

Same same, but different

by Auriele Billot

Learning a new language involves not only mental activity and cultural awareness but also a lot of fun! When learning French, you will soon increase your vocabulary, which is always an excellent cognitive task.

At times, when you don't know a word you might try to paraphrase, mime or use an English word with a French accent... and it may work! I personally do that in English and in many cases it is correct or people understand what I meant to say.

How come? Well, French and English languages share about 33% of their words and this is mostly due to what happened in 1066. The date refers to the battle of Hastings that Norman 'Guillaume le conquérant' (William the Conqueror) won.

Once crowned King of England, he gave lords' lands to his Norman close friends and

imposed Norman French as the compulsory language for the nobles at court.

Hence, we find so many English words close to the French ones in fields linked to the exercise of power such as administration, justice, religion and defence but also in fields such as arts, fashion, architecture, gastronomy, for they were part of the nobles everyday life. As a consequence, most words ending in 'ture', 'ent', 'ous' and 'ty' are derivated from the French language.

Sometimes however, the meaning of two similar words can be very different. We call this 'faux amis' (literally 'false friends') which is false cognate.

Famous ones you may have heard come from French politicians. Mr Macron, the current French president, when he visited Australia, thanked both the Australian prime minister and his 'délicieux' wife... I remember this caused a certain unease in Australia...



Indeed, French people use the adjective délicieux/délicieuse ('delicious') for food places, moments and persons. We would describe someone pleasant whom we enjoy the company as 'delicious'. It is quite a nice thing to say, but it obviously doesn't work in all languages.

Another one was by Ségolène Royal in her position of Minister of Ecology.

She publicly congratulated President Obama for his 'engagement' to renewable energies

and biodiversity... In fact, in French the word engagement is the equivalent of commitment... no comment.

A good thing for any learner and especially HSC students is to target some of these false cognates to make sure of using them appropriately. For instance, "finalement" close to the word 'finally' means 'in the end' and "éventuellement", close to 'eventually' means 'possibly' and the list goes on and on...

Good to know! Besides, if you want to boost your French before your French speaking exam, you can book for a 2-day exam preparation in August at Douce France (Dates:10-11/08 or 17-18/08). A bientôt!

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

Thinking about learning French? Visit www.douce-france.com.au or email: douce-france@yahoo.com.au Find us on FB for more resources on French language and culture!

ASTRO FORECASTS by Tina Mews WHAT'S HAPPENING IN THE HEAVENS?

Aries

Your domestic life is now at the centre of your attention. This is a good moment in time for renovation work and projects around the home such as landscaping, planting a garden or doing the changes you always wanted to do. The days between June 12 – 21 could be deeply transformative especially if you are born during April 7 – 16. Channel the powerful energies into a worthwhile project.

Taurus

This is a perfect period for creating some comfort and beauty for yourself and your loved ones, even though you might have to deal with a lot of change. Appreciate your own achievements and feel gratitude for all the gifts and blessings that you can enjoy. Venus in Taurus trine Pluto can bring many goodies right at the beginning of June.

Gemini

This is the time of the year where you have or just had your solar return, the birth of a new year ahead. What is your vision for the next 12 months? Make it a year where you can move beyond self-imposed dogmas and restrictions! The Full Moon period (June 16 -17) could be very inspirational for you. Follow your dreams but do not stretch yourself too far out; be confident but not gullible.

Cancer

Take time out for resting, reflection and relaxation because it is an important period for getting in contact with your inner self. Know that you have the resources available to make things happen or transform stuck energies into a worthwhile cause. Nevertheless, you might have to deal with set-backs and challenges during June 12 – 21. Keep your calm and be aware that discussions could turn into arguments.

Leo

This is a very social time for you lions and lionesses, maybe even a great period for a meaningful gathering with new and old friends. There is a lot of artistic potential that needs to be shared. The Full Moon period (June 16 – 17) might be inspirational for working on your vision. Nevertheless, be careful with investing your money or energy into a particular project before having done your proper research.

Virgo

Staying grounded in the here-and-now is a must! You could fly away with your imagination, especially during the Full Moon period (June 16-17). Find a balance between your far-reaching ideals and that what is logistically possible to achieve. You win when you incorporate other people's points of view into your planning. The current weeks are important for re-orientation towards what is most important to you.

June

Life seems to speed up during the month of airy, mutable Gemini (May 21 – June 21). Gemini is agile, curious and multi-tasking, seeks diversity and variety and can see any situation from multiple perspectives. Mercury, the messenger planet and ruler of Gemini journeys through the sign of the Twins until June 4, when it enters the watery realms of Cancer, just hours after the New Moon. Mercury is a great networker and supportive of Gemini's quest to reconcile differences by merging intellect with emotion and spiritual ideas with material needs. In Cancer, Mercury strengthens our emotional intelligence and we are encouraged to listen to our intuition. On an interpersonal level, communicating means listening to the other and making sure that the message has been received the right way. However, this might be at times not as easy as it sounds!

This New Moon in Gemini on June 3 marks the beginning of the next lunar cycle. We are encouraged to put thoughts into action. The New Moon is in a stressful square with Neptune in Pisces and opposite Jupiter in Sagittarius. The task is to follow our dreams without stretching ourselves too far, being confident but not over-optimistic. Jupiter and Neptune have been forming a waning square all through 2019, with its first exact pass back in January. The second exact alignment will be on June 16 and the last one in September. Jupiter in formation with Neptune correlates with times of great hopes, big ideas and forming visionary goals but on the downside this square aspect signifies deception and disappointment when expectations aren't met. Nevertheless, 2019 is the year where we have to dismantle old beliefs and value systems so that big ideas that are born now can manifest in the years to come.

Another major player during this month is Mars, planet of war and aggression. Mars is in emotional Cancer until July 2 and intensifies the current Saturn/Pluto/Node conjunction - symbolic for our conventional structures and systems of power and control. Pluto is the higher octave planet of Mars and Mars often plays the catalyst for this slow moving outer planetary heavy weight. Mars in Cancer is highly self-protective and acts in a passive-aggressive way if he feels threatened or insecure. So, the days from June 12 -June 21 can be highly volatile as Mars in Cancer moves in opposition to Saturn/Pluto. On the negative, this planetary alignment signifies a driving need to confront others and fight until the end. The difficulty is that unresolved issues can easily flare up especially for



those (people or countries) who have important planetary placements at 15– 25 degree in the cardinal signs (Aries, Cancer, Libra, Capricorn). When used wisely, the powerful energies active during these days can be transformative and healing. On a personal and collective level, it can give the strength to face any challenges and persevere with whatever needs to be done. Pluto is the ultimate force of psychic purging through which old karma can be cleared, cleansed and eliminated.

The Full Moon on June 17 in Sagittarius opposite the Gemini Sun highlights the need for finding new meaning and purpose during this time of polarisation and global restructuring. Mercury, the messenger planet and ruler of versatile Gemini, conjoins with Mars and the North Node while opposing Saturn/Pluto. It could open the channel for brainstorming and the gathering of new ideas while moving beyond set boundaries and polarised positions. We have to keep a calm and open mind to avoid discussions turning into arguments. Luckily, Mercury and Mars form a harmonious trine with Neptune in Pisces; it puts an emphasis on compassion and a willingness to understand the other's point of view.

The winter solstice follows on June 22, when the Sun enters the feeling sign Cancer. The focus shifts toward caring for others and the planet, family and home. It correlates with the longest night and shortest day in the southern hemisphere. Cancer is a cardinal sign, like Aries, Libra and Capricorn; each of them introduce a turn of season by marking the solstices (Cancer-Capricorn) and the equinoxes (Aries-Libra). They are therefore regarded as carrying a dynamic, initiating and goal oriented influence. The solstice chart reveals the archetypal themes for the new season. Neptune starts its five month retrograde cycle which could increase current levels of confusion and uncertainty. However, it is perfect timing for moving within, reflecting and concentrating on activities that nurture our soul and spirit.

Navigation by the Stars: Personal and/or Relationship Astrology; Life Cycles and Your Year Ahead: Plans, Directions, Concerns for 2019/20; contact Tina on 6689-7413 or 0457-903-957, email: star-loom@hotmail.com

Next 1-day Workshops:
"Astrology and the Healing Arts", Saturday June 22nd, 10am-4pm; at the Lillfield Community Centre; 4505 Kyogle Rd, Wadeville
"Planetary Relationships, Themes and Aspects" Saturday July 20th, 10am-4pm; Living Yoga Sanga, 63 Stuart Street, Mullumbimby
For all bookings and info contact 0457-903-957 or email: star-loom@hotmail.com

Libra

This is the month for making a move in the right direction, if you feel hungry for fresh impulses and mind expanding experiences. Nevertheless, there might be some hurdles to take before you really can move forward. Feelings of responsibility to home and family might hold you back, counteracting your need to be out in the world. Take it as a lesson in assertiveness training. Embrace the will to initiate change versus staying with what feels familiar.

Scorpio

This month can bring important endings and new beginnings, possibly new business ideas that will be tested for their viability. Invest in projects that can provide you and others with fresh purpose and meaning. Your greatest challenge is to keep strong feelings under control. Instead of arguing your point, convince others through sharing your vision.

Sagittarius

This may or may not be a fruitful period for having an honest discussion with your partner, depending on the approach you take. Sharpen your eyes and ears and do not jump to conclusions prematurely; there are some deeper energies at work at the moment. Be optimistic and pro-active, but know when you over-reach yourself. Available resources have to match the desired projects.

Capricorn

Current confrontations with others seem to be of a karmic nature and have to be dealt with carefully. There are things that can be left behind and others that you must attend to. Focus on projects that nurture the whole than just following your personal ambition. This is also the time of the year when you need to pay attention to your health.

Aquarius

This is an expressive period for you, where you can be playful, creative and deepen your own sense of identity. The task is to bring head and heart together and enjoy life. You might especially appreciate sharing quality time with a few good old friends. Health and daily routine are also in focus at the moment and you might want to use this period for improving your overall condition.

Pisces

During this period, you might use your imagination for going on your personal vision quest to find guidance within. You may be having second thoughts about a goal you once felt sure about and need more time for reflection. Learning to live with insecurities is the key. Rise above your doubts and have more faith in yourself.



by Marilyn Devlin

We share so many similarities and yet we're individually unique. Our life path has been exclusively crafted for us alone And no-one can walk it but us.

My curious nature has served me well. So to my Virgo Sun's discriminating and expansive focus on healing. I began my training in 'Natural Medicine' during my 50th year. Mind you, I'd taught myself astrology when I was twelve; my initial interest and curiosity focused on the mind and psyche. Took me a while to turn my attention to the body. I'm glad I finally got there.

A cycle occurs around our 50th year - when Centaur Chiron returns to the degree he occupied at the time of our birth. Chiron is a small solar system body orbiting the Sun between Saturn and Uranus. Chiron was considered the most important Centaur in Greek mythology... famous for his teaching ability, wisdom and knowledge of medicine.

In astrology he's often referred to as the 'Wounded Healer'. In our birth chart he points to where we have healing power as the result of our own deep spirit wounding. Chiron's wound goes deep and absorbs a lot of our focus. It can strongly influence our life journey. Thus the wisdom and knowledge learnt on this quest can be substantial.

When I was fifty I experienced my first nervous system 'crash'. My nervous system had been a sensitive part of my anatomy. Contracting the polio virus when I was three years old left it somewhat compromised. The 'crash' was severe... labelled a 'nervous breakdown'. It started me on a search. My gifted curiosity and healing focus was set into gear. I needed to find out what was going on.

We exist in a holding space of wholeness... a unique and masterful intelligence manages the entire operation. Yes, chaos exists but only as an integral part of the whole. The focus is always within the circle... the whole, complete and unified. Everything has a purpose,

everything exists together working towards a unified existence.

During the 20 years since my 50th year I've continued my learning, expanded my curiosity and experience... and continue to be amazed at the awesome intelligence and regenerative capacity of the human body.

'Healing' isn't always a smooth and easy path. Sometimes it can mean walking through the fire. Sometimes it hurts, sometimes it knocks you flat. There are times when I've wondered if I'll make it through... then I come out the other side. I don't take these things for granted... I'm grateful for each and every opportunity.

'Cause I know that when I 'heal' my world heals. When my focus changes... the world around me changes. When I'm shining my light, the world around me lights up. One of the greatest things I can do is to heal myself.

Our brain consists of three parts - the Cortex, Limbic and Primal. Our primal brain is our instinctual brain, our drive for survival... and so often influences our unconscious behavioural responses. Our limbic brain is responsible for much of our emotional experience - our motivation, learning, feelings and memory. And the more familiar part of our brain - the Cortex is responsible for processing our different sensory experiences - for thinking, perceiving, producing and understanding language.

We often operate from cortical reasoning... what we think, what we see and hear; the physical world around us. It's important of course but not exclusively. We need our ancient instinctual knowing, that immediate activation in our gut. Our extra heightened senses, our awareness of threat and danger. We need to know we're safe.

We need to be emotionally connected. We need to feel, to understand the complex nature of life. We need to feel the current, flow and connection that runs through everything in our natural world. We need our emotional intelligence to be truly functional. We need all parts of our self on board.

Nimbin Trivia Time

by Eclectus

Questions

1. What is the world's most consumed meat?
2. What eight-letter English word has five consecutive vowels?
3. Where would you find a semilunar fold?
4. Are these items associated with the arts, sciences, medicine, philosophy or the military?
 - a) Maginot Line;
 - b) Heimlich Manoeuvre;
 - c) Brute Force Method.
5. What is a margay?
6. How are Greek philosophers Leucippus and his pupil Democritus, Roman poet and philosopher Lucretius, American expeditioners Meriwether Lewis and William Clark, English botanist Robert Brown and German/Swiss physicist Albert Einstein linked by pinkfaries?

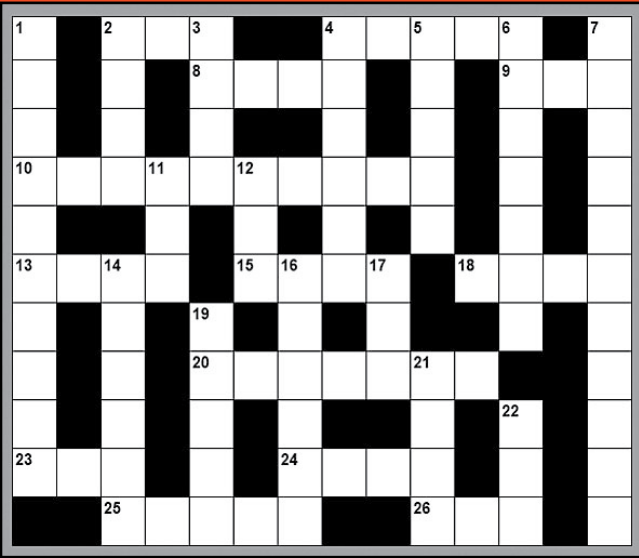
- Answers
1. Pork.
 2. Queening.
 3. In the corner of your eye.
 4. a) The military; b) Medicine; Belgium; around it through France, the German army invaded by going Unfortunately for with Germany. of the border almost the length the 1930s stretching fortifications built in a series of French The Maginot Line is a) The military; in, respectively. water out and eyeballs for keeping sand out, which they find useful woodpeckers have real nictitating eyelids Camels, crocodiles and eyelid.
 5. The margay (Leopardus wiedii) is a small wild cat of Central and South American forests
 6. Brownian motion or pedesis, the apparently random motion of very small particles suspended in fluid is the link; Leucippus and Democritus proposed the existence of atoms in the 5th century BC (the Greek word "atom" means "uncuttable"); Lucretius observed and described the apparently random motion of dust motes in sunlight in 60 BC, postulating that they were moved by atoms; Lewis discovered the wildflower pinkfaries (Clarkia pulchella) in 1806 and Clark first described it
 - 1974, the method has been largely replaced by other techniques such as mouth to mouth resuscitation. Allegations of fraudulent case studies have been made against Heimlich but he is reported to have used the technique to save the lives of two fellow retirement home residents who were choking.
 - c) The sciences: The Brute Force Method is a direct proof algorithm used to solve mathematical problems by testing every case. The name is a reflection of the method's inelegance, inefficiency and impracticability in most cases.
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Nimbin Crossword

2019-06

by 5ync



Across

2. Roald Dahl's sympathetic titan (inits.)
4. Ignition (of an idea?)
8. Earth's satellite
9. Anger
10. It doesn't matter?
13. Richard
15. Purposes
18. Friends and countrymen
20. Saying?
23. Beat thoroughly
24. Six balls
25. Wheat, rye, barley...
26. Not yang

Down

1. Barça & PSG attacking midfielder
2. Run away, in nut?
3. Glue, stick!
4. Plain (potato chips)
5. Be _____ not alarmed
6. One eighth of a kilobyte
7. Triangular pyramid
11. I have no idea (text message?)
12. Good up the sleeve
14. Programming
16. Shoulder lock? British Admiral
17. At Thredbo & Perisher?
19. Buddhist shrine
21. "_____ a care"
22. Handcannon

Solution: Page 23

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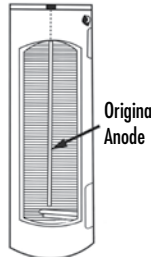
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Budding artists *shine* in art fair

by Piaf Rengger-Thorpe

Once again what was the Autumn Arts – now the Nimbin Art Fair – has come and gone with spectacular artworks displayed by our community.

Nimbin Central School appreciates the continued support to exhibit in the back room of the Town Hall and participate in this beautiful display of community.

We exhibited works from all students in the primary and a selection of students from the secondary school, from year 7 to year 12.

A number of students sold their works during the exhibition, and we had fabulous feedback by community members on our students' talent.

Someone commented, "You must be very proud" and we are! Great work Nimbin Central School on demonstrating what talent and community spirit you have.



Cultivating character in our kids

by Marga Helms,
Educational administrator

The experience with the election and following the political life in Australia the last years has brought up the question of character for me.

Where are the authentic personalities who have mature judgement, sound decision-making that is guided by a vision for a better social order, a non-violent world and a sustainable future for our earth and all living beings depending on it?

The cultivation of character is an important educational task. Character qualities take time to develop. As with trees and other living things, *time* is the true test of value and success.

A Steiner school provides a rich soil from which young human beings can grow over time. Rather than assessing each year and quantifying learning in percentages and scores, our teachers look for results that may take decades to become fully manifest.

I'd like to share some ingredients

for the cultivation of character which can be found in the curriculum and methodology of a Steiner School: There is a community building effect in the class teacher staying with the same student group from class 1 to class 6 to class 8. Long-lasting relationships are formed.

Interdisciplinary learning supports contextual thinking to be able to see the world holistically. Crafts and an emphasis on practical skills teach children a can-do attitude and a connection to the world around them and provides many opportunities to overcome obstacles and develop confidence in the students.

There is a strong emphasis on co-operation and collaboration rather than competition, resulting in problem-solving in a group setting. In outdoor education, the students discover a feeling of wonder in nature and develop a lifelong respect and reverence for the environment. And a limited use of media in the early years develops imagination.

The teachers see every single child with reverence and give their full attention to

the unfolding individuality of each one to find their path in life. Emotional and intra-personal intelligence is developed, and children can find their own ways of learning in search of knowledge that can ripen over time into wisdom.

Committed and involved parents contribute to perseverance and resilience in the students. Rudolf Steiner's approach to child development, knowing the right time that the essential worth and dignity of the unfolding human being, remains the number one priority for teachers and parents.

Our children deserve a character education that focuses on capacities (not just skills) that can withstand the test of time. Imagination, problem-solving, social sensitivity and critical thinking, people with character, compassion and integrity are the bedrock of a just and sustainable culture/future.

If you would like to know more about Rainbow Ridge School for Steiner Education, please call on 6689-7033 and make an appointment for a school tour.

Educating about voting and democracy

by Stephen Gallen, Director

Cawongla Playhouse has been a polling station for both of the recent elections.

This required us to clear our main play/work space at the end of the week in preparation, so that election booths could be set up.

It also meant that when teachers and children returned to preschool on the following Tuesday, we were met with these strange giant cardboard sculptures inhabiting our space (having been voting booths in a previous life).

Obviously this provoked many questions from the children – most of whom had come in for a special Saturday visit to preschool while

parents voted.

This led onto some knotty discussions about voting, government and democracy. What do these words mean? And what relevance do they have for the children and their lives? Does government mean being 'in charge'... being the 'boss'? Or does it mean being 'responsible' and 'caring for' country?

These are concepts and words the children are more familiar with and have some experience with. But who gets to be the government? Who decides and how?

Voting was a new and strange concept to the children, though they are quite used to the idea that it won't be them who get to have



a say. (Who decides who gets to decide?)

While 'winning' and 'losing' and the idea of contests were very meaningful and relevant to their own lives – the actual mechanics of voting and the idea of the majority winning seems very strange to them – they are generally very critical of this and feel it's quite unfair.

The idea and processes of representative democracy are not self-evident or obvious to them – a reminder of the ways in which the things we take for granted can be stranger than we remember.

Preschool opens Tuesdays, Wednesdays, Thursdays, 9am-3pm. Playgroup each Tuesday morning. Phone 6633-7167.

Sean Ardern

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Learning together in nature

by Lisa Boyd, teacher

Tunable Falls Community school promotes child-centred, sustainable values, unique experiences and integrated learning in a peaceful rainforest environment. Our children learn and play in a safe, creative and natural environment.

The relatively recent move back to environmental education, particularly in regards to sustainability has been driven by research about how important children's connections with nature are.

Beyond the physical play afforded by natural spaces, children benefit so much from manipulating natural materials in natural play spaces. Nature is a critical element in children's health, wellbeing and development.

Working at the school, I see first-hand the benefits for students. Students with a link to place and community have a strong sense of agency. They are capable, confident learners. They believe in their ability to



shape and commandeer their learning and experiences. Tuntable Falls Community School children construct their knowledge in social ways, benefiting from the strong community values tangible in every aspect of the school.

Students have the amazing gift of many adults and friends who each contribute skills, knowledge, and care to our school environment.

In this caring, supportive

environment, students enjoy a sense of belonging and this dependability and security allows them the space to explore, learn, and make mistakes.

It is the way students are regarded as knowledgeable and competent learners that is so important at Tuntable.

When students know they are supported by others who believe in them, they truly can do anything!

Our new sculpture

by Romulus Torzillo, aged 5

First we pulled apart our old one, and we should make a new scarecrow.

A scarier one, with sharper teeth and scary eyes.

We need it to work – to scare away the kookaburras and magpies so they don't eat our lunch.

It's very important – so we don't starve to death!

We are gonna use some metal and a tiny little washer, we might use it for the nose.

Maybe we could use the electrical wire, one's blue and one's yellow and green. It could be the eyes, maybe.

We are gonna put it in the exhibition when it's done.



Daisy May Southey, aged 4 working on the sculpture at Tuntable Preschool Photo: Romulus Torzillo

From little things, big things grow

by Andrea Soler



Nestled in the Nimbin Community Preschool veggie garden is our latest project coming to fruition: a creative outdoor play area, which will become the preschool's garden potting shed and mud kitchen.

This will be a space for children and the community to learn more about gardening, growing food, and cooking.

Recently there was a working bee where the formwork was built, ready for the concrete slab.

Many thanks to our families who give their time, Ralph at Nimbin Building Supplies for supplying materials, and the Nimbin A&I Showground for being supportive of this wonderful project for the children of Nimbin Preschool.

Out and about in Nimbin

by Carina, Annalyce, May & Isabella
Educators Nimbin Early Learning Centre

This month we ventured over to a local café ReKa, where we enjoyed a milk shake and a donut.

All the children got to go up to the counter and pay for their meals.

It was lovely to sit around a table together and enjoy a snack and have a chat with Katie who served us.

We have also been exploring the grounds around the community centre and we weeded the garden behind our centre which is located in the community centre grounds.

We have enjoyed a picnic under the trees near the stage and searching for fish in the pond.

Please feel free to call the Centre on 6689-0142. We are open Monday to Friday 8.30am-5pm.



Nimbin Headers

Headers Grade 14 team second division

by Linda De Milford

The Nimbin Headers hosted a string of exciting home games over the weekend of 18th and 19th May, showcasing not only fabulous local football, but also our beautiful club grounds and hospitality.

Results from the weekend's competitive games included:

Grade 12s Saturday game Nimbin 1- 3 Richmond Rovers;

Grade 12s Sunday game Nimbin 2- 2 Goonellabah;

Grade 14s div 2 Nimbin 3- 2 Bangalow;

Grade 14s All Blacks Nimbin 8- 0 Bangalow;

Women's 4th div 0-0 draw with Italo Stars;

Women's 3rd div Nimbin 3-1 Bangalow;

Men's 2nd div Nimbin 3-2 Byron Bay; and

Men's 7th div 1-1 draw with Bangalow.

Visiting players and spectators from across the Northern Rivers made the most of the beautiful sunshine and sublime setting of the Headers' club, with many enjoying the delicious homemade Nimbin pies and sausage rolls on offer from the well-run canteen.

The raffles were also popular raising much needed funds for the ongoing development of the club's facilities. The next raffle prize includes a Gym membership for two at Discover Fitness, Nimbin.

Tickets are available at both the Header's club and the Greenbank and the winning ticket will be drawn in June.

In other news, the Header's Women's 4th division team is excited to have recently

taken delivery of their new team strip featuring sponsorship by the Nimbin Hills Real Estate. Thank you to this local business for the much needed sponsorship.

The club is also extremely grateful for the opportunity to continue running Wednesday night raffles at the Nimbin Hotel, with all proceeds going to the club. Prizes for these raffles include weekly meat and vegie trays and are drawn on the night.

Our featured team this month is the Headers 14s division 2. This hard working team includes both male and female players and is a combination of age groups ranging from 12 – 14 years old.

Some of these young Headers have been playing together since they were 6 years old, sharing life-long friendships.

They are coached by two local young men Ruben Mack and Uri Ross, both Header's players themselves, who are guiding and mentoring the team into a cohesive unit.

The team trains on Wednesday afternoons, with a focus on drills and fitness, followed by a friendly game against the 16s each week.

Team management is by Linda De Milford, with bench support by Rye Levy and Daniel De Milford as needed.

Each week is bringing improvement as the team is developing and getting stronger. So far the 14s have convincingly won two games and are currently sitting at 5th on the ladder.

A real community feel is developing amongst the team's players and families.

We are excited to watch the continued growth of this young team. The photo features the 14s after their recent win against Bangalow at home in May.