

# Releasing the past

by Marilyn Devlin



Moon surrendered to shadow... shooting stars crossed the stunning star-filled early morning sky.

I got to witness one of Mother Nature's miracles; it took me to a deep well of ancient emotions... stored within my body. I came back and wrote....

Where am I in time and space? Who am I... and where do I belong? Ancient lands vibrate beneath my skin... my breath is caught in the anguish and the pain. The shock of being no more.

Who am I when I'm changing all the time? The steps I tread – are taking me where? The roads I travel both rugged and smooth... the joys, the tears; the beauty I know. Oh where do I belong?

Secrets exposed – in split seconds they reveal. The magic in everything tingles my skin.

The deep deep sadness – so many unshed tears. The times of black... smoke burning my skin.

My eyes alert, fears to be found... hiding, hiding and it's not a game. So much before... but here is now. Wiping memories from centuries

past. We carry it all beneath our skin.

Something has occurred – the powers are great. Nothing happens without changing us forever. My body is still... the depth carved deep within. Releasing the darkness been stored in my cells.

Memories are vague – feelings are real. So much we carry that doesn't belong. As the Moon went dark – surrendered to the shadow... shadow was revealed to be honoured and released.

Endless tears... unshed, unexpressed; weigh our body down interrupting the flow. Let it move, let it shake... let it go, it's time.

Letting go of lifetimes... experienced and witnessed. Times of darkness embedded under our skin.

Rest and renew... great blessings have occurred. A new life, a new chapter... the container cleansed. Rest now little child... place your head upon the pillow. The past is no more... open wide to the new. Allow yourself to not know.

These times are bigger than any one of us can comprehend. But there is one certainty... that the source of all is Love.

## ASTRO FORECASTS

by Tina Mews

## WHAT'S HAPPENING IN THE HEAVENS?

### Aries

This is a period where tapping into your deepest creative potential can bring amazing insights and a new direction for applying your energies. Connect with your heart's desire, because your heart is your personal GPS. Nevertheless, until late August you have to move with caution in following your plans.

### Taurus

The transformative energies of the moment favour the ending of old attachments that have lost their meaning. Let go of 'old stuff', may it be material, emotional or spiritual. Revive your home life and family relationships with fresh enthusiasm. From end August onwards it will be easier to follow through with your plans.

### Gemini

Maintaining a flexible attitude is the key for embracing and integrating new information. This could be a good time for entering a new study course which ultimately will transform the way you perceive the world. This is also an important period to review and refocus your deeper motivations.

### Cancer

Self-worth and security issues might be on your mind, as well as coming to terms with the fact that nothing is solid or permanent in this world. This could be a quest of having faith in yourself while focusing on what is essential, lasting and true. You might have to re-negotiate your contracts with others to achieve better outcomes.

### Leo

You are on a journey of discovering the 'new you!' Think out of the square, acknowledge your inner drive to live according to your heart's desire. Acknowledge the 'other' as the mirror of your soul and your unlined potential. If you find that your daily routines are holding you back, re-view, re-assess and put down a new work schedule.

### Virgo

Your dreams might provide important clues about your soul's needs and wishes. Surrender what you cannot control and trust that all will work out without you interfering and trying to micro-manage the details of your life. If you experience a setback in your creative projects, re-focus and find a way to re-kindle your enthusiasm.

## August

We are still in an eclipse season which climaxes on **August 11 with a Solar Partial Eclipse in Leo** which follows the total Lunar Eclipse from July 27/28. A Solar eclipse is a powerful New Moon. Events that fall near eclipses take on increased importance and work out unexpectedly. So, let's make space for surprises and transformative changes! An eclipse carries a message for the world; in Leo it points towards changes or crisis involving leaders or leadership in general. We are encouraged by the cosmos to live our authentic self and thus contribute to the world that we are co-creating. Eclipses are energetic portals and new doors could open, preparing the way for life changing opportunities. There is a special intensity in the atmosphere, when eclipse energy is combined with Leo energy. Leo is a fire sign and signifies passion, the expression of our personal truth, generosity and creativity. As an archetype it represents our desire to shine as brightly as the Sun and follow our own destiny. This 'double' Leo/eclipse period offers a fantastic opportunity for re-connecting with our own essential being, our heart's desire and exploring what is truly important to us. On the other hand, this can be a very emotionally charged and heated period during which it is essential to find creative outlets for this extra portion of fiery energy.

The current eclipse eventuates during a Mercury retrograde period (until August 19), correlating with a time of review, reflection and re-orientation especially regarding the direction of our lives, our purpose and self-actualisation (Leo). It is advisable to be observant, allowing the eclipse energy to settle before making big steps. Notwithstanding, Mars is retrograde until August 27 providing another celestial imperative to move with caution and to think things through



before taking action. Then we are well prepared to move ahead with our plans once Mars is back up to speed late August. The Leo eclipse is an invitation to move into our heart space and feel into our personal truth.

What makes our heart 'sing' or 'sink'? What gives joy and how can I cultivate happiness? It is also about developing confidence into one's own strength while facing one's fears and nurturing resilience. When we are aligned, we can share our gifts with the greater world, may it be our community, group or tribe.

**Mars retrograde** in future oriented Aquarius is in a stressful alignment with **Uranus in Taurus**, the planetary energy symbolising abrupt changes, rebellion and reform during August 1 -6. Then, Mars retrograde is conjunct **the Black Moon Lilith** from August 7 – 14. These are all indicators that we are entering a period of inner restlessness and uncertainty, when unresolved issues from the past might suddenly emerge out of the dark, which is further stimulated by the current eclipse energy. We could also slip back into old patterns of behaviour (South Node) that don't serve us. On the other hand, **the Mars/Lilith/Uranus/South Node** combination correlates with the humanitarian desire to fight injustice that is based on archaic privileges and assumptions of entitlement which are endemic to institutionalised structures and power positions. We might be empowered to clear stagnant energies by incorporating new approaches for dealing with old problems.

### Navigation by the Stars:

Personal and/or Relationship Astrology; Life Cycles and Your Year Ahead: Plans, Directions, Concerns for 2018; email: [star-loom@hotmail.com](mailto:star-loom@hotmail.com)

**Weekly Classes:** "Astrology for Beginners: Planetary Themes & Aspect Patterns", Tuesday evenings 5.30 pm – 8 pm, starts August 28 at the Lillifield Community Centre; for bookings and info email: [loom@hotmail.com](mailto:loom@hotmail.com) or contact 0457-903-957.

### Libra

Explore your own creative potential and contribute to the world by recognising your role as co-creator. Connect with your authentic core instead of trying to please others. You might have to review how you have been handling your assertiveness in your home environment.

### Scorpio

Align your inner reality with your outer role in the world. Being noticed for who you are is essential but simultaneously can strengthen old fears of being exposed. Believing in yourself and trusting in your innate resourcefulness is the key to success. On the other hand, you might want to rethink and re-organise your current projects.

### Sagittarius

Be open to new information which has the power to expand the walls of your perception. Examine your beliefs and observe old ways of thinking. Let them go and replace them with fresh insights that further your self-confidence. You might also review the way how you handle your resources and plans

### Capricorn

The alchemical processes of the moment allows for transformation, the shedding of what is not essential in order to discover what is lasting and true. There is the potential of healing ancestral themes if you embrace this journey into the inner dimensions. This is a good period for re-assessing your personal initiatives and motivation.

### Aquarius

Reflect on your agreements with others. Relationships that are solid and satisfying will be strengthened, while partnerships that have outlived their time may end. Feel inspired to grow and evolve. Feeling fulfilled and valued is important to your spiritual development and impacts positively on your general well-being.

### Pisces

This is a great moment in time for changing habits and daily routines that have become too stagnant. Establish a new balance between mind, body and spirit. Enrich your daily life with creative activities that make you feel happy and fulfilled. It is also a good period for re-assessing your greater goals and making the modifications that are needed before you can push on.





# Nobody abuses my child

by Neva Gold

This is a sad story of a daughter, a sister, a mother and a grandmother Like all sad stories – perceived shameful – this one has remained tucked away in the hidden folds of memory, ironed out over and over and over.

Over and again, until from sheer exhaustion, this story begins to demand attention despite the heartache, recriminations and reliving of the past. (Coincidentally it demanded attention on the very night that Eurydice Dixon was brutally raped and murdered.)

A teenage party, alcohol and a fifteen-year old girl gullibly going off with a boy who wanted to ‘show her something’. What he showed her was the mirror image of herself she has carried through her life; a reflection of who she really is. That is what she believed it demanded. A reflection is after all, a reflection – unless confronted it remains hidden.

But one day she shares it with her mother. The next day there is regret and an

attempt to push it back into the folds of her mind, never mind the ongoing and increased anxiety and depression. At least it is safer there, allowing her to cope in her way, with her life.

She has a mother who cannot let sleeping dogs lie, who cannot allow history to repeat, who has to – in some way – redress the past. A mother, who needs to share an age-old story and bring into the open a subject that needs to be addressed.

And what of this boy, now a man? Does or doesn’t he acknowledge his act? Or does he still try to believe it was consensual as he did when he informed the peer group the following day? Is he too fighting demons? Does he have daily reminders of what he did as he walks the streets?

He is a father. He is a father of a daughter. What will he think on the eve of her fifteenth birthday as he wishes her happy birthday? Will he protect her from harm, knowing now what harm can come to her? Will he speak to her from his own heart? I hope so.

## Response to Neva’s story

by Deborah Rose

This story demonstrates how much more needs to be done so our children understand about healthy and respectful relationships. Let us teach them how to change the culture around rape. Let us undo the social script of our time: change the beliefs, behaviours and values that have been seen as ‘normal’ in our time. Let us not decry all men, remembering that we stand in this together if we are to bring about social change for our daughters and sons.

This is about educating men and woman alike. Dr Melissa Kang from the University of Technology Sydney believes that the #MeToo movement can be used as real life example in classrooms to initiate important conversations, to look at sexual consent and the rights of teens, teaching boys how to listen for ‘yes’ or ‘no’. Kang continues in *Teacher Magazine*, “I think what #MeToo has done is it’s really trying to shift the burden across the line to say ‘this is not just about women having to learn about how to say no and stand up for themselves, this is up to men just as much as women.’ “

As a community let’s talk about it, do something, create a space for conversation, a place for sharing, a place of safety. Let’s stand together to make the changes for a safer environment for our teens now, and as they move into the workplace.

If you would like to be part of this conversation, please email: [intotheopen@outlook.com](mailto:intotheopen@outlook.com)

# Nimbin Crossword

2018-08  
by 5ynic

- ### Across

  - \_\_\_\_\_ crazy? Fry.
  - (Baby coliban) potato
  - \_\_\_\_\_ coffee? Alcoholic?
  - Draw water through capillary action
  - Neuter (horse)
  - Creep (one twelfth of a foot at a time?)
  - For example (init.)
  - Lunch staples
  - (5,4,2) Spoon the fat over the yolk
  - Not out
  - Carbolic?
  - Rear
  - Wild pig
  - Hide? Throw (at)
  - Ruse? Avoid
  - Hearty
  - Move up
- ### Down

  - Languages
  - Iranian currency
  - Was Madras
  - Top dog
  - (4,3) blue tongued, wrinkly dog
  - Hits, soundly
  - Beware! (Latin)
  - Party
  - Lead in your pencil
  - White ant?
  - Lube (init.)
  - Oceanfront
  - Alcohol withdrawal (Latin) (init.)
  - Sib’s kid
  - Shrek’s bride?
  - Sweet (Greek) treat
  - Pound
  - Six balls
- Solution: Page 37

# Nimbin Trivia Time

by Sue Stock  
Know your Tweed

## Questions

- Where is the only winery in Tweed shire?
- When was Tumbulgum originally established?
- What was the original name for Cabarita?
- Who was Fingal?
- How high was Wollumbin/Mt Warning once?
- Who named it Mt Warning?
- Where is there another Tweed River?
- What does Uki mean?
- How long ago is it estimated that Aboriginal people have been living in the Tweed?
- Where was Margaret Olley’s home at the time of her birth in 1923?

## Answers

- Carool, which is high in the hills
- 1840.
- The original name was Bogangar meaning ‘place of many pips’.
- Fingal was a mythic Celtic giant who reportedly was responsible for the Giant’s Causeway in Ireland.
- Two kilometres. It is now 1157 metres above sea level.
- Caprain James Cook.
- In the Scottish Borders region of south-eastern Scotland.
- She lived at Horseshoe Creek near Kyogle.

# NIMBIN BOWLING, SPORT & RECREATION CLUB Pty Ltd

## 2018 ANNUAL GENERAL MEETING

Sunday 26th August, 9.30am  
in club rooms at 25 Sibley Street, Nimbin

Business: Financial Report  
Election of Office-Bearers

Please bring your Membership Card

# Star-loom

Navigation by the Stars

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Tina Mews

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# Has Your Hot Water System Been Checked Lately?

Ever Heard Of A Sacrificial Anode?

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Cutaway section of a typical electric hot water heater

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## Normal Mon-Fri Week

Leaving	Arriving
Lismore Transit Centre 7.00am	Nimbin – Main St. (Park) 7.30am
8.00am	8.45am
12.00pm	12.35pm *
2.35pm	3.10pm
3.20pm	4.15pm
5.30pm	6.00pm

## School Holidays


Leaving	Arriving
Nimbin – Main St. (Park) 9.00am	Lismore Transit Centre 9.35am
12.45pm	1.15pm *
3.25pm	4.10pm
6.05pm	6.35pm

No Public Holiday Service  
Wheelchair access available  
Some buses connect in Nimbin for operators to Murwillumbah

\* Mondays & Thursdays Only



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**Did you know?**

All our links are clickable in the web edition.  
Visit [www.nimbingoodtimes.com](http://www.nimbingoodtimes.com) and click away!

## Tuntable Preschool visits Aged Care Unit

by Maree Conroy, teacher

We recently visited the Aged Care Unit at the Nimbin hospital again.

Last time we visited, we sang for the residents. This time we thought we would do watercolour painting with the residents, so that we could connect more naturally and get to know one another. "We are visiting our elders," said Sofia.

The watercolour paintings were done in small groups of two children with a preschool staff member and resident doing watercolour painting together, or alongside, if the resident didn't want to paint.

Christine, a resident, enthusiastically painted with Juno and Jeevan with a big smile on her face.

Many of the residents commented on the beautiful colours of the watercolour paintings and we left them



Aged Care resident Christine watercolour painting with Tuntable preschoolers, Jeevan and Juno

for residents to decorate their rooms afterwards.

One hospital staff member said, "This is definitely the highlight of their day," referring to the children's visit.

The children were very excited to meet a resident, Jean, who is 102 years old!

"Can you believe that she's 102?" said Leo.

Jean spoke to the children about life in Nimbin during World War 2, and about the performances, movies and dances that were regularly held at Nimbin Town Hall.

The children listened attentively to her stories.

Jean told us she has eight grandchildren and 12 great grandchildren.

Jean said, "Gee these kids are well behaved," referring to our pre-schoolers... and they were.

Two parents of our preschool children work at the hospital. Max said, "My mum works here." Juno said, "My favourite part of the day was visiting my mum's work."

It was a lovely experience with mutually reciprocal benefits for both children, residents and their families, and both preschool and hospital staff.

We would love to make this a regular part of our programme – connecting with the elders in our community.

Thank you to Cushla Lobb, nurse and parent, and to Tracey Sheehan, Nurse Unit Manager at the Aged Care Unit at Nimbin Hospital, for allowing this to happen.

## Preschool now taking enrolments

Please phone or call into the preschool in Cecil Street Nimbin (in the Showgrounds) for a tour of our beautiful school.

We welcome all children who are three and over from 8.30am 'til 4pm five days each week during the school terms.

We offer children an opportunity to direct their learning in stimulating ways; including gardening, woodwork, cooking, painting, storytelling, puppetry, sculpture, science and technology, construction and design.

Coming soon is a forest school program that will embed learning in a natural bush land setting.

Our team of professional teachers and educators are dedicated to developing and maintaining positive compassionate relationships with all our children so everyone feels safe to flourish. All our team members are highly trained and have had extensive experience in early education.

We also have an educational support dog (pictured) who assists all children's emotional regulation and facilitates children's positive behaviour towards animals.

Our preschool was rated 'Exceeding in all areas' in National Assessment. Call in for a visit, we have limited vacancies available now.



## New director at Cawongla Playhouse

by Leanne Logan

Cawongla Playhouse is excited to welcome our new director, Stephen Gallen. Stephen is a local with a lifetime of experience in early childhood (EC) education. From primary teaching and directing children's centres to working as an EC consultant, Stephen comes to us with a wealth of knowledge and dedication.

"I have lots of ideas and am feeling really energized and enthusiastic about bringing some of these to the space and growing an ongoing vision with children, educators and families," Stephen said.

"I have a strong interest in play-based, arts-based education for young children. For me, most of all, a preschool is a place where children have the opportunity – in a supportive, stimulating environment – to make connections and participate in community with others."

Stephen accepted the position of director last month and will take over the reins in full within a couple



Stephen Gallen with members of the preschool community

of weeks. With so few male educators in early childhood, I asked Stephen what sparked his passion for working in this vital field.

"I come from a long line of teachers – four generations of primary school teachers – so I guess that teaching is in my blood. I originally planned to do primary school teaching, but came across an EC teacher who explained how they desperately needed more men

in the sector. I learnt that I could do an EC qualification that would also qualify me to teach primary so it was an easy choice to make.

"Once I studied the EC approach to child-centred learning, I was hooked. I began teaching at primary school level but realised that child-centred and child-led education was what I really believed in and I found I loved working with the younger

children. Their energy and enthusiasm for life and learning is so great to be around," Stephen said.

As an EC consultant for the past decade, Stephen has supported educators, services and organisations. His list of focus areas is impressive, including curriculum planning, growing effective teams, educational leadership, working with nature and adventurous play, building relationships with children and designing learning environments.

"Cawongla Playhouse has such a rich, strong history and such a beautiful setting. I'm really excited to join the community on their ongoing journey," Stephen said.

To meet Stephen and our other educators, join playgroup or enrol your child (aged 2.5 to 6 years) in a quality and nurturing learning environment, please feel free to call us (tel 6633-7167) or pop in (5325 Cawongla Road, Cawongla) at any time between 9am and 3pm Tuesday to Thursday. We welcome you.





# Bundjalung Day at NCS

Nimbin Central School celebrated our Bundjalung Day at the end of last term enjoying a range of activities and presentations for students from K-12.

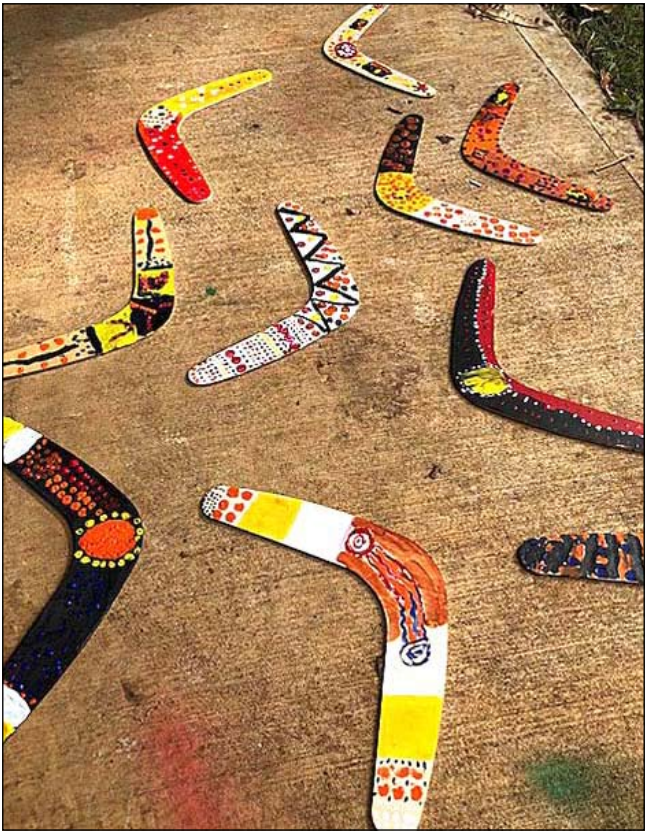
Students were immersed in a traditional smoking ceremony and welcome to country from Gilbert Laurie. Gilbert's stories of our region and knowledge of his culture engaged us throughout the day.

The students were also entertained by a highly enthusiastic performance from Philip Greene who taught them all about Aboriginal survival technology in the form of museum quality artefacts and hands-on activities.

The mentors from AIME also showed us some basket-weaving techniques before we indulged in a fabulous traditional Aboriginal lunch made by our Food Technology students.

To end the day, a brilliant performance by the Bundjalung Kunjil Dance Troupe had us all up and dancing.

Thank you to all those who assisted on the day as the



community support is what makes this day so successful!

**Playground upgrade**  
New retaining walls, security fencing and a lick of paint have transformed Nimbin Central School's Primary climbing zone into a much safer and student friendly playing area.

The work was carried out by Al and Marc over the holidays and was a surprise for the students and staff on the first day back.



## French Corner

by Aurelie Billot

It's been five years since our French family happily moved to the Nimbin region.

From the beginning, I noticed that the place boasted substantial German and Japanese communities, but it was only recently that I realized there was also a certain 'French connection' and definitely a French interest around Nimbin, especially after the regular 'Tour de France' and the victorious 'Coupe du monde de football 2018'.

Hence, I have decided to offer French language lessons and promote French culture in the area. Many people want to learn basic French in order to travel in France (sort of survival kit in French country). Others want to achieve better marks for their exams, while some are looking to gain cultural awareness. More than a few are hoping to keep their brain sharp and fit by the mental activity involved.

So, in this short article, I will touch on a topic related to understanding both French language and French culture.

One of the first things you discover when you learn a language is how it changes the way you look at things.

With the French language, it may be surprising to realise that each noun has a gender! When talking about the sun (le soleil), the beach (la plage), the man (L'homme), the car (la voiture), the cow (La vache), the computer (L'ordinateur)... you deal with gender (blue for male and pink for female). Unfortunately, there is no strict rule about it and statistically you are 50% likely to be right even when you guess!

It is often said that French words ending with the letter "e" are more likely to be female... yes, but let's not make it a rule as the exceptions would make a whole book! Learning French is like wearing your pink and blue French glasses and will definitely add a funny touch to what you see!

Even countries have a gender! But there, a rule does apply! If the name of the country (in French) ends with an "e", it is female! If not it is "male" and if it ends with an "s" we don't mind its gender as it is considered a plural country. Can you believe it!

So, what gender is your country 'Australie'? and what about 'France'? 'Japon'? 'Allemagne'? 'Etats-Unis'? 'Italie'? 'Portugal'?

À bientôt!

Douce France, French Language Centre offers private/small group tuition, conversation classes and Immersion programs to adults, HSC students and homeschooled.

Visit: [www.douce-france.com.au](http://www.douce-france.com.au) or email: [douce-france@yahoo.com.au](mailto:douce-france@yahoo.com.au)

# Medication or meditation

If you're using anti-depressants or any other potentially addictive substance on a daily basis, your initial reason for doing so was probably to solve a problem, to make things better, or less bad.

So ask yourself now how effectively are your chosen daily substances doing that job for you, are they providing the desired result or have they become a problem in themselves, on top of the original one, further entrenching the notion that a depressed and anxious mind state is something we just have to live with.

While such substances, including anti-depressants, can play a part in the process of our personal evolution, they are only meant to be transitional and are not sustainable or desirable as a long term dependence. When there's nothing else in place they could even be considered to be useful in the short term.

The trouble is that due to their nature we can end up spending a large part of our lives lost in the altered reality that they create, insecure about just what might happen if we were to let them go.

I just want to say that from my experience it is possible to escape to complete freedom from depression and those dismal thoughts about this existence being just too hard for me, or that too many bad things have happened to me for me to ever be whole again.

I've been to the other side and have the proof and the experience to know that there is a whole other viable reality, where the only role for substances (and I'm not including pharmaceuticals here) is for that of occasional recreational and therapeutic pleasure. If you want something that works for the day-to-day, look no further than the age-old practices that have been provided for our sustainable and balanced wellbeing, where the body is stimulated to provide all the chemical relief we may need.

Before embarking on this journey and letting go of our current transitional methods, it is important to get the best supports in place, to ensure our success and make it a one-way path. Search for the best G.P. and get practiced in really letting them know about your wants and needs, good health is only possible when these factors have been considered.

Psychology is available to all of us, find the practitioner that suits you best, and again give yourself permission to be an expert at fully opening up. In between sessions make as much use of telephone counselling services as you need, if you're suffering, don't hold back, they are there especially for you. There are support groups like the ones provided by Intra and Grow where you can mix and find mutual support with others on the same path, discovering that you're not on your own with this can be a revelation.



by David Ward

Research your nutritional needs and don't run yourself down, consult the How to Quit Book by Patrick Holford, talk to the many naturopaths available through the health food stores and apothecaries. Experiment and have faith in the alternative therapies on offer, the subtle things will work if you believe and give them a chance. This is your life, you may as well get completely involved in it and be fully supported by your community.

Start your yoga practice, have confidence and faith in yourself and understand that for truly life changing results it needs to be visited six to seven days a week. Build up slowly with a little each day, wake up to your intuition and observe what happens when you simply take these steps. Follow the book Journey Into Power by Baron Baptiste for perfect guidance in this practice.

And maybe most importantly of all begin your daily meditation practice, in my experience the more basic it is the better, simply sitting comfortably for about 20 minutes, following your breath, overcoming that sense of restlessness and impatience that keeps us from commitment and progress, like a deer in the headlights. Again just watch what happens and listen to the feedback that comes from those that observe you.

This has been the last thing to fully fall into place for me, it has been the most gentle while at the same time the most profound element of my transition, just doing it every day is the main key to transformation, what could be more accessible than a nice rest in a comfy chair once or twice a day, its far from complicated and it's 100% safe.

This isn't just important for you, the more of us that travel to the other side and come back with the knowledge, experience and evidence of this other reality, the healthier our communities will be.

*The Vital Choices Program offers proven strategies to end all addictions. Phone David on 0447-820-510.*

## HANGING ROCK'S GOT

# Talent

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