sagittarius

Use the Mercury retrograde phase to reflect on how to direct your energy more effectively (until December 15). You may find that structural changes are needed to manifest your ideas and vision. It is an invitation to take charge of your life. A challenge might be to balance personal initiative with the needs of others.

## Capricorn

The first half of the month is suitable for some time-out, time to reflect and dream. You may want to retreat and resolve issues from the past before moving forward with the incoming solstice energy (December 21). What needs to dissolve so something new can be built? What is holding you back from making the next step?

## Aquarius

Mars is retrograding through your relationship sector while Pluto has just entered your sun sign. If you find yourself arguing more, re-assess how you handle conflict. Observe your unexpressed feelings and how they may attract power struggles and battles for dominance. Make these feelings and dynamics conscious. Tread gently.

## Pisces

The focus is on your life direction and career path. Make use of the Mercury retrograde cycle (until December 15) by reviewing your life's goals and reflecting on your path ahead. Structural changes may be needed to allow your new ideas to manifest. Whatever doesn't fit any more into your newly emerging world view can slowly but surely dissolve and be left behind.

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# Remembering

by Marilyn Devlin

I'd totally lost track... well, with a few things this year. So much crowded in... all grabbing for my attention. Hard things, difficult things... things that left me spinning. Heavy with grief, angry, sad, exhausted. Think I'll need another year for recovery.

Maybe your year was a little different. Although I reckon, and from the words and responses I receive, this long year has challenged many of us.

I'd completely lost track that it was the last month. And that in a few short weeks... a new fresh year would be here. It's hard to get my head around. I'm still finishing off all the things on the list... all the repercussions of this infamous 2024. It's been a lot.

Yeah, yeah... whatever doesn't kill you etc. And yes, this Saturn in Pisces chapter... my goodness. Specially for us poor Virgos. Though it's unlikely anyone was untouched by the unrelenting, pounding waves... not only smashing the surface... but travelling deep, deep down into our internal spaces.

I think we could all do with a holiday. A year-long one would be good.

But yes... I'm breathing, my heart beats and I'm still here on this precious Earth. Challenges are part of our existence here... we face many and come through the other side. We grow and we learn.

At times it seems a tsunami of these challenging events hit us all at once. And we remain standing... albeit a little shaky... and continue on.

I just can't believe we've reached the last month. This 2024 appeared to be immortal... that it would just go on ad infinitum. But of course nothing does. Everything ends... at some point we will too.

It's summer holiday time down here in the southern hemisphere... a lot of workplaces close down... time for that well-earned break. There's Christmas... for some a social gathering, others a religious remembrance. I'm not much of a Christmas girl myself. I'm not sure why... it just doesn't activate anything inside me.

I do honour the Solstice... likely once one and the same celebration. When the great Sun God completes a cycle, stops for a bit to catch a breath before beginning his new one.

The Sun God was honoured in ancient times... as there was a direct understanding that without his gifts and blessings... life on Earth would not be possible.

It can also be a bit of a crazy time of year... this ending of a passage. A road completing, then a new one appearing. Who knows what it will hold? Our journey on Earth full of so many things.

I've not looked at the astrology (an old time curiosity of mine)... at all the galactic events that next year brings. I've been still too immersed in this one. I'll just be glad to complete this cycle.

I remember when I first discovered astrology... it seemed to appear out of the blue. I was eleven... and so much was preparing to shift in my body. It's quite a pivotal time during puberty.

Some have said that what interests us around the time of puberty is our true path of work and purpose. It certainly was for me. So much was awoken inside me. It was like I remembered all these things... and I knew inside me that they were true.

Even back then (end of 1950's)... it was still considered a foreign thing... I would always retort "it's an ancient science"... it was as if I knew that in the depths of me.

I was a lover of mathematics... so all forms of symbolism fit into my structure really well. It all made sense to me... music to my ears.

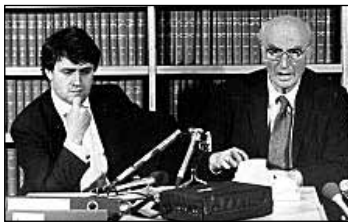
Presently... I'm still sitting, standing in now... this most likely long remembered 2024. I step with hope and love and care and kindness into the new cycle that presents. Grateful for still being here. And hopeful to reignite my passion for Life.

# Nimbin Trivia Time

by Eclectus

## Questions

1. It was 1986 and an unwanted light was shining all the way from Tasmania to Whitehall... and beyond. All the spooks were astir and diving deep. Take a point if you can name the tenacious, tussle headed counsel (destined for greater things) on the LEFT! Take another point if you can name the experienced spook on the right. Take a final point if you can name the memoir by the aforementioned experienced spook, a title so catchy that the whole affair became the "[Memoir Name] Affair". *Photo courtesy Fairfax media/Getty Images*
2. Sadly, the genius of Quincy Jones no longer strides the planet in search of new and interesting projects. However, his voluminous body of work remains to remind us of his genius and passion for his craft. His composition best known as "The Self Preservation Society", although that is not its title, was a memorable part of his soundtrack for a critically and popularly acclaimed 1969 British film. Name the film for a point and the correct title for a bonus point.
3. Everlasting, shasta and paper are all types of what?
4. In Australian vernacular, what recipe involving rabbits is widely regarded as the best Murray Cod burley known to man?
5. Who is the recent worthy addition to the Sport Australia Hall of Fame? He is a three time world champion sportsman who once faced an attack by an apex predator in a final of his sport?
6. Can you name the biggest city in the New South Wales Central Tablelands? 250 kilometres west of Sydney at an altitude of 860 metres, this city boasts a cool climate and a population of over 40,000 souls busily going about their agricultural, winemaking and tourism business.
7. What is the best known ship of the White Star Line?
8. Are the Trobriand Islands in the North Pacific, South Pacific, North Atlantic or South Atlantic Ocean?
9. True or false? Robot dogs are used to herd sheep and cattle, kill agricultural weeds and chase birds away from nut trees?
10. Does a dik dik have feathers, fins, fur or none of the above?

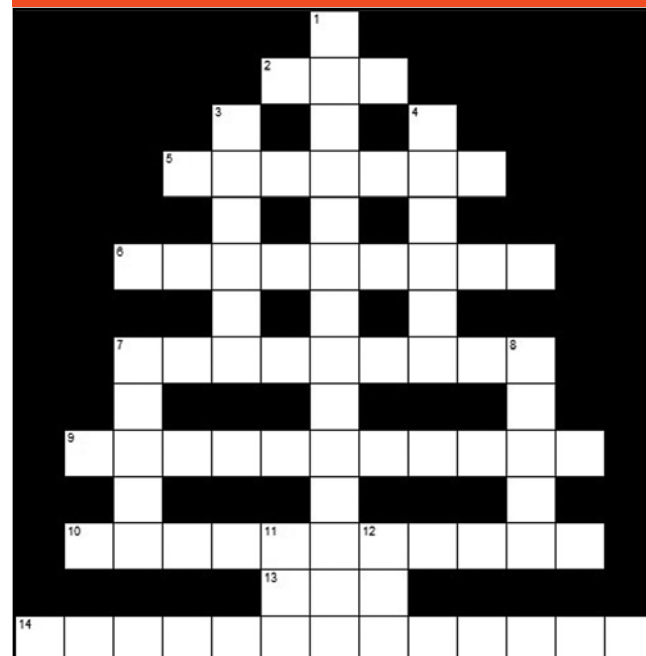


- ## Answers
1. Malcolm Turnbull was advising and representing retired intelligence operative Peter Wright in the Spycatcher Affair. Nearly 40 years later the UK Government has once again extended secrecy provisions to protect whom from what, one wonders? The cliffhanger ending of *The Italian Job* featured the closing theme 'Get a Bloomin' Move On' with the catchy chorus line: "We're the Self Preservation Society".
  2. They're all daisies.
  3. A kerose-n-tin full of rabbit carcasses boiled to a pulp'll burley'em up!
  4. Mick Fanning. The year after his encounter with a great white shark at JBay in South Africa, he surfed in the Arctic Circle under the Northern Lights in the small hours of the morning.
  5. The city of Orange services the western part of the Central Tablelands as it climbs down towards the Western Slopes and Plains. Pioneered by dedicated young winemakers in the 1980s, Orange is now at the forefront of Australia's cool climate winegrowing regions.
  6. The Titanic.
  7. The South Pacific Ocean. The Trobriand Islands are an archipelago off the east coast of Papua New Guinea in the Milne Bay Province.
  8. True. New uses for robot dogs in agriculture are being developed all over the world. Charles Sturt University is currently partnering with hazelnut farmers in a trial using robot dogs to patrol orchards and chase birds away. The birds cost the industry millions of dollars a year. They are also currently being trialled in biosecurity monitoring and bushfire applications.
  9. Fur. The dik dik (*Madoqua* species) is a small African antelope standing 50 to 70 centimetres tall at the shoulder.

# Nimbin Crossword

2024-12

by 5ynic



## Across

2. Grain that might make a fine whiskey to leave out for Santa
5. Illuminated by distant suns?
6. Driving hazardously, as Santa might after a glass of 2 across
7. The day after Christmas, but the words are in the wrong order (3,6)
9. Party Games to get things started? Ships for clearing frozen shipping lanes (3,8)
10. He lives for the festivities! (5,6)
13. Two days before 7 across
14. Building styles

## Down

1. On the first day of Christmas, \_\_\_ (2,4,4,4)
3. Floor
4. Nuclear test site? What you might wear for xmas on the beach
7. Record label – known for Bing Crosby's "Merry Christmas" albums
8. Italy's largest lake? Republic of Ireland Police Force
11. Still?
12. National Executive Committee (inits.)

Solution: Page 34



# NOT JUST NIMBIN

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# Get grounded

**Crystalline clarity**  
by Daryl Spilberg

At this current time in humanity's history, staying grounded is more important than ever.

As we are currently navigating the energetic peak of our planet's ascension, a massive number of codes, upgrades, solar activity and much more is flooding into our personal systems and fields.

Many are currently feeling overwhelmed and with the amount of adaptation and integration we are rapidly working on now, it's understandable to feel so.

Clients often ask me what's the best way to assist

themselves to integrate these changes and to get into the flow – one of the best ways I always suggest is to make sure you are grounded in this reality. We are in the unique position of ascending to another reality while still in our 3D bodies, so the more grounded we can be, the better we can centre ourselves.

Here are a few great ways to ground yourself:

♦ **Chakra Balancing** – If any of your lower chakras are blocked or your higher Chakras overactive and dominating, this can make you feel extremely ungrounded. A healing session such as the Crystal Dreaming one I offer or another modality with your



trusted practitioner who can specialise in this can be of great assistance.

♦ **Crystals** – Some crystals can be extremely grounding and anchor your energy. The top three I recommend are haematite, black obsidian and black tourmaline. Either hold these near your root chakra or wear them

as jewellery – haematite anklets can be particularly useful.

♦ **Earthing** – Walking barefoot can be extremely grounding, with the excess electrical energy stored in our bodies being discharged into the earth, helping us release and regain balance. It is also the best way to

discharge harmful EMFs that can disrupt your system and make you ill.

♦ **Time in nature** – Nature is a great healer and spending time with it can be very beneficial. Go out to a National Park or a forest and spend time with the trees, by a running creek or a waterfall and soak up the healing energies that Mother Nature has to offer.

♦ **Gardening** – This can be very grounding, especially if foregoing gardening gloves and getting your hands in the dirt. The physical nature of gardening is also beneficial to help you get out of your head and into your body.

♦ **Eating earthy foods** – Eating healthy, earthy foods can help one get grounded. Root vegetables that grow in

the dirt such as potatoes and beetroot are best for this. It can also help to eat natural foods that are coloured red, orange and yellow to correspond with the lower chakras.

♦ **Wear grounding colours** – Similarly to eating earthy coloured foods, wearing the grounding colours of red, orange and yellow can help harmonise and balance your lower chakras.

These techniques for grounding yourself into your body and your current reality can make significant shifts in your life. For more information, or if you would like a Crystal Dreaming session to assist with this, feel free to call for a chat on 0422-717-905.

[www.crystallineclarity.com.au](http://www.crystallineclarity.com.au)

## End of year at Coffee Camp PS

by Miss Blackie

Coffee Camp School is buzzing with excitement as we gear up for several end-of-year events.

Students are hard at work rehearsing for the much-anticipated Grinch school play, which promises to bring laughter and holiday cheer to our community. Parents and locals are invited to join us for this festive performance on the 3rd December at the Coffee Camp Hall.

Our upcoming excursion to Dreamworld is on the horizon, offering students a chance to celebrate their achievements with a day of thrilling rides and fun experiences.

The academic studies are reaching completion, and the students are enjoying other activities such as cooking, sport, dance, singing and



creative play.

We're also delighted to see our new students settling in beautifully, quickly becoming part of the Coffee Camp family.

We are thrilled to announce the opening of our brand-new playground! The students

are enjoying their new space immensely.

As we wrap up the year, the Coffee Camp School community is filled with excitement, and we look forward to celebrating these special moments together!

## Pre-schoolers inspire seasonal calendar

by Keely Jones, educator

At Tunttable Falls Preschool the educators wanted to find a way to embed First Nations culture into our curriculum to make it meaningful and relevant to our children.

We were inspired by the Bundjalung Calendar of the Tweed Regional Museum, and the documented observations of the seasonal changes by the local First Nations people.

Our preschool is nestled in such a rich natural environment that always inspires our curriculum and our lifestyles and values. This project of making a calendar provokes the children's observation skills of our environment and deepens their connection to the land. It also provides a framework to document what they have observed and experiences that have stemmed from those observations.

Our preschool Philosophy states that "We believe strongly in the environment as the Third teacher," and we are committed to encouraging the children's physical and creative exploration of our beautiful outdoor environment, including our creek and rainforest settings.

Making our own calendar was inspired by one of our preschoolers bringing in some Davidson Plums from their tree at home, which we cooked up into a pie.

One of our parents, Kaali, also came to the preschool to do some seed propagation and we collected seeds from our schoolyard to

propagate.

We had lots of conversations with the children about what they noticed about changes in temperature, weather, creek levels, leaves falling off trees, new sprouts forming, what animals and birds they noticed, etc.

Now, when we go to the creek I see closer observations naturally happening: Look at that bird! Don't get too close to that lizard or you'll scare it! I found a nest. I wonder what bird made it?

The calendar also sparked creative practices. Some of the children drew mullets, or banksias in a vase. We made echidnas out of clay, and in movement class we moved around the room as goannas and echidnas, and other animals we had seen.

Spring has brought the Jitta-Jitta (Willie Wagtail) chicks that the children had observed at the creek, and then later expressed in their drawing.

Observing that there are more than four distinct seasons and learning some Bundjalung names for the seasons and some of the animals, deepens our connection to the land and its rich history. This is an ongoing part of our curriculum at preschool, which will continue to unfold over the years to come.

"Education is a natural process carried out by the child and is not acquired by listening to words but by experiences in the environment."

Dr. Maria Montessori  
Tunttable Falls Early Childhood Centre is now taking enrolments for 2025.

## The art of loving re-imagined

December. The last month of a tumultuous year that witnessed extensive global shifts in power. People swept away to the far right by strong currents, peace and love almost forgotten.

I'm re-reading *The Art of Loving* by Erich Fromm who explores the possibility of learning the art of loving like learning any old skill. It's a fascinating thought that only recently I became fully aware of.

To have faith is to believe in change. Faith is not static, it requires an active mind, the courage to face adversity, and the belief in improvement. People who stand up against forest destruction, coal export or uranium mining are people who have faith. They are constructive, driven, and have a clear goal.

They are courageous and they don't mind taking a beating, because the purpose of their actions and their engagement is to make good. On the other hand, those who follow the drums of power give up on the potential for change by submission to leaders whose agendas are rooted in destructiveness and nihilism.

If you think of the differences in attitude, you wonder if ever there could be found consensus, or common ground. Perhaps the practice of loving is a way to more coherence. Like practising yoga makes you flexible, or practising a musical instrument makes you prolific.

All beings are at the service of love, the kind that weaves the spectrum of life. It's love that keeps sentient beings alive, species thriving and individuals prospering. All life forms naturally commit to the love for life. It's a collective all systems flow formula and purpose driven, similar to political action against annihilation of ecosystems.

The purpose of protest is not spreading dissent, it's



by Antionette Ensbey

about the wish to cooperate with one another, to function as a community or collective by appreciating a healthy planet, a harmonious life.

Aren't we in the same boat when the floods reach rooftop heights? If acknowledging the political and cultural divide as artificial and arbitrary, there is potential for change. If love is an art form you can learn, there is a prospect and a proposal. Why not promote the art of loving as a discipline? Learn the essence of love and become an expert?

I am referring to love not as in devotion to a higher being, but love as can be found in the concepts for peace, tolerance, courage and interconnection.

That makes love a day-to-day discipline that needs grooming and fine tuning as at every turn in life there is a new challenge and in this world we live in we are rarely instructed by the standards of love.

For example, listening and opening the mind to your partner's viewpoint. Respond with a willingness to show that you care, that you understand. Put away prejudice and be receptive. Preconceptions that you might have stand in the way of loving.

Loving means hearing, comprehending and coming from a place of strength. Honing your self-esteem, knowing your powers and relying on your inner worth helps you to evaluate and accept the other person's stance.

If your thoughts are pure and balanced, your awareness grows and you are not only listening well but have a ready curiosity to engage in questions to explore the feelings of the person you care about. Meaning you ask questions, like why do you read this book? It may sound trivial but be surprised what doors such enquiries may open.

Fromm suggests to converse with people directly and humanly, for people may change their behaviour. In general, a genuine, direct and heartfelt approach advances you in the skill of loving. Talking in clichés is rudimentary. Speaking in phrases is a short cut. What does a phrase express other than submission to a common mode of making conversation? It has no depth and does not allow you to express yourself.

In order to be lovingly engaged, we need to express ourselves, be sensitive, allowing and handling ourselves and others with delicacy. This is where integrity, uprightness and principle come into play. Loving is creating a true connection, a bridge between souls, and a departure from narcissistic desires.

As soon as you realise that your mutual interests are tied in together, you enter the same terrain and love falls into place. You paint an objective picture that is not blurred by fear of the unknown. You desire to not deceive or play foul tricks because of the new affinity you cherish and behold.

The art of loving in practice is in stark contrast to the act of illiberal autocracy that creates supreme chaos in an already diffused world. Learning to have faith in the power of love is walking towards the setting sun anticipating a brand new day.

*I'm available for counselling.  
Please contact me via email:  
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# Drama projects shortlisted for statewide exhibition

by Corey Wheeler  
Head teacher

A huge congratulations must go to the HSC Drama class of 2024.

Two students from this group were shortlisted for OnStage, a statewide exhibition of the best, most unique individual projects from graduating Year 12 students around the state. Jenghis Hanlon-Renfrew for a short film, and Giselle Thenet for an applied research project. To boot, Giselle's project was successfully nominated for exhibition at this significant event.

Her project was a critical analysis entitled 'Dreamtime



Alive'. For this, she read a range of plays and even interviewed a former Bangarra dancer in order to investigate how Aboriginal playwrights and directors have represented the Dreamtime in their works.

Being nominated is an incredible achievement as it places our beautiful little regional school alongside the best in the state. It accompanies our shortlisting



for Callback last year (Music) and Art Express the year before (Visual Arts).

Further – and as many of you witnessed at our HSC drama performance night – the whole group created the most delightful stories through individual and group performance, short film and script-writing.

We saw absurd satires on the government's handling of the pandemic, moving

explorations into the mind of a conspiracy thinker, dark comedies critiquing hyper-masculine rituals like 'stag-dos,' and heartening, humorous portrayals of the humble checkout operator.

They all deserve a spot on the main stage and are unfortunate to have missed out. Rest assured it will not be the last time these talented young people showcase their stories!

As per usual, our beautiful little school produces learners and well-rounded humans that are as good, if not better, than others in better resourced, less isolated parts of the state.

I am so proud of the work we do here.

# Fostering confidence and connection

by Heather Jessup  
Kindergarten teacher

Starting kindergarten is a major milestone in a child's life, and a well-planned orientation can make all the difference in easing the transition. A thoughtful program fosters familiarity with the school environment, builds confidence, and creates meaningful connections.

At Nimbin Central School, this year's kindergarten orientation offered a vibrant and interactive experience for young learners and their families.

Central to the program was the emphasis on storytelling, with a playful retelling of *Wombat Stew* captivating the children's imaginations.

Students embarked on an exciting adventure around the school gathering natural ingredients to create their own unique wombat stew.

This activity not only engaged the children but also introduced key areas of the playground in a fun and memorable way.

A special highlight was meeting the Year 6 buddies. The buddies helped the new



students navigate the school fostering a sense of safety and connection.

This buddy system will continue throughout the year, providing on-going support and strengthening the school community.

The children also had the chance to visit the library, a magical space filled with books and cozy reading nooks. During their visit, the librarian introduced them to the joy of borrowing books and the children engaged with some games offered in the library space.

This visit not only inspired a love of reading but also showed children where they

can go for quiet reflection and literary adventures.

Music played a big part in the orientation, with a performance by the school choir, the Minor Birds, led by the talented Val Mace.

Their cheerful and energetic songs delighted the children and parents alike, creating an uplifting atmosphere that showcased the school's vibrant arts culture.

The young learners clapped along, inspired by the possibility of one day joining the choir themselves.

By integrating storytelling, peer connections, library visits, and the arts, the kindergarten orientation

provided a holistic and engaging introduction to school life.

These experiences not only prepared the children for the structure and routines of school but also instilled a sense of belonging and excitement for the journey ahead.

For more information on enrolments for 2025, please contact Nimbin Central School on (02) 6689-1355.

## The Big Bahzooley 2024 shines bright



Nimbin Central School's annual showcase of students' performing arts items was a fun night for all.

Above: Year 5-6 performance  
Right: Year 11s Rupert and Lincoln

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# For the love of TV

by Magenta Appel Pye

With the holiday season nearly upon us, and the need to stay out of the heat, TV becomes a better friend than ever.

I want to share with you some of the best shows I have seen this year. I am only including free services: SBS On Demand and ABC iView.

## SBS On Demand

The pick of the year is *The Marvelous Mrs Maisel*, happily now available for free. It's about a female comedian in the 1950s.

A truly wonderful series with a fantastic, fast moving plot, fabulous sets and awesome outfits. What's not to like? It's also very funny.

*The Last Violin* is a beautiful, award winning film made by local composer Romano Crivici about his old friend, Harry Vatiliotis. Romano commissioned Harry, a master luthier, to make him another violin.

We see how a violin is made all the way through, which is fascinating whether you're into music or not.

Poignantly, this was Harry's last violin. After making 800, his ageing body is no longer able to do what he has become renowned for.

*Tokyo Vice* is a stylish thriller based on real events in Japan. There are two seasons to enjoy. It is fast paced and quite violent but excellent entertainment if you like that sort of thing.

## ABC iView

My pick here is *Penn and Teller Fool Us*. If you don't know these two world famous magicians, you should. They have magicians on their show who try to do tricks that the guys can't work out – completely fascinating.

They have many series and I could spend the whole holidays just watching this fun, amazing show.

*Creative Types* with Virginia Trioli is an interesting half-hour series.

*Whale* is an absolutely mind blowing beautiful documentary.

If you like gardening and have seen all the *Gardening Australia* episodes, you will enjoy *Monty Don's Adriatic Adventures*. These gardens are a treat for your eyes.

If you liked *Muster Dogs*, and who didn't, then you will love *Best in Class* about guide dogs from puppies through training to finding their person. And also *Pick of the Litter*.

Last but not least, if you haven't ever watched *Bluey*, then do it now. Each episode is only ten minutes and is wonderful, even if you are an adult. We have been known to cry many times watching this award winning animation about family life. I hear that councillors are telling parents "Just watch *Bluey*" for advice about raising children. It is a great time-filler if you want something short and uplifting and always fun. Netflix have picked it up and it has become world famous. ABC's best export.

# Tunable School's budding philanthropists

by Ginger O'Brien

Environmental Education (SEE) program at Tuntable Falls Community School.

For nearly a decade, our SEE program has provided children with experiences that encourage them to feel their interconnection with nature; feeling that they are a part of the environment and the environment is a part of them. One ongoing endeavour has been fundraising for local environmental groups by donating money, time, and resources to promote and care for the welfare of living things.

Children are naturally attuned to animals, and to foster that caring attitude, we have found a way to give back. One such group that has become very close to our heart is Friends of the Koala.

Last year's Buribi class – our kindergarten class named after



the Bundjalang word for koala – created an icy pole shop. Each week they made fresh orange, pineapple, strawberry, and mango icy poles and sold them at lunchtime. Over the course of six weeks they raised enough money to adopt two koalas from Friends of the Koala and one platypus from Protecting the Petrie Creek Platypus.

To deepen the connection with Friends of the Koala, we ventured into

Lismore to visit our adopted friends. The children learned how the adoption money is used to help feed and provide medical needs for the koalas. They interacted with some wild koalas and learned about the role of the organisation in rescuing and rehabilitating koalas after car accidents or animal attacks.

Friends of Koala were also invited to visit our annual school fete to share information and spread greater awareness within the community.

It is heart-warming to see the excitement these future leaders feel when they can positively contribute to a good cause and realise that, even though they may be small, they can make a big difference for our furry friends.

Thank you Friends of the Koala for your hard work. We look forward to adopting more koalas!

# Calling all coaches! Your teams need you!



Grade 6 Bandicoots



Grade 7 Nitros and Naturals



Grade 9 MiniRoos



Grade 10 MiniRoos

by Headers coaches

## The next generation

Big thanks to all our Miniroos coaches and parents for volunteering their time, and to the kids for choosing the Nimbin Headers this year.

And a massive 'thank you' also to Torsten Wittkopf for running coach development sessions, and being an ever-present source of advice and ideas on how to improve training and give our kids the best start we possibly can on their football journey.

For me personally, having a mentor with such a wealth of coaching knowledge and experience to call on has been invaluable, and given me the confidence to take on the role wholeheartedly.

We need more coaches! For both adult teams and juniors. Please reach out to the club via our Facebook page if you, or anyone you know has some football coaching experience, or is just keen to learn, we'd love to get you involved.

## 2024 Miniroos Teams

**Grade 6 Bandicoots:** "I was lucky enough to coach the under 6s bandicoots this year, double lucky to have coached my eldest child's first year of soccer.

"I've been a soccer-obsessed kid for over 20 years now, so I was super excited to get him into it for his first year. It didn't really go how I expected it to – haha – but I got to coach Wynnr, Talon, Emmet and Aniken also.



Grade 11

"I'm super grateful to the kids and parents for getting involved with trainings and the games; I can't wait for next year." – Coach Quin.

**Grade 6 Pademelons:** "This year has been an incredibly rewarding experience. Watching the team skills and teamwork evolve has been truly impressive, and their dedication on the field has led to significant improvement in both their play and their confidence." – Coach Adam.

**Grade 7 Nitros & Grade 7 Naturals:** "This year I took on coaching two Grade 7 teams. The kids were full of heart and enthusiasm, and improved in leaps and bounds over the course of the year. Very proud." – Coach Lewis.

**Grade 9:** "I have never seen a more resilient group of 8 and 9 year olds. They gave 100% effort until the final whistle." – Coach Richard.

**Grade 10:** "We focused on the importance of being a

positive and supportive team member, improving skills, and games understanding and most importantly having fun.

"We watched incredible improvement in all areas throughout the season. Although it's not about winning, the team worked together and played some amazing soccer, and the score board reflected this. The members were elated: it made them realise that their commitment had paid off.

"We were extremely grateful for all the support from parents, grandparents, families, friends and senior soccer coaches. It was a genuine display of community – what Nimbin does best. Thank you all, "go 10s!" – Coaches Petria and River.

**Grade 11:** "At the start of the season, our under 11s were enthusiastic. However, being a brand new team working out where our players were best suited, we were somewhat disjointed.

"We eventually learned how to position ourselves to not get picked apart as easily as we started. We improved our communication with each other.

"We soon received compliments on our progress from other coaches. The top scoring team's coach mentioned they scored the least amount of goals against us, highlighting how strong we became defensively.

"By the end, we saw more goals scored when our attack released the ball to each other sooner. We were a different team by the end. There were frustrations along the way, but we learned some important lessons every game.

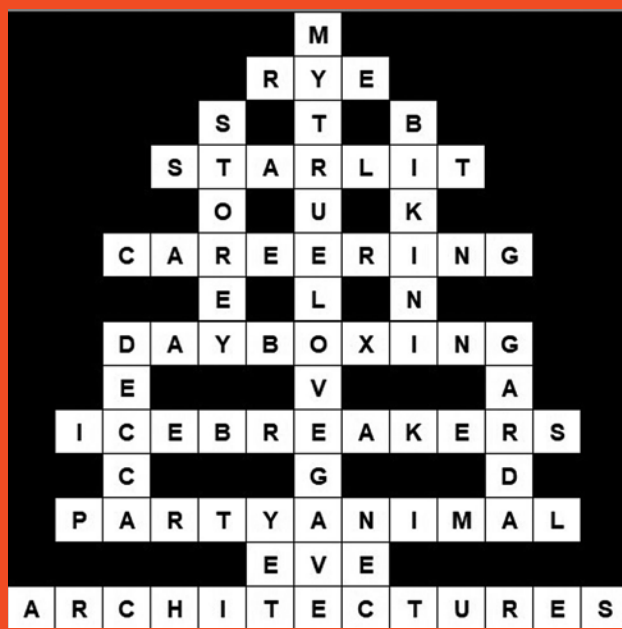
"Players who started the season less confident were causing the other teams issues by the end, with increased intensity and timing. Our team showed they were willing to work for their development, and deserve to be proud of their progress throughout the season." – Coach Ruben.

IT MIGHT BE SMALL, BUT IT STILL GETS NOTICED!

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# Nimbin Crossword solution

From Page 31



# GRATITUDE

## The art of practice

by Susan Paget

Growing up in the United States, my favourite holiday of all time was Thanksgiving. While it's most famous for feasting, my fondest memories are of family gatherings where – before tucking in – we'd spend a few moments going around the table saying what we were thankful for.

In all honesty, the act of expressing gratitude was a holiday box tick before we got down to the serious Thanksgiving business of stuffing ourselves with turkey, sweet potato pie, buttery green beans and cranberry sauce. My mouth waters just thinking about it.

But those moments of giving thanks stuck to my ribs just as much as the mashed potatoes and gravy. Taking stock, having awareness of how fortunate we were, simply felt good. Eventually I discovered the daily practice of gratitude, the act of appreciation for everything big and small that graces life.

In fact, I'd say that practising gratitude is the closest I've come to having any religion. When life runs smoothly, it helps me stay connected to what creates this ease. And when it's challenging it helps remind me to search for the positives.

The powerful impact of creating a gratitude habit isn't just some woo woo concept. It's scientifically proven to release dopamine and serotonin. It improves sleep cycles. Practising gratitude with consistency makes us better communicators and in turn promotes healthier relationships. A strong gratitude muscle is essential

for resilience and creates a pathway to bounce back when the chips are down.

Here are three gratitude practices I use daily that take very little time and can be done throughout the day:

### Morning gratitude acknowledgement

Before rising, I silently express ten simple things I'm grateful for. It takes less than a minute but no lie, it requires discipline. The mind would much rather grab the phone and doom scroll!

My practice from this morning went like this: I'm grateful for my husband next to me. I'm grateful for this beautiful bed. I'm grateful for the pleasant temperature. I'm grateful for my pillow. I'm grateful for the roof over my head.

I'm grateful to hear the birds as our alarm clock. I'm grateful to have slept well. I'm grateful to experience this new day. I'm grateful to have these windows to watch the day begin. I'm grateful for a leisurely start to the day.

### The "This makes me happy" prompt

Whenever I experience something that makes my mind go "me likey", it serves as a trigger to follow up with a gratitude response. For example, I just had a first sip of a delicious coffee. When I thought, "yum!" that was my cue to follow up with a silent, "I'm so grateful for this coffee" which inspired a, "I'm grateful for our great espresso machine" followed by an, "I'm grateful to have the time to sit and enjoy this cuppa."

This kind of process happens several times a day whenever I take note of something that I appreciate, whether it's a flushing toilet, internet so we can

work from home or comfortable shoes. Every day and possibly every moment, we are surrounded by absolute miracles, and this practice helps us to recognise them in real time rather than taking them for granted.

### Gratitude journaling

Regardless of what type of journaling you practice, incorporating gratitude into your writing is very simple. It can be as extensive as a big riff on all the abundance in your life where you go into the details of your appreciation.

Or it can be listing out, much like the Morning Gratitude Acknowledgement Practice, of everything that comes to mind that you're thankful for.

Sentence by sentence. Getting our thoughts of thankfulness down on paper is a mental and physical practice that embeds these statements into our reality. This type of journaling practice was the first gratitude practice I committed to and it's played a pivotal role in my outlook on life.

During the Thanksgivings of my childhood, I clearly recall the warmth and comfort I felt looking out the window of my family home. I imagined that the people in every house in America were feeling the same.

My young and naive mind at the time couldn't appreciate how privileged I was to have those moments of love, food on the table, safety and security. And that's the beauty of what I realise now. My religion of gratitude is a great calibration. A reality check.

Rather than waiting once a year for an obligatory reflection on appreciation, every day, wherever I am, has become Thanksgiving.

*Susan Paget is a television producer, well-being writer and yoga teacher who lives in Tuntable Creek. Listen to her podcast 'The Art of Practice'. For more info, email: susanpaget@gmail.com*

## Don't get me started

by Harry Gumboot

I've made several excursions along the Rainbow Road Walking Track, and I have to say it is excellent up to a point. That point being opposite the north-east corner of the Headers' field where the path enters a chicanery of steps and curves.

There are 23 steps up and 15 down over four sections. Each step is 18cm high resulting in a height difference of 1.44 metres overall.

Australian Standard 1428.1 sets the maximum gradient for a ramp at 1:14 or just over 7%. For every metre of height gained or lost, the ramp needs to travel 14 metres. Google Earth shows the section to be around 100 metres in length, which puts it well within AS requirements.

Between the two "high" points, a rivulet that originates beside the Preschool in Cecil Street enters the main creek. The healthy patch of *Polia crispata* growing on its bank suggests the Aquarius Park Landcare Group, which is doing an absolutely magnificent job of replanting at the northern end of the path, could create a great habitat for frogs and other dwellers of boggy ground here.

Curiously, beyond the last set of steps (four down) there is a series of concrete footings which appear to be the

basis for of a raised walkway curling further around the main creek.

The design of this future walkway begs several questions.

Why were gabion cages used to raise the existing path to level where steps were required when at half their height they could have maintained the existing path level while stabilising the creek bank?

Why is the existing raised walkway/bridge so low, when raising it a metre and giving it a gentle slope would have done away with the needs for steps altogether?

Who made the decision that the users of wheelchairs, ability scooters, walking frames (the steps, while low, are not deep enough), bicycles and – in a number of cases I've witnessed – families with strollers, would be denied access to this part of the path?

A camel, they say, is a horse designed by a committee. This horse, apart from having two humps, appears to be lame in at least one leg.



Uri would like to extend a big thank you to all his clients and community for the ongoing support. Uri wishes everyone a safe Christmas break and is very excited to see what can be achieved in 2025 Find Uri Ross on Google & Facebook today!



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UNDER CONTRACT

81 BOGGUMBIL ROAD, ROCK VALLEY  
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- 5/76 Young Rd, Nimbin Agent: John & Samara
- 774 Terania Ck Rd, Terania Ck Agent: John & Samara