

ASTRO forecasts



by Tina Mews

What's happening in the heavens?

Aries

The Venus retrograde phase March 2 – April 13 is well suited to re-evaluate plans, projects and re-negotiate partnerships, but be careful with getting drawn into arguments and conflicts. Instead, spend time alone for introspection. Resist projecting your expectations onto others and focus on your own goals. This is a great period for reviewing your personal style of self-expression and being creative about your personal image and appearance.

Taurus

Relationship and money issues can be confusing during this period. Final decisions in these matters are best not made before the end of the Venus retrograde period because you might miss out on important information (March 2 – April 13). Mercury's retrograde passage during March 15 – April 7 contributes towards delays and miscommunications asking you to remain flexible.

Gemini

Matters involving your life direction may take centre stage during this month. The energies of the lunar eclipse on March 14 could be emotionally testing. You might feel pulled between trying to make rational decisions versus having trust in your own intuitive wisdom. This is a potent moment in time, when value judgements can be dissolved leading to greater integration and self-acceptance

Cancer

With Mars now in forward motion, you can pick up from where you left back in October. Pay special attention to your future dreams and what you desire from life. It may be helpful to reflect on your personal and professional mission statement. Redefining goals and clarifying expectations can make this a time for birthing a new perspective and planting new seeds.

Leo

It may be helpful to take stock of available resources and support needed for manifesting your dreams and vision. Do you get the resonance for your projects that you were hoping for? Is your vision bigger than your reality is allowing for? Things start moving again in the right direction from mid-April onwards. Remain open-minded and in the meantime work on broadening your perspective.

Virgo

The Full Moon eclipse occurs in Virgo on March 14 marking a powerful period for clearing out stagnant energy and letting go of what is not needed anymore. Relationships are also under review. Unresolved issues may pop up for you to look at and heal. What needs dissolving for a new cycle to begin? Is there something missing that used to make you happy? You might want to get in touch with your inner guides to find answers

March

The March-April period could be the most complex and confusing time of the entire year. It marks the first eclipse season, with a Lunar Total Eclipse occurring on March 14 followed by a Solar Partial Eclipse on March 29.

Venus and Mercury, the two planets associated with diplomacy and communication, are both turning retrograde, Venus on March 2 and Mercury on March 15, adding to the potential of misunderstandings and ill-guided actions. Then Neptune, planet of imagination, spiritual longing but also dissolutions, crosses the threshold between Pisces and Aries on March 30 for the first time in 165 years. Neptune lingers here together with Saturn until early 2026. The first and last degrees of any sign are critical, but the passageway between 29 Pisces and 0 Aries is especially significant. It functions as a cosmic threshold, a powerful portal to the beginning of the zodiac and the birth of a new cycle with themes and images that belong to a new era. As many old pathways do not exist anymore, we may need to rely more on our instincts and inner guides to find our way into a new world.

On March 2, Venus turns retrograde and remains in reverse motion until April 13. During the Venus retrograde phase, the planet associated with beauty, values and possessions, displays her 'darker' side. Venus begins her retrograde phase in fiery Aries before returning to Pisces on March 28. When Venus is in Aries, we can expect stormy times in our relationships. On a mundane level, contracts and alliances between different nations or parties could be re-examined or even abolished. Therefore, the entire Venus retrograde period can coincide with the break-down of partnerships and emotional separations, as we review our personal needs and values during these six weeks. On the positive, the weeks when Venus is retrograde can be helpful for reflecting on what we require for our happiness and peace of mind.

A potent Full Moon lunar eclipse in Virgo occurs on March 14 at 5.54 pm AEDT. The eclipsed Moon is opposite a conjunction between the Sun, Saturn and Neptune in Pisces and forms a supportive trine with Uranus in Taurus. During a lunar eclipse the Moon passes through the shadow of the Earth and for a few hours the Full Moon will be darkened without reflecting the light from the Sun. While the total phase of the eclipse won't be visible from most of Australia, we will be able to see a partial lunar eclipse when the Moon rises after dark. Lunar eclipses affect us on an emotional level (Moon). Feelings

and events that have remained unintegrated within our subconscious may be triggered. It is essential to hold back with our opinions and remain open to intuiting the larger picture. We are moving through the end phase of the Saturn-Neptune cycle. It is marked by a dissolution process of the old order. This coincides with the current chaos and uncertainty but also the potential for creative new beginnings.

Mercury stations retrograde on March 15 - just hours after the Lunar eclipse - and will remain retrograde until April 7. Mercury crosses the threshold between Aries and Pisces during this period. The cosmic messenger might bring out its shadow side and anything concerning communication, transport, contracts and travel may not work out as planned. This creates the need to make space for the unexpected.

The Equinox occurs on March 20 when the Sun crosses the threshold into Aries, the sign of pioneering activities and new enterprise. It marks an important turning point as we move from the end of the cycle (Pisces) to a new beginning in Aries. The hours before the equinox are best used for emptying out, releasing, and creating that special inner space, where new information can flow in and be received. Traditionally, it is the beginning of autumn in the southern and the start of spring in the northern hemisphere.

A partial Solar eclipse follows on later March 29 in Aries. Eclipses are powerful new moons (solar) and full moons (lunar). There can signify endings but also new beginnings. In the period prior to an eclipse we are in a shadow, not seeing the complete situation. It is best to avoid making rushed decisions, especially when Mercury is still retrograde until April 7. This is the last eclipse on the Aries-Libra axis, the axis of war (Aries) versus peace (Libra). This eclipse cycle started in April 2023.

On March 30, only one day after the solar eclipse, Neptune crosses the zero-degree Aries point. Neptune, representing our imagination and collective dreams, moves us into new territory with a new awareness of living. In Aries, the inner fire is ignited. We are called to act on our vision and bring it to the world. The last time Neptune entered Aries was in 1861. Neptune will be in Aries until 2039.

Navigation by the Stars: Personal and/or Relationship Astrology; Life Cycles and Your Year Ahead Transits: Plans, Directions, Concerns for 2025-2026; in person or on-line consultations; Gift vouchers available! 'Mapping the Path in the Natal Chart: The Nodal Axis as key indicator'; March 9, 10am – 4pm, Lillifield Community Centre. Phone 0457-903-957 or: star-loom@hotmail.com

Libra

Health and work require some attention, including changes to diet or daily habits. This is also a time when you will be reviewing, changing or strengthening your relationships and contracts with others. You may feel less inclined to please others and instead request more independence for yourself. Venus retrograde in Aries asks you to speak your truth as taking a low profile won't work (March 2 – April 13).

Scorpio

This period is helpful for reviewing your work commitments, daily habits and health concerns. You may also want to take better care of yourself, your body, mind and soul. Feel encouraged to step outside what feels familiar while remaining open to intuiting the larger picture. This is a time when inspiring new beginnings are possible, especially when shifting the focus onto your creative self-expression.

Sagittarius

This eclipse season is helpful for meaningful encounters with who you are on a deep level, and you could discover some buried treasures. Unresolved themes from the past may be unearthed as well being integrated into your conscious identity. At the end of this process, you might move in a new direction as career goals have changed and your creativity has been revived.

Capricorn

It may be time to expand beyond the familiar four walls of your mind. Your way of seeing your world, including your beliefs, your perspective on life, and your knowledge is ripe for new information. Examine why you think the way you do and why you believe what you believe. With Venus in retrograde motion until April 13, it is a good time for reviewing core values.

Aquarius

Financial and material matters require your attention during this eclipse cycle. It may be time to settle some of your debts, financial or otherwise or some drama surrounding your relationships, personal or business. Balance whatever makes you feel comfortable and secure with attention to other people's needs and comfort levels. Take this as a period of review concerning your personal and shared values with others.

Pisces

During this eclipse cycle, endings and new beginnings may manifest in your contracts with others. Partnerships may be tested, personal or business alike because feelings and events that have remained unintegrated within our subconscious may be triggered. Remain open to intuiting the larger picture but also know your boundaries. There is space for compromise and negotiation when you apply discernment

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by Marilyn Devlin

I'm so tired... making my way through to the new beginnings, both personally and collectively has taken its toll. Many times over recent months I've felt potentially pissed off. Bit like Medusa rising from the depths of the hidden wells inside me. She was not happy... and eager to lop off some heads.

Mars retrograde in Cancer is likely to have been an influence... and the powerful moon cycle. The Lunistice/Lunar standstill is at its peak this month. Exaggerating all things moon related... ie feelings and emotions. The movement of the tides within us.

Times are intense and confronting for sure. The demand to leave behind the old and embark on the new is never easy. In whatever form it arrives. Needs to be done though.... we know that. Anything the slightest bit off can seem magnified. We're learning to distinguish what is good for us and what is not.

We're all being conditioned... and we all carry our own unique scarring. No-one's perfect... it's not possible. Just a wee shift to the side of good and kind and considerate would be nice though... collectively I mean. What is hidden will be revealed. During these times this is particularly so.

These significant times impact us all. Anything not fully living and thriving and vital to our existence... any rotting or dead bits need to go. Pulled out by the roots. We're turning over to a brand new page... what will I write, how will I progress?

2025 is a huge year astrologically. There are so many major planetary cycles completing, and beginning new ones... a lot's happening all at once. It can be overwhelming. We desperately need our clarity, our rested and nurtured bodies... our connection to our own central core... to be safely directed through it all.

Mars completed his retrograde cycle on 24th February ... which should release some of that combustible energy. Back to his direct and forward ways... reigniting his vital prana, primed and prepared to take on new things.

March has been described as "one of the most powerful months of the year". There's the Autumn Equinox, the beginning of a new astrological year... the famous Venus retrograde cycle, her 40-day/40-night pilgrimage to the underworld. Remerging fresh and sparkly as our favourite morning star.

March also opens the 2025 eclipse season... 14th March, a Blood Red Full Moon Eclipse... at the peak of her Lunar Standstill cycle. The 18.6-year cycle where moon reaches the extremes of her orbit around the Earth. This peak time will continue through 2025 and into 2026.

All things moon are heightened. Moon's influence on all life on Earth is considerable. Change is a constant... like the moon's cycles. The cyclic movement of all things in the natural world has a lot to teach us.

Then there's the new planetary cycles... so many. Big ones, small ones... in-betweens. So much happening, it can certainly become overwhelming. Maybe it's the life cycle I'm journeying through... as my fascination for understanding more and more and the thrilling captivation of the luring complexity of all things... is dwindling fast. It won't take me where I want to go. I desire simplicity.

Simplicity – I made my word for 2025... I knew, as soon as I wrote it, it could be tricky. And it has been. We continue... one foot in front of the other, one small distance forward. Walking, or in whatever way we can manage it.

Life moves forward... there's no going back. We do though, from time to time... at least in our head. Maybe too much.

Reminiscing on what's gone. It's a practice... I've discovered, a lifelong one... of being here and now. In this glorious fresh new experience of another day.

I'm far from perfect... I'm a human who forgets... and hopes to be reminded again and again.

Have a great March... fill yourself with all the good things.

Nimbin Trivia Time

by Eclectus

Questions

- Why has this large, bright, friendly Eastern Blue Groper (*Achoerodus viridis*), an inhabitant of Eastern Australia's shallow coastal waters, been in the news around Sydney lately? The blue Groper has both a bright secret and a dark one. Take a bonus point if you know the bright secret and two if you know the dark secret. Hint (but not much of one!); the taxonomists know the dark secret. *Photo courtesy ABC News*
- Animal, Mineral or Vegetable? The following things are one of each: amber, amaranth and armadillo. For a point each, which is which?
- Is the spinet a child's toy, musical instrument, yarn spinning machine or spider's gland?
- Bruce Beresford's 1989 quadruple Oscar winning movie, *Driving Miss Daisy*, was both critically acclaimed and a box office success. The story, set in the south of the United States, is the 25 year relationship that develops between a comfortably off aging Jewish widow and the black driver hired by her son after she has a car accident. What is the given name of Miss Daisy's chauffeur? Take a bonus point if you can name the Best Actress Oscar winner who plays Miss Daisy.
- In Australian vernacular, if one is cracking a few howlers, what, exactly is one doing?
- We live on a watery planet. Some of our oceans are blue, such as the clear blue waters of the Queensland coast that are home to all the colour and complexity of the Great Barrier Reef. Some are green, such as the greener waters of the Victorian coast that are home to giant kelp forests and their myriad inhabitants. One of these ocean types is rich in nutrients and the other is not. Which is which?
- Crab, jumping and wolf are all kinds of what creature?
- Does a gang gang have feathers, fins, fur or none of the above?
- One day, while you're walking down the road, you come across a clumber. Do you clamber across the clumber? Does the clumber clamber across you? Do you take the clumber home and have it for dinner? Or do you give the clumber a pat, telling it to be a good clumber and get off home?
- Neil Young, after a bit of to-ing and fro-ing, is playing Glastonbury in June. Can you name his band?

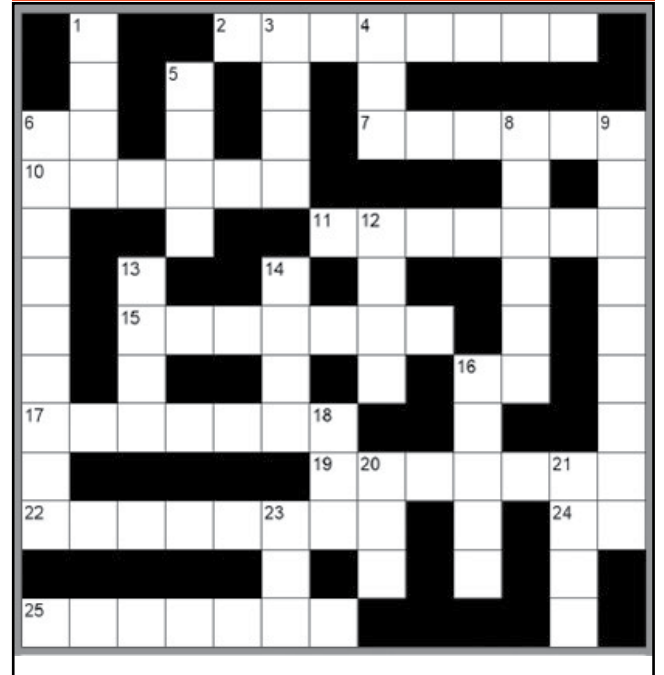


- Answers**
- The Blue Groper's recent rise to prominence started when a spear fisherman walked up the beach at Cronulla with Gus under his wings. Gus was a well known and much loved local Blue Groper about 35 to 40 years old. The fisherman was lucky to get off the beach without joining the bag limit. Recent research indicates that Blue Groper are moving south, probably as an adaptation to climate change. Their bright secret is that they are the New South Wales official fish emblem. Their dark secret is that they are not groupers at all! They are wrasses.
 - Amber, although once vegetable, is the fossilised sap of trees and therefore mineral; amaranth (*Amaranthus* species) are cultivated as leafy vegetables, pseudocereals (such as quinoa (*Chenopodium quinoa*) and flowering plants; the armadillo (*Dasylops* species) is an armoured anteater of the Americas.
 - The spinet is a small harpsichord.
 - Hoke Colburn is Miss Daisy's chauffeur and erstwhile companion. Jessica Tandy won the Best Actress Oscar and the movie took the Best Picture Oscar, (among others) for 1989.
 - One is catching and, usually successfully, riding a few big waves at the beach, either body surfing or on a surf craft. The clear blue oceans of the tropics and subtropics are "ocean deserts" while the rich green oceans of more temperate latitudes teem with microscopic life that forms the base of a much larger, more complex set of ecosystems of much greater biomass. The blue oceans are so low in nutrients that coral polyps have to take in boarders: the zooxanthellae (*Symbiodinium*) that lend corals their vibrant colours while paying their board through photosynthesis food for them. If sea temperatures get too high, the dinoflagellates all bug out, leading to the bleaching and ultimate death of the coral polyps.
 - They're all spiders.
 - Feathers. The gang gang (*Callocophalon fimbriatum*) is a small cockatoo of South-east Australia. It is also the bird emblem of the ACT.
 - Most likely, especially if you're in Clumber Park in Lincolnshire, UK, where this largest of spatils was bred, you'll give it a pat and tell it to get off home.
 - The Chrome Hearts.

Nimbin Crossword

2025-03

by Sync



Across

- (7 Across) made with (25 across)
- Mother
- (and 25 across) Equipment in a café to make a brew from the fresh grind (6,7)
- Turn on?
- Sneakiness?
- Non-dairy options for (7 across)? (3,4)
- How to address people with PhDs (init.)
- Italian rice dish
- Romanian vampire
- (See 5 down)
- Active?
- (See 7 across)

Down

- She shits in the woods
- At Starbucks: Grande, Venti, or (12 down)
- Our local renewable energy supplier (init.)
- (and 25 across) famous (7 across) from Jamaica (4,8)
- (Enormous) whirlpool
- Pour-over method for (7 across)
- From 7 across country of origin
- A six-footer
- Raised platform or throne
- Produce, or discharge
- 7 across minus the active ingredient
- Single day cricket match between nations (init.)
- Precursor to DNA (init.)
- Laze? Bread
- Aussie business ID (init.)

Solution: Page 34

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Environmental projects prove popular



by Iris Vos, Teacher

Barkers Vale Public School's environmental program has always been a vital part of the school's mission to promote sustainability, and it has truly taken off since we embraced a Project-Based Learning approach three years ago!

This has empowered our students to tackle local challenges, enhance our school grounds, and spread the word about environmental stewardship.

The 3-6 class has successfully hosted three vibrant presentation days, where students proudly showcased their knowledge to the community and local Kyogle Council members.

Through their teamwork, students have become problem-solvers and critical thinkers. They've built cosy habitats for wildlife, installed native bee hives, planted beautiful flower gardens, trialled growing food in soil and air, and improved the health of our orchards. Plus, they've harnessed solar energy to power school devices – how cool is that?

This year, the Environmental Program at Barkers Vale Public School

has reached new heights as students take charge of previous projects, bursting with pride in their work and commitment to maintaining their creations.

Together, they've assessed their earlier projects and created a detailed list of tasks to tackle, from weeding and seed collection to nourishing the trees in the orchard. Their hard work has made a visible difference, leaving our property looking healthier and more inviting!

With guidance from our dedicated teaching staff, the students are gearing up to plan their next exciting project.

It's inspiring to see everyone engaged, especially the enthusiasm from our new Year 3 students. The natural mentoring between the older students and their younger peers has been heart-warming.

We want to extend our heartfelt thanks to the Kyogle Council, Nimbin Garden Club, Rainbow Power Company and Kyogle Landcare for their invaluable support.

We invite the public to come and stroll through our gardens to experience the amazing impact of our students' efforts firsthand!

Middle school at Rainbow Ridge

by Jane Robinson, Principal

Last year, I finished my teaching round with a wonderful group of individuals. Holding this class from kindergarten all the way through to Class 7 and 8, I had the privilege to observe them grow, grapple at times as well as achieve greatness.

They left with a strength of self, an ability to speak clearly about their thoughts and even hold difficult conversations with adults and peers. I feel confident that they will continue to thrive in their new schools and carry out whatever dreams they wish to fulfill.

Middle school is considered to be Classes 6 to 8, a time in the student's life when they have awakened to a different aspect of self.

This can be a painful time for the children and their parents, yet with holding an understanding of the tumultuous emotions and self-seeking they are traversing through, we can support them with loving guidance to grow confident and strong in themselves to face the world with steadfastness of soul and certainty of self.

They are seeking truth and fairness; they look to the adults around them and wish to find specialists who speak



to them in a relational and purposeful manner, people who walk their talk and wish for the best in the world and humanity

Our Steiner curriculum is rich and covers from Class 6, the Arthurian Legends, teaching the morals in humanity, then Rome followed by the dark ages. In Class 7, the Renaissance, bringing light to the darkness of the 12/13-year-old. Class 8 then goes into the revolutions.

Students also partake in Middle School projects, debating, autobiographies from their own birth stories to now, creating school newsletters, digital technology and cyber safety, music including our

specialised strings curriculum, and lots of science.

By the time our students are in Class 6 they start to look out – what else is there? where else can I go? – and some feel pulled into the idea that the grass is greener, but leaving at this time can be very taxing on the 12-year old's soul life.

At this age the children very easily follow other leads, which can be an unhealthy experience.

Yet if we can keep them until the completion of year 8, they develop great attributes: they know themselves, they are capable of holding those difficult conversations, can speak their mind, and feel strong in holding true to their own ideas.

Bee-ing pollinator positive

by Kaali King

The most crucial role held in our ecosystems is by our pollinators.

Marsupials, birds, reptiles, bats, bees, butterflies, moths, wasps, flies, beetles and even ants can all hold pollination positions and are vital in natural and human-made systems.

But as world-wide pollinators decline, so does our ability to protect things we naturally rely on: our environment, and the food production so important for our survival.

As humans expand into the environment, we have an increasingly important role to play to protect pollinators and make spaces in our surrounds that allow them to grow, live and thrive alongside us.

At Tuntable preschool, the kids have been getting active in making spaces where insects can do their thing. Last year, the preschoolers made insect

hotels. This year, we have just installed a native stingless beehive.

One of our kid's dad, Ben Egan, brought a strong healthy hive for the preschool to begin its apiary journey. The kids were fascinated with the process and learned heaps of cool facts from Ben and Barbara Mills, our newest preschool staff member and a passionate bee enthusiast.

Some facts are: they don't sting but can certainly bite; the species of our native hive is called *Tetragonula carbonaria*, but the Bunjalung name is Juluhngay or gudji. They only travel around half a kilometre to collect food; and on cold days they don't come out of the hive at all! The kids were so excited to observe them foraging amongst the pineapple sages in the preschool garden right away.

Over the term we will learn more about our bees by observing them closely. This is especially important for when we attempt a 'soft-split' of the



hive by 'budding' a new hive from it. This involves attaching an empty box to the 'front door' of the hive, which the bees happily move in and set up in. Eventually, a 'princess' will move in.

There's even a little perspex viewing window the kids can look through to check it all out. After about six months the hives will be ready to be split, and the new princess will become a new queen in her own 'queendom'. We can't wait to watch their journey through the year!

Tuntable Early Childhood Centre is open Tuesday, Wednesday and Thursday during school hours, and is open for enrolments now.

Please call 02 6689-1179.

2025, another good year for US stocks? Play the numbers!

by David McMinn

Can you play the stock market by numbers? The short answer is 'yes' as illustrated by the 10-year cycle in US stock prices.

It was first established in the 1930s, and has since been confirmed as a real trend in follow up assessments. Years ending in certain digits usually experienced similar market outcomes, as measured by the Dow Jones Industrial Average index (DJIA).

Years ending in 1 and 2 often see DJIA bear market lows.

Years ending in 3 and 4 are usually good for the DJIA with escalating prices, although some years were anomalous with major lows in 1893, 1903, 1914, 1934 and 1974.

Years ending in 5 have been called 'years of ascension'. Virtually all five years experienced a rising market, often with phenomenal double-digit returns.

Years ending in 6 and 7 see a peak in the DJIA and the beginning of a bear market. Crises often happened in the autumn of a 7-ended year.

Years ending in 8 are usually good for equities, with few exceptions as in 1948, 2008 and 2018.

Years ending in 9 and 0 often experience financial upheavals and see the beginning of a bear market.

DJIA annual average returns

The 10-year cycle shows up best in the average annual returns for the DJIA since 1886 (see accompanying

table). What stands out is the amazing result for 5-ended years, which yielded a massive average yearly return of 27%. Only the years 2005 and 2015 recorded small declines. Other good outcomes were recorded in years ended in 4, 8 and 9, while the worst average returns took place in 0 and 7-ended years.

Playing the DJIA by numbers can be used very effectively for stock market investing over the long term. In one study, the value of \$1 invested in 1900 would be worth \$6,661 in 2002 by actively buying in and out of the market, based on the 10-year cycle. The same dollar would be worth just \$148 were you were fully invested over the same period. An awareness of the cycle would have produced 45 times the

Decade	0	1	2	3	4	5	6	7	8	9
1880							4.44	-8.41	4.81	6.21
1890	-12.14	17.62	-6.56	-24.61	-0.56	2.29	-1.72	21.06	22.49	9.19
1900	7.01	-8.71	-0.42	-23.61	41.74	38.21	-1.92	-37.73	46.64	14.97
1910	-17.86	0.39	7.58	-10.34	-5.43	81.66	-4.19	-21.71	10.51	30.45
1920	-32.91	12.72	21.74	-3.25	26.16	30.01	0.34	28.75	48.22	-17.17
1930	-33.77	-52.67	-23.07	66.69	4.14	38.53	23.82	-32.82	28.06	-2.92
1940	-12.72	-15.38	7.61	13.81	12.09	26.65	-8.14	2.23	-2.13	12.88
1950	17.63	14.37	8.42	-3.77	43.96	20.77	2.27	-12.77	33.96	16.41
1960	-9.34	18.71	-10.81	17.01	14.57	10.88	-18.94	-15.21	4.27	-15.19
1970	4.82	6.11	14.58	-16.58	-27.57	38.32	17.86	-17.27	-3.15	4.19
1980	14.94	-9.23	19.61	20.27	-3.74	27.66	22.58	2.26	11.85	26.96
1990	-4.34	20.32	4.17	13.72	2.14	33.45	26.01	22.64	16.11	25.22
2000	-6.17	-7.11	-16.76	25.32	3.15	-0.61	16.29	6.43	-33.84	18.82
2010	11.02	5.53	7.26	26.51	7.52	-2.23	13.42	25.08	-5.65	22.34
2020	7.25	18.73	-8.78	13.71						
Average	-4.74	1.63	1.76	8.21	9.09	26.58	6.58	-2.68	13.01	10.88

Source of Raw Data: slickcharts.com.

return.

Bear markets were most likely to occur in the early years of a new decade, as well as in 6 and 7-ended years. Even so, the 10-year cycle has limited predictability as it is based

on averages over long time spans. Thus the realised short-term outcomes may deviate considerably from the ideal trend. From history, 2025 is a 5-ended year and thus it should be another excellent year for

the DJIA. However, the US will be plunged into serious recession and a bear market, if the economic policies of an unhinged President Trump are adopted.

As always, only time will tell.

Settling back into school with enthusiasm

by Miss Blackie

As the school year kicks off, Coffee Camp students have returned to their classrooms, and it's clear that the bonds of friendship have remained as strong as ever.

Many students were excited to reunite with old friends, and being back in a familiar setting has created a lively and positive atmosphere around the school.

Whether it's catching up on summer stories or diving straight into learning, the students have shown that they were more than ready to return.

This term, cross-country training has proved to be a popular start to their physical education routine.

The students are already getting into their stride, learning the importance of fitness and teamwork, all while enjoying some friendly competition.

The classroom activities have also seen a boost in enthusiasm. As the school gears up for NAPLAN, students have been practising with daily questions, sharpening their skills and boosting their confidence in preparation for the upcoming tests.

They have approached their practice questions with positive energy, focusing on mastering new techniques and boosting their test-taking abilities.

One of the highlights of the term



Excursion to Queensland Museum

has been the fascinating project-based learning unit on Ancient Egypt.

The students have been captivated by the mysteries of the past, diving into research, exploring pyramids, mummies, and pharaohs.

Their creativity has flourished as they explore and bring this ancient civilisation to life. The excitement surrounding the unit has been contagious, with students discussing their findings and sharing insights with the teachers and each other.

A memorable experience that complemented the learning unit was a school-wide trip to the Queensland Museum. Students explored the

museum's incredible collection of ancient Egyptian artifacts, gaining first-hand insight into the rich history of this civilisation.

The chance to see mummies, sculptures and ancient relics up close left a lasting impression on the students, inspiring even deeper curiosity about the past.

As the school year progresses, the excitement and energy from the Coffee Camp students continue to shine.

With the combination of reconnecting with friends, focusing on their studies, and immersing themselves in projects and hands-on learning experiences, it's clear that this term is off to a fantastic start.

Learning opportunities for primary students

by Chloe Willis, Year 3-4 teacher

The 2025 school year is off to a fun and exciting start at Nimbin Central School. Primary students have been engaging in learning opportunities in and outside the classroom.

Students from kindergarten through to year six have begun our primary buddy reading program. Senior primary students become leaders, taking younger primary students in groups for reading.

Students have absolutely loved this program so far, with our senior primary students taking on the initiative of leadership.

The buddy reading program provides a connected learning experience for all primary students, allowing them to come together as our primary community. We are very excited to continue this program throughout the year and see our primary students



flourish.

On 21st February, primary students from eight years old and above were given the opportunity to represent our school at the Terania District Swimming Carnival at the Memorial Baths in Lismore.

This was a fun-filled day for our

students, getting to participate in competitive races, inflatable lilo races, and cheer their friends on from the stands. We want to congratulate Year 3 student Kayden Taylor, who broke the record for 50 metres freestyle! Well done to all students who went along to the swimming carnival.

This year, primary students are given increased opportunities to learn outside the classroom. Recently students explored their beautiful school through a nature walk of the grounds, finishing in our agricultural area.

Students identified vegetables and fruits, inspected our native beehive, and observed our chickens. This was an exciting learning opportunity for students.

We hope to continue to provide students with more of these fantastic opportunities. 2025 is going to be an exciting year at Nimbin Central School.

Sports field make-over

by René Norwie

Term 1 is in full swing at Tunttable Falls Community School. It's an exciting time of year, big with changes all round for our little people, new classrooms and teachers and all the rest!

Last year, the Committee made plans to re-turf the school's sport field over the summer holidays, a much-needed project and, can I say, it was a great success! Funds raised at last year's School Fete went towards this project.

Unfortunately, the day we chose was the same day as the major storm event that rocked our shire and beyond. Just as we started that morning, the heavens let loose, and the carnage began! With trees down all through the valley we had to chainsaw our way back home and wait for it to pass.

When we regrouped, Scottie took the lead, and the team managed to get all the turf laid. It was a solid effort by all involved, and as the day progressed more helpers came to lend a hand.

Past students who have since grown up showed up to lend a hand, and they smashed out heaps of work, giving us oldies a run for



our money! It was great to see these lads giving back to the school they once went to. A big shout out to everyone who pitched in!

The kids are so eager to kick a soccer ball on the field and it's been an exercise in patience watching the grass grow. And finally, after a few weeks of well-spaced rainfall, the field is looking lush and ready for lots of fun and games.

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Just let them!

by Magenta Appel-Pye

A friend recommended that I listen to a podcast by Mel Robbins (www.melrobbins.com) about her revolutionary theory, 'Let Them'.

It shows us that we can't ever be in control of others. Hell, I often have trouble controlling myself. Instead of trying to get them to do what you want, you basically tell yourself "Let them." Then you let it go.



I tried it and it has changed my life. When I say to myself "let them", I experience this wonderful freeing up of my mind and energy. I no longer feel that I have to use my valuable energy trying, usually unsuccessfully, to get someone to do something that I would like rather than just letting them be their own person.

Even if you can see that it will not end well, you cannot and should not try to protect others from making their own mistakes and failing and therefore learning the valuable lessons that we make over the course of our lifetimes.

This is how we develop knowledge and wisdom. It is kinder to step back and let them fail so they can grow and learn. Don't rescue others.

It's all about radical acceptance and is actually a purer form of love than trying to get others to change to be how you want them to be or behave.

Of course, there are three caveats that you must step up when necessary:

- If someone is doing something dangerous or discriminating against you.
- When you need to advocate for your rights, and
- If they continuously cross your boundaries.

Many people fall in love with someone's potential rather than who that person is in the present moment. People can and do change but only when they are ready and willing to do so; not because someone expected or nagged them to. We must let our loved ones be who they are not.

It is good to learn the skill of being able to detach, as anyone who has a teenager knows full well.

You can choose to prioritise emotional peace over control. I now use "let them", particularly "let him" and I have never felt so relaxed in my life. The peace of mind to think that I don't have to keep pushing him to do something he obviously can't or won't is fantastic.

I have put a notice on the fridge 'Just Let Them'.

At a wedding, the groom looks at his bride and thinks, "I hope she stays the same forever." The bride looks at the groom and thinks, "I can't wait to change him."



And it's Zac McDonald in car 51

by Marc Le Bars

On 8th February, Zac competed in the Qld State V8 Dirt Modified Title in Toowoomba, where he came 2nd in the state.

He thought it was a tough battle, but his car was extremely manoeuvrable and he was able to place the car anywhere on the track and still be fast. His car ran really well and he managed to make good lap times.

The following weekend in Sydney at Eastern Creek Raceway he qualified first in the feature, after two heat wins. Unfortunately, the raceway committee decided to invert the grid positions which meant he had to start last. Even with that setback, he worked his way around the competitors and came 2nd, a good achievement considering.

Next race was the Australian Title held in Warrnambool Victoria. On Night 1 of qualifying in Heat 1 he started 10th and finished 6th.

In Heat 2 he started 2nd and came 1st.

In The Silver Dollar Feature, he had started 3rd but had a mishap and got a huge front push and unfortunately lost many positions and finished in 8th. In all, he gained some good points along the way, and was sitting in 10th on the Points Board after night 1, which he was somewhat happy with, because the track was very rough and hooked up which

doesn't usually suit him.

On Night 2, Zac started 5th on the grid and won that heat and the next heat he won as well, from 4th position.

Over the past six heats he had accumulated enough points to be placed second on the grid to start the Australian V8 Dirt Modified Title for 2025.

Zac and his pit crew had worked extremely hard in January to get to this point.

The race started with all hearts pumping faster than usual. It was a good start with lots of holding breath from the spectators. Zac was racing hard; he was banging the dirt berm that was against the wall and was in 2nd place trying to battle for the lead.

10 laps of this had family and friends on the edge of their seats and cheering him on loudly. There was an accident further back in the field, which caused a caution orange light.

From that point onward something

in Zac's right rear tyre gave in and he had very little traction to drive his car forward enough to keep up with the lead position. Later he found that the tyre was down to canvas.

He never gave up though, and persisted in his effort to get a placing.

8th position wasn't what he wanted, but is still a good position. He was disappointed but really proud of how hard Team 51 had worked.

He had given the guys with huge amounts of money to spend, and ones with bigger motors in their cars, something to worry about.

In each of his speeches, after each heat win, he always gives appreciation to his dad, Johnny Mac, who drags his car to the races and to his pit crew, Lewis and Callan, who busted their butts working on the car.

Also, he gives recognition of his hometown, Nimbin.

He will be racing in Nyora, Victoria next. Good luck Zac



Heading into the 2025 football season



by Reilly Fitzalan

It's that time of year again, the Nimbin Headers are back after the historic success on and off the field last year for the best little club in Australia.

Our Championship-winning senior men's team are back in action this month with the ANZAC Cup starting.

Our boys were drawn in Pool C with Pottsville

Beach FC and Suffolk Park FC our opponents.

The first game of the season will see us take on Pottsville Beach FC, an opponent who last year beat us in the opening round of the cup.

Revenge will definitely be on the cards for this fixture.

All in all, our top men's and women's teams are looking in good shape, with Torsten leading our championship winning men's team again

this year, continuing his tenure of unprecedented success at the club.

Our women will be led by Rhyl Chaplin who begins his senior coaching journey with us this year. The women will be looking to go one step further this year, with last season seeing them go up into League 2, winning a final and being one game away from a Grand Final appearance.

We are however still

needing more players to fill out our remaining squads.

No matter what level of skill you possess or experience with the sport you have, the Headers try to have teams available for everyone to play in, so come on down to the cub and have a chat, or DM us on Facebook or Instagram and we'd love to chat all things football with you.

We will be holding a club open day on Sunday 23rd March, all are welcome to come down and get acquainted with all things Headers. Keep an eye on our socials for more details to come.

Upcoming home fixtures

- 02/03/25: ANZAC Cup Open B Men's v Goonellabah at 2.30pm
- 02/03/25: ANZAC Cup Open A Men's vs Pottsville Beach at 4.30pm
- 07/03/25: ANZAC Cup Open B Men's vs Dunoon United at 6pm
- 07/03/25: ANZAC Cup Open A Men's vs South Lismore at 8pm

Nimbin Crossword solution

From Page 31



RESILIENCE

The art of practice

by Susan Paget

It's nearly impossible to go through life without having experiences that push us to the brink. Be it a natural disaster, a job loss, a health crisis and everything in between, this human existence is going to deliver circumstances that will bring us to our knees.

And it's when those times happen that we often encounter the word 'resilience' – the action of bouncing back and summoning up our inner strength so we can put one foot in front of the other. Businesses are even built off the back of this concept often cropping up in the wake of a catastrophe.

But lately I've been thinking that maybe we're going about resilience the wrong way by treating it as an afterthought. What if we turned resilience into a practice during times when it's not in demand?

What if we focused on ways we can nurture our inner strength before a tough situation goes down, so that we've got a foundation that's at the ready to support us?

Here are three easy ways to bring a resilience practice into daily life:

Physical endurance

Even the most minor life setback is immediately registered in the nervous system. When it comes to resilience, it's pretty simple: a strong body is going to be in a much better place to weather a storm than one that hasn't moved purposely. For that reason alone, now is the time to get serious about your fitness.

Lately in my workouts, whether it's yoga, walking or weights, I remind myself that I'm doing it so

that I can be as strong and pliable as possible to face a worst case scenario. Using the body for resilience training has had a much more powerful impact on my commitment to exercise than vanity.

You could easily apply the same "I'm training for resilience" logic to mental practices such as meditation.

Affirm resilience

An affirmation is a positive simple sentence in the present tense that's used like a mantra to help create a new belief. An easy resilience practice is to simply affirm that you're resilient. A resilience affirmation practice embeds that we've got the strength, courage and wisdom to be able to deal with anything that comes our way.

The simplest affirmation that can be done on a daily basis, anytime, anywhere is "I'm resilient." Say it to yourself a few times right now. How does it make you feel? Do you believe it? If you don't experience confidence, that might give you an idea of how important this practice could be for you.

Micro resilience challenge

Normal life is full of moments that aren't huge ordeals but still piss us off, depress us or stress us out. If we can simply notice when we're in the middle of them, they can be perfect opportunities to test out how strong our resilience muscle is.

I treat these every day dramas as a micro resilience challenge. I can usually identify them because I'll notice a physical sensation such as the adrenaline of anxiety. This serves as a trigger for me to say to myself, "Okay, I'm in a situation that requires resilience to get me through. How am I doing right now? What do I need to do to take care of



myself?"

Most importantly I'm able to ask myself: "Given how I'm feeling right now, how would I cope in a very serious situation? Would I have what it takes to be resilient?"

This challenge allows us to determine if we're on track with our coping skills. Or it might reveal that we need more support than we think, which is a huge gift because it's so much better to be aware of where we land on the coping scale sooner than later.

Practising resilience daily puts our coping skills in their rightful place, to the front of our mind rather than a desperate afterthought when disaster strikes. The bonus of having this constant focus on resilience is that we're cultivating a stronger mindset every day that helps with general mood regulation.

We can deal better with whatever's in front of us. And when life happens, as it eventually will, we'll know we've done the work so that we'll be at our most ready, once we catch our breath, to get back on our feet.

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: theartofpracticeofficial@gmail.com

Use your head: Drive to conditions

by Harry Gumboot

Last month a friend with 30 years' driving experience made a snap decision to pull over rather than risk being sandwiched between a tailgater and an oncoming vehicle on the wrong side of the road.

Fortunately, the spot they chose was a mix of lantana, old fence posts and a couple of small saplings, and they walked away unscathed. Unfortunately, their much-loved, two-door hatchback was a write-off.

The other vehicles, recent model SUVs presumably equipped with a plethora of safety gadgets, continued on their way.

It's simple physics: If you can't maintain your trajectory without crossing the centre line, you're travelling too fast. A similar law applies to stopping distances.

Air bags, power steering, anti-lock brakes, and all the other gadgets that come with big modern cars, do not excuse you from driving to conditions.

Along with factors like lighting, weather, and road surface, these conditions can also include the 50-year-old kombi travelling just below the speed limit, the hesitant pothole dodger, or the P-plater limited to 90kmh (one year) for red, and 100kmh (two years) for green.

How to divine if the green P-plater got their licence

yesterday or is about to transition to their red Ps next week, is something I'll leave to the Cullen Street soothsayers.

The NSW Traffic Act requires one to maintain a two-to-three-second gap (effectively one car length for every 10kmh of speed) behind the vehicle in front.

I often wonder what might happen if I enforced this rule from the front by adjusting my speed to comply with the space between me, and the vehicle behind. The law might say I'm hindering traffic, but I'd claim I'm driving to conditions.

Unfortunately, the magistrate who might entertain this argument is no longer sitting on the bench.

People say 'just pull over', but how do you do that? Do you risk going bush like my friend, or do you wait for a clear section of road such as Coffee Camp, the Koonorigan turnoff, or the Goolmangar store? And why should one pull over in the face of bullies?

It's Big Car Hegemony: A similar mindset to the one that allows supermarkets to close the corner store, mining companies to disenfranchise indigenous communities, and empires to invade their neighbours.

If you subscribe to this attitude, I suggest you keep driving the next time you go to Lismore.

The Pacific Highway is where you'll find your tribe.



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