

# ASTRO forecasts

by Tina Mews

What's happening in the heavens?

## Aries

Mars, the ruling planet of Aries, is still retrograde until February 24 providing extra time for rethinking your actions and plans for the year. Mars is in sensitive Cancer, the sign of home and family. Use the energy for renovation projects in the home or rebuilding relationships with your tribe. Mars remains in Cancer until April 18.

## Taurus

Uranus, the planet of rebellion and dramatic change, has just turned direct on the last day of January accelerating innovative ideas and technical advances. Uranus is switching signs in July after a 7-year period in Taurus. Use the months until then for embracing new ways of thinking and breaking free of old patterns, including people's expectations of you.

## Gemini

Jupiter turns direct in your sun sign on February 5. For the next 4 months, the planet of good luck and opportunities continues its journey through Gemini boosting your confidence and desire for growth. This is perfect timing to let go of old ideas, attitudes or prejudices that are holding you back. Allow your view of the world to expand.

## Cancer

Mars in Cancer is still retrograde until February 24 allowing you to assess your emotional reaction in challenging situations. Once Mars is direct again, things start moving forward. You then can make use of its motivational energies and introduce those changes that allow you to grow and advance in your projects (until April 18).

## Leo

The Aquarian vibes of the month invite you to share your creative fire with others. A new chapter has opened and if you are prepared to go with the energy, it could be the start of a revolutionising period in your life. The Full Moon on February 13 highlights the need to re-align head and heart, vision with passion.

## Virgo

With the lunar South Node now in Virgo until mid-next year, you are called to be practical about your spiritual ideals. Remember that perfection is a standard that nobody can really live up to. Surrendering to what is welcomes a better balance into your life. Connect more with others and accept their support graciously. Adjust mental attitudes to ease anxiety.

## February

During this year we will be experiencing many endings and new beginnings as the collectively influential outer planets Saturn, Uranus and Neptune are changing signs. They will be moving forward and backwards, from the old to the new and back again to finish an old era while planting the new seeds. This process of crossing boundaries and changing signposts will be completed by May 2026. It is best to remain flexible and keep options open as there is no certainty in what direction things will develop.

**Mars, driver of our motivation, is still retrograde until February 24.** It gives us extra time during this early part of the year to rethink our actions and plans, observe our emotional reactions and review how we deal with anxiety, tension and stress. Mars is in sensitive Cancer, the sign of home and family. The energy may be used for renovation projects in the home or rebuilding relationships with our tribe. Mars remains in Cancer until April 18.

**The New Moon in Aquarius occurred on January 29** initiating the Chinese Year of the Snake. In Chinese tradition, Snakes are mysterious and wise. They awaken us to live according to our intuition, always ready to change, modify and reshape. They tend to act according to their own judgments while remaining observant, cautious and detached.

The image for Aquarius is the cupbearer who pours inspiration, the waters of life onto humankind. We know now that consciousness and perception actively shape the material world. According to Quantum Physics, reality is influenced by the observer. This concludes that our thoughts and choices matter. Pluto, the transformational force of the solar system entered Aquarius last November changing the way we perceive reality forever.

Aquarius is associated with technology, innovation, and futuristic thinking. We are all participants in the transformation that is taking place towards the next unfolding of human consciousness. Nevertheless, Pluto brings out the darkness of whatever it touches. The danger is the digitalisation of our minds and the disconnection from soul that goes with it.

**Transiting Neptune is conjunct the Lunar North Node in Pisces during February until the end of March emphasising the transpersonal, the visionary and creative.** The Pisces-Virgo axis calls us toward dedicating our skills to a higher purpose, finding peace of mind through helping others to find happiness. Neptune, planet of dreams

and illusions on the karmic nodal axis, points the way forward. The task is to go inward and strengthen our intuition as we are challenged to distinguish between utopian idealism and reality.

The trap may lie in longing after external factors (leaders, spiritual teachers etc) that promise to bring the answers to our problems. Saturn will perform a reality check during April and May when the planet of consequences is in aspect with the lunar axis. Besides having faith and dreaming of a better future (Neptune), we carry practical responsibility for our own and our collective destiny (Saturn).

**The Full Moon on February 13 falls in Leo, the sign opposite the Sun in Aquarius, highlighting the themes of individuality (Leo) and diversity (Aquarius).** The Leo Moon connects us with our true self and creative essence while the Sun in Aquarius on the other side reminds us of our humanitarian obligations as we are all part of a larger whole. The Full Moon forms a stressful square aspect with Uranus in Taurus, the planetary energy field associated with awakening, progress and breaking free from values that have lived out their time.

Uranus combined with the Leo Moon provides fertile ground for emotional drama and volcanic eruptions. A lack of cooperation between opposing parties and too much wilful tension or even hurt pride might hinder a peaceful resolution. In our relationships, personal or otherwise, head (Aquarius) and heart (Leo) may need to be realigned incorporating the Uranian need for change and giving space for individual development. Neptune in conjunction with the North Node reminds us of choosing love over fear.

**The New Moon in Pisces eventuates on February 28.** New Moons are auspicious times for setting new intentions. In Pisces, we are called to go within, relax and align with our intuition and imagination, to be led by our inner guides. With so many planets aligned in Pisces (Moon, Sun, Mercury, Saturn, North Node and Neptune), the last sign of the zodiac, we can continue with releasing patterns of the past before crossing the threshold to a new historical era.

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## Libra

Venus, ruler of Libra, enters Aries on February 4 preparing for her 6-week retrograde journey through Aries and Pisces during March/April. Then the planet of love and beauty will spend another month in Aries during May. Whatever comes up now regarding relationships or even financial themes will be re-assessed during the retrograde period. What is it that needs to be complete so something new can begin?

## Scorpio

During this period your energy may be primarily focused on your domestic affairs. Is there anything in or around the home that needs fixing, or are there any hurts or doubts that need healing? You might want to revolutionise the way you approach this fundamental area of your life. 'You have to know where you are headed before you can steer — and one of the best ways to find that out is to look back where you've been.'

## Sagittarius

Being receptive for information that has the power of revolutionising your way of thinking is the quest of the moment. It is a great time for exchanging ideas with others and working out details that lay the foundation for future projects. The time supports unique and inventive thinking that challenges traditional knowledge.

## Capricorn

Plans for a steady income may be up in the air and you might be pushed towards unique and innovative ways of dealing with financial issues. This may cause struggles in partnerships, personal or otherwise. You win their support by being more open and inclusive in your approach. Re-assess how you handle conflict in critical situations.

## Aquarius

Jupiter, planet of growth and expansion, is sending its supporting rays to Aquarius assisting you in seeing the big picture, enabling you to connect to people from all walks of life. Even though your ideas may be uplifting, you need to take care with going to extremes, especially around the Full Moon period (February 13). You may upset others by wanting to do things your own unique way. The resolution lies in aligning your head with your heart.

## Pisces

This is a year of trial and error, of making choices and correcting them, especially during March and April. Use the Aquarian vibes of the moment for exploring your vision and motivation. The New Moon in Pisces on February 28 is helpful for working out the dreams that are worth keeping and could be manifested into reality.

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# The magick in life

by Marilyn Devlin

2025 won't be easy... and I'm not a doomsday person, you'd know that if you've read my words. I've considered myself a love, light and gratitude type of gal... it's genuine for me, not something I try to believe.

As far back as I go there was a purpose always guiding me. Sure, it was aided by my abundant curiosity, my hungry mind seeking answers... when I just knew something wasn't right.

Instincts... our animal inheritance. Those wondrous creatures of the wild. I've mentioned before about the shamanic baths. My dear friend, one of the old-school naturopaths... trained from the ground up, not just many words and books.

She's no longer here on Earth. As a Taurus tiger with a heavy overlay of Pisces she held a great deal of Earth magick... that she shared generously.

The baths... to some they were called hydrotherapy, to others we knew them as shamanic baths. They were doorways into magick places.

It was as if I'd go back... slide through the corridor of time... back, back to times long past. I was living in the depths of the Forest... the wolves my only family. I went back to that place again and again.

Instinct is powerful. It's always there beaming its signals. It's easy, I know, to wonder if you're just imagining it. Or that you're being illogical (jeezus, logic!). Or you're being unreasonable, emotional (especially if you're feminine). Or even negative... bringing up all the ands, if's and but's.

Its little message so small yet so loud. Drowned out by all the noise. Pushed to the back, yet it's always in operation... speaking to you, trying to get through.

Yeah, sometimes it's hard... going against the crowd, even if it's only one. You may decide to concede... to protect your fragile walls, but it never really works. If you're ostracised your survival instincts kick in... the dangers of doing it alone. God, we're such a mishmash of things.

So back to 2025... we welcome her of course. Each precious day... those sacred breaths, we so take for granted... till they're no more. It's not morbid, it's reality. Our journey here with life involves so much.

Yet beneath it all is this sweet, sweet sound, this murmuring, this choir of purity. The light that glows so golden. The peace that radiates every cell. The absolute wonders of being alive.

So we keep on... one step after the next. The pace changes of course, everything changes... we get to know that.

But here we are in now... we grab all the beauty there is to have, taking it in, filling ourselves. The outside life will take the course it does.

Many have known for some time... that these years would be big. A transition of a magnitude we may not have experienced before. Yet at the same time... the exquisite simplicity of now.

We enter February on the Aquarius New Moon and Chinese New Year. Year of the wood snake. Reminded me when the Ocean came to visit me up in the mountains. I saw it (yeah, this seeing thing) approach... like a snake... maybe the Rainbow Serpent... I watched it as it glided over the tops of the mountains... right to my open front door. It beckoned me to come.

I did. A coastal girl for the last eight years. I'd often stand at the furthest edge of the wall jutting out into endless ocean... down there every morning for the birth of a new day.

I'd ask, again and again 'why am I here?' I discovered the ocean used very few words. I never received a reply. Then one day I stood there looking out at the massive expanse of ocean once again... and asked how I could help.

Answered straight away... I wasn't expecting that. "You don't know how powerful we are... it's humans that need to heal."

Wishing you a glorious February.

# Nimbin Trivia Time

by Eclectus

## Questions

1. What is this funky looking citrus?
2. Animal, mineral or vegetable? The following things are one of each: dalgite, dreadnought and dungarees. Which is which? (One point each.)
3. What score is impossible in the previous question?
4. Who was the first animated animal character to achieve box office success on the big screen: Steamboat Willie, Mickey Mouse or Felix the Cat?
5. In Australian vernacular, when very busy, one is said to be "as busy as a one armed taxi driver in peak hour traffic." To what does this refer?
6. Now, every tractor brand has its own livery. Some are grey, some are yellow, some are red and some are this colour. Which ones are this colour?
7. Carpenter, leaf cutter and masonry are all kinds of what creature?
8. Does a gado gado have feathers, fins, fur or none of the above?
9. Australia has about 400,000 scuba divers. What is the origin of the word "scuba"?
10. Superstition within the performing arts has it that to wish a performer "good luck" is more likely to bring them bad luck. One tradition, especially in the theatre, is to entreat the performer to "break a leg" rather than wish them good luck. There is a different expression of good luck preferred in some operatic circles. Can you name it?



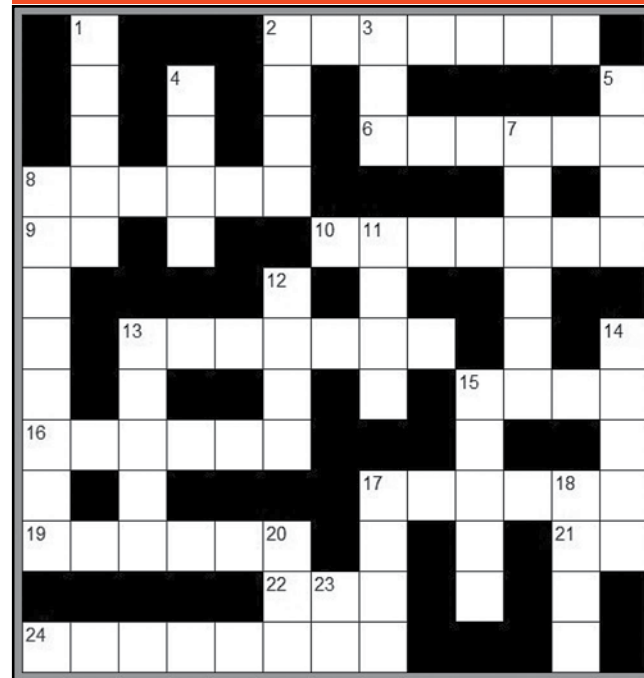
10. Toi, toi, toi!
9. Self Contained Underwater Breathing Apparatus.
8. None of the above. Gado gado is a traditional Indonesian salad.
7. They're all bees.
6. John Deere tractors are green. Keep an eye on your tractor! There are lots of other colours and topics very inventive, verbal emphasis.
5. The phrase refers to the propensity of taxi drivers who, as professional drivers, generously share driving tips with other drivers, no matter how busy they are navigating peak hour traffic, most often through sign language accompanied by loud, often very inventive, verbal emphasis.
4. Felix (known in the 19-teens as Thomas the Cat and Master Tom) was a superstar of the silver screen in the 1920s but failed to move with the times. He was eclipsed by Mickey Mouse (earlier known as Steamboat Willie) who adapted early to talkies and colour in the 1930s.
3. 2, because, if you have two out of three correct, the third must be correct. You can only score 0, 1 or 3.
2. The dalgite (Macrotis lagotis) is also known as the greater bilby, a bandicoot retreating on the brink of extinction, the dreadnought was a large battleship of the early 20th century (processed mineral) and dungarees are overalls made of denim (processed cotton (Gossypium species)).
1. The leaves and peel of kaffir lime (Citrus hystrix) are used extensively in Thai cuisine. The flesh and juice of the fruit, not so much. Culinary tip: Mordang, the founder of Mordang Thai in Nimbin, used the skin in curry pastes and the whole (peeled) fruit as a tenderiser in parboiling beef for Musselsamun Curry. Photo Credit: Courtesy of Thailand Medical News

## Answers

# Nimbin Crossword

2025-02

by Sync



## Across

2. Leads to the pot of gold
6. Sweet citrus
8. (9 across) the eye of the beholder
9. Exists
10. Artificial sweetener
13. Vertically exaggerated hairdo
15. Equipment
16. Artisanal?
17. Hits? Classics
19. Coldplay wrote a song for you, and everything you do
21. Pardon me
22. Colour
24. Deer-like African ruminant

## Down

1. Who we barrack for in the State of Origin
2. Speedy? Risque
3. In My Opinion! (init.)
4. Ray Charles, James Brown, Tina Turner, Aretha Franklin...
5. One part of a spreadsheet, or a prison
7. Advance warning
8. European blueberry
11. Second part of the day
12. Stylish
13. Swiss city on the Rhine
14. Stockmarket or vehicle misadventure
15. Environmentalist party
17. Great joy?
18. Independent outflanking 15 down
20. Mod band, global medical peak body
23. Disney movie featuring a house lifted by balloons



Solution: Page 34

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# I am so happy!



by Sonia Barton

I recently received my new stock kit of Australian Bush Flower Essences, and couldn't be happier.

My last set of these magical essences was from about ten years ago and even though they say they never go out of date, I thought it was time to refresh my set and threw the old ones in the bin. I thought that it's a new year, 2025, and time for a fresh set of flower essences.

Over the years I have seen profound changes and outcomes in people using these remedies. One example was my partner who could not settle in Australia when we first emigrated here. He felt isolated and lonely and missed his friends and family. He couldn't find work to begin with, and he went into a depression. I could feel a dark cloud hanging over him. I made him a remedy, which he took: seven drops under the tongue twice a day, and within two weeks the transformation was remarkable. He actually started to take notice of his surroundings and possibilities and recruited a life coach to help him start his own business using his skills and talents. As I said, the change in him was remarkable in such a short time.

So what are Australian Bush Flower Essences and how can they help you? Flower essences have a very long history spanning many cultures, being used for health and healing. The Australian Aborigines obtained the beneficial effects of a flower essence by eating the whole flower. The essence, in the form of dew made potent by the sun, would be thus consumed with the flower. If a flower was inedible they would sit in a clump of flowers to absorb the healing vibration of the flower. They certainly knew of many flowers that could be used for resolving specific emotional imbalances.

Ian White, from Terrey Hills in Sydney, a fifth-generation herbalist, was able to capture the essence of many flowers from all over Australia, and create a product for us all to use in a simple form. The guidance on the bush essences came

through to him while he was meditating. More information can be found on the website: [www.ausflowers.com.au](http://www.ausflowers.com.au)

The bush essence remedies bring forth positive qualities that reside deep inside every one of us. The activation allows us to replace fear with courage, hatred with love, insecurity with confidence, etc. The essences are gloriously uplifting which gives us inspiration. They flood our bodies with beautiful vibrations of our higher nature.

I have a combination remedy for trauma, especially flood affected, which is prolific in this area. People are still coming to terms with the horror and how they managed to survive.

Here is an example of a combination of bush flower essences that could help you if you were traumatised by the floods two years ago and can't get over it: Alpine Mint Bush, Banksia Robur, Crowea, Macrocarpa, Sturt Desert Pea.

Negative feelings: Mental and emotional exhaustion, disheartened, lethargic, frustrated. Feeling out of balance, a sense of being 'not quite right', drained, jaded and emotional pain and sorrows.

Positive possible outcome: Revitalisation, joy and renewal. Enjoyment of life. Enthusiasm and interest in life. Peace and calm, clarity of one's feelings. Enthusiasm; inner strength, emotional endurance. Letting go and trigger healthy grieving.

Also, if you are feeling overwhelmed by change, feeling 'out of sorts', overly sensitive to others or to the negative energies of situations or environments, then I would make a remedy for you that can help to give a positive outcome, so that you feel more resilient, calm and balanced, feeling safe and reassured, coping with change, grounded and courageous.

I can make the right remedy for you without us being face-to-face, as I can dowse the whole set of essences with a pendulum, asking which ones are perfect for you to take right now and post it to you. They are always accurate. If you would like me to make a remedy to support whatever you are going through, please get in touch. We can have a phone consultation and I can deliver it or post it to you. I'd love to help you feel better in yourself. Together we can do it!

Visit [www.bowenenergywork.com.au](http://www.bowenenergywork.com.au) or call 0431-911-329.

# Earth's rising consciousness

## A call for sacred unions

by Auralia Rose

What a wild start to the year, with so much happening globally as well as in our personal lives.

My understanding is that Earth's consciousness and collective energy is vibrating at rapidly accelerating levels, which naturally initiates more alignment with love, unity and soul purpose. As always, stronger spiritual light exposes the darkness wherever it exists and things can be quite chaotic and confusing when the light goes up a few notches.

I would like to speak about how these rapidly evolving energies are creating the perfect environment for Twin Flame connections and the Divine work they are meant to accomplish together.

Twin flame connections are sacred unions that go way beyond the ordinary concepts of romantic relationships and hold the key to your deepest spiritual growth and personal transformation. Whether you are destined to meet your twin flame in this lifetime or connect with them energetically, the energies available now make this the perfect time for such divine partnerships.

Many people say that twin flames are two people who share one soul split into two. Whilst this is not quite accurate, we are whole and complete on our own, twin flames do act as a reflection of both our shadow side and our light. Whilst meeting them can be deeply triggering, these divine unions also reflect your highest potential, offering an exponential acceleration of personal and spiritual growth. They challenge you to evolve in every way.

Twin flame partners usually have a shared purpose, which involves being of service to the Earth and humanity. They are based on a deep, unconditional love that transcends ego and attachments, allowing you to access the purest essence of your soul.



To partner with your twin flame, you must become the best version of yourself. This requires you to do your inner work to heal your shadow and unresolved emotions and traumas. A sincere commitment to self love and your spiritual path is essential. Alignment with your Higher Self is also essential as it creates the energetic resonance to attract your twin flame into your life. Twin flames channel immense combined energy which creates a powerful love-based frequency, raising their vibrations and those of others around them, which greatly assists Earth in her ascension.

Every step you take toward meeting your twin flame, whether through personal growth, meditation, or connecting spiritually, adds to this collective momentum. As more twin flames reunite, the energy of unity, love, and purpose spreads, hastening humanity's awakening.

What if your twin flame is not currently incarnated on earth? Many are not, however, you can still connect with their energy spiritually through meditation and other spiritual practices. Creating an energetic bond can provide profound guidance, support, and

healing about your life purpose, as well as receiving clarity about what you can do in order to meet them in this lifetime. Through nurturing a spiritual bond, you will be anchoring their energy on earth, thereby contributing to the planet's ascension by grounding higher frequencies of love and unity.

Divine timing is always present in twin flame unions. Embrace this unique opportunity of 2025 by committing to raising your vibration, doing your inner work and trusting that the universe is guiding you toward the ultimate union of love, growth, and divine purpose. Your twin flame is waiting, and the time to align with their energy has never been more perfect.

I am offering sessions to help you connect to your twin flame in spirit. If you have already met your twin flame physically, I will connect you to their Higher Self to gain their higher consciousness perspective. Meeting your Beloved is a deeply beautiful and moving experience, you are in essence meeting your Soul.

With love and my best wishes for your twin flame journey.

Find me online at: [auraliarosewellbeing.com](http://auraliarosewellbeing.com) or call me on 0422-481-007.

# Historical waves of crisis

by David McMinn

According to *The Great Wave*, Hackett-Fischer (1996), great waves of inflation, crisis and equilibrium have persisted since at least the 12th century. Each wave can last between about 180 to 300 years.

After the 20th century price inflation, we are now going through the crisis phase with old economic and social structures breaking down. Difficult times may lie ahead.

Hackett-Fischer believed that "price revolutions have no fixed and regular periodicities," but "they all have a common wave structure" with five key stages

**First Stage.** Prices are stable and reach an equilibrium that persists for several decades. This phase was marked by increasing population, rising living standards and optimism. Wealth inequalities begin to lessen. Culture may flower as in the Italian Renaissance (15th century), the Enlightenment (17th century) and Romanticism (19th century).

INFLATION, CRISIS & EQUILIBRIUM OF THE GREAT WAVE			
Price Inflation	Crisis	Key Crisis Event	Ensuuing Equilibrium
1180 to 1350	Medieval	14th Century	Black Death
1470 to 1590	16th Century	17th Century	100 Years War
1730 to 1820	18th Century	1790 to 1815	Thirty Years War
1896 to 1995	20th Century	21st Century	Revolutions
			Napoleonic Wars
			????
			????

**Second Stage.** Price increases accelerate due to war events, as with the rivalries between emperors and popes (13th century), state building conflicts (around 1600), dynastic struggles (18th century) and world wars (1910-1950).

**Third Stage.** People see rising prices as a long-term trend and people adapt to expanding money supply and institutionalised inflation.

**Fourth Stage.** Price inflation becomes more volatile, while government debt rises. Severe shocks are experienced in commodity and financial markets. Real wages fall and severe wealth inequalities emerge. Social distress increases in line with rising hunger, homelessness, crime, drug abuse, family breakdown and so forth.

**Fifth Stage.** The price revolution peaks followed by the crisis phase with demographic declines, economic breakdown, revolutions, wars and social violence. Catastrophic events occur, such as the Black Death (14th century), the 30 Years War (17th century), and the revolutions and Napoleonic Wars (around 1800). Whole economic, political and social systems are obliterated in the upheavals.

In summary, we are in the midst of the crisis phase of the Great Wave, with economic distress, increasing inequality and cynicism with the established order.

Around the world, incompetent, right wing buffoons are being elected to power (President Trump and friends). Then there is the

reality of Chinese and Russian expansionism, which could spin out of control into WW III and a nuclear winter.

The perverted inequities of global capitalism fuelled the growing resentment by the disenfranchised masses. The whole system needs to be reformed, but this will not happen given the greed of the overclass.

In the previous Great Wave, the French elites had an opportunity to make tax reforms at the Assembly of Notables in 1787 and 1788. They refused because they would have had to pay tax for the first time, and the rest is history with the 1789 French Revolution, the Reign of Terror and the rise of Napoleon. The overclass will not behave any differently this time around.

The best outcome would be for humanity to muddle through without something truly disastrous happening. This may not be the case, given human stupidity and trends in previous Great Waves.

The looming upheavals could be triggered by wars and revolutions, disease or environmental collapse.

As always, only time will tell.

# Historic heartbeat of the Nimbin School of Arts

by Sue Landers

Nestled in the heart of Nimbin village stands a timeless testament to community spirit and cultural vibrancy: the Nimbin School of Arts.

For over a century, this cherished hall has not only been the epicentre of local entertainment and events but also a cornerstone in the hearts of its people.

Since its inception in 1904, the Nimbin School of Arts has been lovingly cared for by volunteers, who have dedicated their time and energy to keeping the arts alive in the Northern Rivers.

Today, the hall thrives under the stewardship of a nine-member committee. Among these unsung heroes, three stand out for their extraordinary commitment: Tony Gibson (secretary), David Hallett (president) and Carole Barrett, who have each contributed over 30 years of service! Thank you to this trio for their decades of hard work.

The story of the Nimbin School of Arts is intertwined with the very origins of the village. Back in 1903, a public meeting was held to address the need for a church. Instead, attendees opted to build a School of Arts, enticed by the promise of government subsidies.

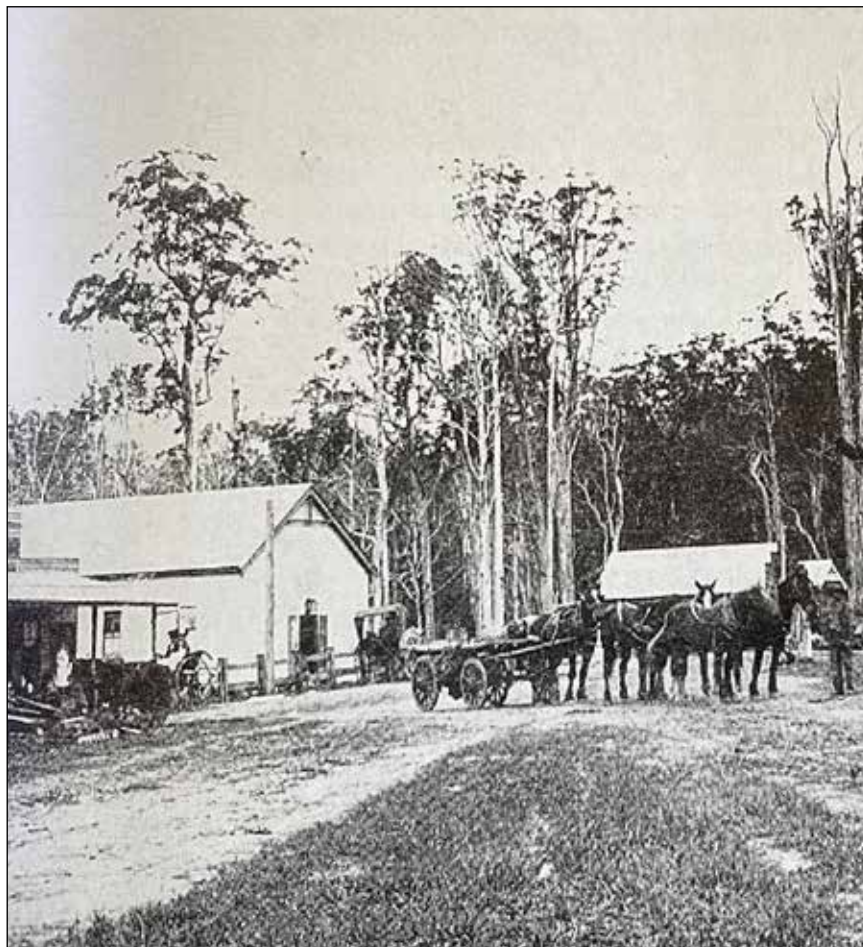
Hugh McKinnon Thorburn donated a heavily forested site for the project, and on 24th September 1904, the hall was officially opened with a day of festivities that included a picnic, games, and an evening ball.

The inaugural event was as lively as it was memorable. Two hundred attendees travelled in from the bush dressed in their finest for a picnic in the back paddock followed by dinner and dancing in the hall.

From the outset, the hall served a myriad of purposes. It was a sanctuary for all faiths until individual churches were built, housed a library and reading room, and became a hub for dramatic and musical performances.

In those early days, the forest crept right up to the hall's fence, and horses were tied to nearby tree stumps. Events were often scheduled around the full moon to help attendees navigate their way home by moonlight.

The hall quickly became a cultural



powerhouse, hosting charity balls, plays, and a minstrel club, all of which raised funds for various community causes.

The regular Balls were much-anticipated events in the village's calendar with well over two hundred people attending these fun events.

Within the first year a piano was purchased for the Hall, and by the 1920s, the Nimbin Boys Windwood Band, and later a local orchestra added to the town's musical repertoire. In later times, the hall even had a boxing ring.

The hall has supported the community in times of need and crisis. In 1919, it was transformed into an emergency hospital during the flu epidemic, in which approximately ten lives were lost. When the population of children outgrew the local school's capacity, the hall was used as a classroom.

The committee managing the hall disbanded during World War II but reformed in 1948 to revive its community role. During the war it was

known that the Lighthouse Brigade trained in the backyard of the hall.

By the 1950s, television and improved transport posed a threat to the hall's glory days, yet the Aquarius Festival in 1973 rekindled its cultural significance. Today, the hall continues to host a vibrant array of events, from art exhibitions to Blue Moon Cabarets and community gatherings.

Thanks to the on-going commitment from an active committee and the support of the wider community, The Nimbin School of Arts continues to be a cultural centre for the Arts in the Northern Rivers.

Thank you for having a place in your heart for Nimbin Hall and the important role it continues to play in fostering community and the Arts in rural areas.

Information and photo obtained from: *The Days and Ways of Old Time Nimbin* by Maurice Ryan.

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# Wisdom of the Aquarian elders

by Jeni Kendall

An amazing man, Hugh Lovell, once said that everything interesting happens at the boundaries. All change comes from there!

I think a lot about change and how during the era surrounding the 1973 Aquarius Festival, life seemed so easy, so effortless, everything seemed so possible. We were in the flow, inside a bubble of hope and freedom.

With just one stroke of the pen, Prime Minister Whitlam made university free and it was so liberating, we could imagine 'what could be' instead of worrying about lifelong HECS debt and milestones.

We could rise up and not sink down. We were so lucky, and the lives lived from that time, and the ripples that continue are special.

That set me thinking of the extraordinary people who dreamed of the Aquarius Festival, who recycled a town and wrote a profound Manifesto, and the many who stayed on and reached their full potential, who changed this town from a boarded-up sad place to a vibrant new age community that went on to achieve so much.

People young and old who have saved forests, wildlife, created communities, lived "Art is Life", challenged councils, governments, and spent much of their lives



trying to change things for the better.

So, perhaps each year we could honour and celebrate the Anniversary of the 1973 Aquarius Festival with an event between 12th and 21st May where a special person or people talk of their lives, spirit and experiences, followed by a Q&A.

The event could include a long table lunch or dinner with some wonderful local music. An annual empowering and inspirational event, recorded for on-line publication and the archives; it could be a mini version of Sydney's Festival of Dangerous Ideas.

There are so many Aquarians to choose from for the talks, that perhaps each year could have a specific focus, for example 2025 could be about affordable housing and MOs.

If you are interested in this proposal and can offer practical suggestions, please email: [nimbin.goodtimes@gmail.com](mailto:nimbin.goodtimes@gmail.com)

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# Loud and proud

by Magenta Appel Pye

Now that I am in my 60s, when in some shops and cafes I have experienced being ignored and made to feel invisible. Especially when some pretty young thing comes in after me and gets served first.



Originally I thought it was just the rudeness of that one individual but after a few recurrences I realised this was what many of my friends were complaining about. Older people not being seen or heard.

The wisdom and knowledge of elders is needed now more than ever. It is the time for us to own our power and to use our creativity to help find solutions for what is happening in the world.

We can do this by something as simple as writing a letter. Don't underestimate the power of letters to help create change, to plant thought seeds, to acknowledge a good job, to express appreciation, to point out a problem and a solution.

Working consciously with words helps provide a focus for change and/or healing.

Writing is a very enjoyable activity and many people keep diaries and journals, where, unfortunately, no-one else gets to hear their good ideas and sage advice.

Writing letters, especially ones to be published in newspapers, is a great way of helping your community. With computers, you can do it all from home and at no cost. No more putting them into an envelope and going to the post office to buy a stamp. It couldn't be easier.

If you are not a naturally good writer, it doesn't matter anymore because now we have ChatGPT

which can turn your ideas into cohesive, intelligent letters. Letterwriting is a bit of an old-fashioned skill that our oldies are good at.

However, before you press 'send', there are some considerations – being succinct, not kvetching too much, spell and grammar check, defamation, editing etc.

As a regular contributor to several newspapers and a serial writer of letters to the editor for the *Echo* newspaper, I know how to write a good letter that will not only get published but will get people thinking.

Lately I am inspired to share my knowledge in a free workshop to empower elders' voices by encouraging and helping them to write letters. They can be to the local or national papers, to politicians, to the local council or to the general public.

Published letters help me stay connected to my community because I don't get out much. It gives me a feeling of still being relevant and is great exercise for my brain. And it is always a buzz to see my name in print, even after all these years.

If you are interested in these ideas, please contact me at: [magentaappelpye@gmail.com](mailto:magentaappelpye@gmail.com)

*"It is not what we do, but also what we do not do, for which we are accountable."*  
– Moliere (1622-1673)

# Seven years of amazing softies

by Apple-Blossom Gillard

Each year, during their final semester of preschool, the "big kids" at Tumble Falls Early Childhood Centre embark on a journey of creation and magic.

'Softie making' is a progressive project-based and child-centred approach to preparing preschool children for their transition to primary school. The project's success has seen it evolve into a beautiful, seven-year long tradition.

The adventure, spanning months, encourages individuality, builds confidence, and hones a wide array of fine motor skills. The children are able to practise many skills from key developmental areas such as language and communication, creative thinking, problem-solving, decision-making and self-expression. The end results are something to behold!

The journey begins with the children putting their drawing skills to work, getting their wild imaginings down on paper and discussing their ideas about how to create their creatures.

The magical critters that have emerged over the years have included a bright red lion, a scorpion, witches,



dinosaurs, fairies, an owl, dragons, a cat, mermaids, and fluffy monsters of all shapes and colours.

Once the children have developed their character, they move on to production. The drawings are turned into paper patterns, followed by the selection of fabric and embellishments. Finally, the sewing and stuffing begins!

With the support of an educator, the children design and make their very own cuddly friend from beginning to

end. These plush creatures then go on to accompany their child on the 'big school' adventure ahead, often becoming favourite bedtime snuggle friends for years to come.

Three cheers to Silvia and Keely, educators at Tumble Falls Early Childhood Centre, who have undertaken this epic endeavour with every graduating student, for the past seven years. Thank you so much. What a monster achievement!

# Pre-season working bee, try-outs and registration

by Lewis King

We're gearing up for 2025. Are you ready?



As the club grows, and more players enjoy the benefits of being part of the Headers family, we're always looking for more engagement and participation from our members, players, parents and spectators.

This means helping set up and pack up before and after training and games, lending a hand in the canteen, and attending work days at the club.

And while we are extremely proud of owning our grounds this does mean it takes a lot more work to keep the club running.

If you are ever unsure how to lend a hand, please just ask, "How can I help?"

Our next working bee will be Sunday 9th February from 9am. Put it in your calendar; many hands make light work.

## Pre-season training

Senior training is on Tuesdays and Thursdays from 6pm for men and women.

The men's teams try-outs will be held to select our Champs and League 3 squads. All players wanting to play in the top two men's teams are expected to attend training during pre-season.

Player grading and team selection for top two teams will be held in February, so please make sure you attend if you want to be considered for selection.

We have enlisted a local personal trainer, Tom, who is running great strength and conditioning sessions at 6pm at the fields on Tuesdays



2024 Mens Championship Premiers

during pre-season. These sessions are awesome and we're already feeling the benefits after a couple weeks.

We also have a running and sprint session Saturday mornings at 7am at the fields with Sam, our professional running coach.

This year it would be fantastic to enter at least one women's team into the Callan McMillan Memorial Shield. Playing in this pre-season tournament means players can hit the ground running when the regular season starts.

## Registration

February and March are a very busy time of year for our club registrars. At the time of writing, we are jumping through the necessary hoops to get the club ready for sign up on the new Playfootball 2.0 registration platform.

There are new requirements this year with all players having to upload a photo; all volunteers at the club having to provide a valid Working With Children check; and any player born overseas who hasn't played before will automatically trigger an ITC (international transfer certificate).

The roll-out of the new rego system from Football Australia has been far from

perfect, so please bear with us, and if you have any technical issues trying to register, contact one of our club registrars or Playfootball support for assistance.

You can register yourself and/or your children on-line at: [www.playfootball.com.au](http://www.playfootball.com.au)

Click 'Find a place to play', search 'Nimbin' as the location, select 'Nimbin Headers Football Club' on the location map then 'Find out more' and 'register' (in the top right-hand corner).

Please also register as a volunteer at the same time to be able to help out on game days.

## Important Dates

- All of February – Men's player grading
- Saturday 1st February – Registrations opened
- Wednesday 5th February – Coach Development Day, 5:30pm at Fields
- Thursday 6th February – ANZAC/McMillan team nominations due
- Sunday 9th February – Working Bee from 9am
- Thursday 20th February – ANZAC/McMillan initial squad list due
- Friday 28th February – ANZAC/McMillan starts
- Friday 28th March – Senior Leagues commence

## We need more coaches!

Please encourage anyone interested in coaching or assistant coaching to attend our club's own coach development day with Torsten on Wednesday 5th February from 5.30pm.

Players are also welcome to come and learn – let's raise all of our football IQs.

Look forward to seeing you all on the pitch soon.

Go the mighty Headers!

# Nimbin Crossword solution

From Page 31



## WOMEN OF NIMBIN AND SURROUNDS!

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 ➔ Want to keep fit and learn new skills?  
 🏃 Ever thought of trying soccer?

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**2025 SEASON DETAILS**  
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# LIFELONG LEARNER

## The art of practice

by Susan Paget

Whenever I hear someone say, "You can't teach an old dog new tricks" it gets my tail wagging because for pooches it's simply not true.

Researchers have discovered that with a little extra time, senior canines not only can learn new behaviours, they can figure them out using actual computers! So why do we humans tend to swallow the "Can't teach an old dog new tricks" line?

I think it's just one of those unquestioned, socially acceptable chestnuts that gives us permission to take the easy way out. Because let's face it, learning something new can be challenging.

It forces us to go through the vulnerabilities of starting over and to admit we don't know what we're doing. We'll probably need to ask for help. Telling ourselves that we're too old is a way to bypass all that.

But science is fast showing that this attitude of walking away from new challenges could actually kill us.

The latest data reveals that our brains need constant challenge and high-level creative thinking to activate neuroplasticity and our bodies require legit hard training sessions to prevent bones from breaking.

Embracing the attitude of being a lifelong learner is a key element in a practice. All practices – whether it's meditation, writing, yoga, etc – require a starting point, a commitment to showing up and respecting the process.

If we look at learning as a practice, whether it's taking on a structured course, confronting a limited belief system or embarking on a personal project, chunking the experience down to a few fundamentals can help to

overcome any initial hesitance.

Here are some basic learning practices that work for me:

### The beginner's mind

I notice when I take on something new, my ego really wants to jump ahead to an intermediate level rather than start as an absolute beginner.

But understanding this about myself helps me take on new subjects with a willingness to ask the stupid questions, to be okay with having to repeat something or take longer rather than rush through.

Treating learning as a practice, with a "slowly, slowly, all in good time" mindset, seems to create stronger foundations for whatever new thing I'm taking on.

### Understand your why

The reason to learn something can be for pure joy or to advance careers. It can scratch the itch of a soul calling or can be so we don't get left behind in the fast pace of our technological lives.

Before you commit to learning something, get very clear on the reason you are taking it on. What exactly will the pursuit of it give you? This will help you stay motivated when something new inevitably loses its shine and gets real.

### Shorter effort

I'm finding that if I can break my learning efforts into small chunks of time that I'm more likely to see them through because they don't get in the way of my daily commitments.

When you're learning something new, allow yourself to play with time and find a sustainable duration that's right for you.

Less can often be more when it comes to trying new things. You can learn a lot in five minutes a day. Fifteen minutes



can create life changing learning.

Right now, in my early 60's (which is kind of like the new 40's), my current learnings are how to navigate an on-line creative platform that's more complicated than I expected, so I just have to suck it, go slow and see what happens. It's much better than thinking about doing it!

I'm also learning how to swing a kettlebell, a workout that scares me but so far feels strangely addictive.

Approaching both of these from a practice stance of a beginner's mind, having a strong why and doing them in small time windows feels a no-brainer because my mind is happy that I'm expanding it and my body, despite the fear, is getting stronger.

But back to the old dog research!

Austrian scientists taught dogs of all ages how to play a kind of Dog Sudoku using their snout to hit a touchpad.

The senior dogs took a little longer, but the researchers were encouraged that they were able to eventually figure out "abstract and sometimes difficult" tasks.

But that's not all. Once home, their owners noticed that their furry kids seemed happier after their time spent learning.

So throw me a bone here. Why wouldn't you want to keep learning and growing if you're blessed with the ability to do so? Why would you not want to be the old dog that loves new tricks?

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

## Invasion Day in Byron



Photo: Rosie Lee

by Chibo Mertineit

I wanted to join the Survival/Invasion day celebrations in Apex Park put on by the 'Sisters for Reconciliation' and the Byron Shire Council on Australia Day, 26th January. As it said on the Byron council website:

"Survival Day is a vibrant reminder of resilience and unity, where the spirit of the land and its people come alive in a tapestry of culture and celebration."

As I arrived, Delta Kay, one of the organisers, started her opening speech: "We come together and mourn our land, our languages, our cultural knowledge."

"Byron Bay is built on stolen land. Bundjalung country was raped and pillaged of our timber, our people have worked without wages, as I stand here shoulder to shoulder with all of you to celebrate the survival of our culture."

"Us Bundjalung people, we are not going anywhere now. Bundjalung people, we want to work with you. We don't want a handout of anything, we want a hand up, and you to be part of that."

"You can be part of our people standing shoulder to shoulder with all Australians. This is our day, me and you."

This was followed by acknowledgement of country and music by Uncle Billy. I wandered around a bit and met up with Bronwyn who told me the 'Sisters for Reconciliation' began in Byron around 1997-8 and was originally called 'Women for Wik' to show their support for Native Title.

On the way back to the expensive carpark, I thought what an amazing day this was, and how much I had learnt.

How blessed we are that the Indigenous people of this land, their stolen land, are offering us their open hearts and inviting us to be shoulder to shoulder with them after all they have gone through.



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