

ASTRO FORECASTS

WHAT'S HAPPENING IN THE HEAVENS?

by Tina Mews

Aries

These are emotionally challenging times. With warrior planet Mars in your Sun sign until early next year, your will power is on the increase. Care has to be taken not to get into unhelpful arguments especially during July 5 – 10. Power struggles with authorities are a possibility. Focus on remaining grounded and strengthen your inner foundation. A well working domestic situation is important now and requires your attention.

Taurus

Rethinking and revising your personal story could lead to new revelations and insights. This is an important soul-searching process of reclaiming and healing. There might be something new to learn from your siblings, other relatives, or neighbours; something you did not know before could be uncovered and change your perception.

Gemini

While Mercury is retrograde until July 12, you will find it more difficult to communicate your thoughts in a clear manner. This is an invitation to move within, channel your feelings and own them. Strike a balance between your own needs for security and comfort and the same needs of other people. Personal finances come into focus now and how well you have taken care of them.

Cancer

Before we can fully embrace the future and build a better, more fulfilling life for ourselves, we need to clear and heal the past. This has been an extra intense and significant season for all Cancerians. In many ways, your personal courage has been tested and you received a boost in confidence. Take this moment in time to reflect on where you have come from and where you would like to go next.

Leo

You have started working on a new perspective. Remember that time spent in waiting is never lost. You can now develop faith and trust in a larger plan that develops from the depth of your intuition. This is a good time to let go of some of your fears that you are not doing enough or are not perfect enough. Regard yourself as being on a quest, in search for your special destiny.

Virgo

This is a period when friends and involvement with groups becomes increasingly important. To avoid running empty, balance your need to engage in collective goals with time and energy spend on your private projects. Reflect on the value of team-work and working communally. The personal feeds the collective and the collective inspires the personal.

July

The current process of global transformation creates a lot of uncertainty. While the Sun is journeying through the sign of Cancer (June 21 -July 22) we receive a cosmic reminder to keep foundations strong and remain anchored in our inner centre. Cancer symbolises our earliest psychological roots, our patterns of belonging, personal security and ancestral lineage. It signifies the capacity to feel and care for others, especially for those who are included as part of our tribe, family or culture. Themes concerned with redefining who belongs or is excluded from belonging and subsequently treated differently have lately entered our collective consciousness. **The recent Solar eclipse at the Cancer solstice point (June 21)** symbolised a rebirth of feminine values: on a higher level, Cancer represents the 'Great Mother' principle of giving and protecting all life and all beings; on a deeper level, when the archetype of the Crab is activated our subconscious mind is triggered. Core safety issues that have laid dormant underneath the surface can suddenly break out of their protective shell. **Mercury is retrograde in Cancer until July 12** guiding us to reflect on these issues. What has been 'normal' to us because of our earliest upbringing and subsequent socio-cultural conditioning might not be valid anymore and might require new patterns of relating and connecting. Nevertheless, clear and forward communication is not that easy when the messenger planet is in reverse motion as our perception becomes more internalised and less logical. We have to be aware that misunderstandings or even communication break-downs are more likely to occur during this time. We can never assume anything or take anything for granted when Mercury is retrograde! It is a good idea to double-check everything and be mindful of the smaller issues that need attention.

The Full Moon on July 5 in Capricorn is also a Lunar eclipse. This eclipse season features three eclipses instead of two adding to the overall intensity. Lunar eclipses affect us on an emotional level. The eclipsed Moon is opposite the Cancer Sun. The Cancer-Capricorn axis is concerned with issues of security, safety and protection. While paying attention to our feelings and personal needs, we must also take responsibility for our own 'stuff'



as unresolved issues from the past might be activated.

The Full Moon is opposite Mercury retrograde and forms an irritating square with Mars, Chiron and the Black Moon Lilith in Aries. Impulsive Mars in Aries pushes us to act and do something about perceived injustices.

However, it is not the best moment in time to resolve

conflicts as we might be drawn into an unproductive argument. On a collective level this could mean that those who feel disadvantaged or deprived of their rights, demand to be heard and given a voice. Mars, the warrior planet will spend an extended period in willful and independent Aries, stretching over the 2nd half of 2020. Collectively and personally we will face many opportunities to strengthen our authentic self and deepen our will to stand for our truth. On the other hand, clashes with authorities are likely especially during August until mid- October, when a daring Mars conjoined with a justice seeking Lilith are squaring the powerful and commanding Jupiter/Saturn/Pluto conjunction in Capricorn.

The New Moon in Cancer on July 21 picks up on the themes already activated by the Cancer eclipse that took place exactly one month earlier (June 21). The three outer planets Jupiter, Saturn, Pluto are all in retrograde motion in Capricorn and opposite the New Moon. This could well indicate another wave of the pandemic (retrograde Jupiter/Saturn/Pluto) that forces us to stay home again (Cancer). Overall, we are in a collective process of rewriting our history. The challenge is to deeply explore popular beliefs and question our attachment to established concepts. Whose story is included in forming our world view and whose reality is left out of our history books – and what are we going to do about it? On a personal level, we might continue with the process of 'deep soul clearing'.

Navigation by the Stars: Personal and/or Relationship Astrology; Life Cycles and Your Year Ahead: Plans, Directions, Concerns for 2020/21; contact Tina on 0457-903-957, email: star-loom@hotmail.com

Astro-mornings at the Lillifield Community Centre: Thursday 9th July: 'Retrograde Planets'; Thursday 12th July: 'The Saturn-Uranus Cycle of Breaking with Tradition'; 10.30am – 1pm

New Beginners course starts soon: Please contact me for further information: mobile 0457-903-957, email: star-loom@hotmail.com

Libra

The pressure is on as working from home continues. Career goals have to be balanced with domestic duties and responsibilities. Co-operation in your partnerships is required which could cause some unpleasant arguments. Use the Mercury retrograde period (until July 12) to reflect on your true needs in this matter.

Scorpio

During this period, your desire for travel and expansion of your horizons is activated but current restrictions force you to put your plans on hold until later. Inclinations to study might be frustrated by changes to higher education. So, you are asked to be in the hear-and-now and adapt to the current circumstances. Remedy frustration with lots of self-love and self-care.

Sagittarius

The focus is on activating the deeper layers of your soul. Reflect on your emotional and spiritual needs. What gives you comfort and security and what is the level of comfort and security of those close to you? The process of the moment requires the shedding of what is non-essential. Set priorities and work on a plan.

Capricorn

Meaningful and nurturing relationships are strengthened now, while those that do not work out or make no sense can end suddenly. This is a powerful time for ending deep-rooted relationship karma. Reflect on your agreements with others. Do they inspire you to grow and evolve? Take extra care when signing contracts while Mercury is retrograde (until July 12).

Aquarius

The focus is on your personal health, work practices and daily routine. You might be called upon to transform entrenched habit patterns and establish a better, healthier lifestyle. Deal with the necessities of everyday life and be organised. Have a grand vision and use the Mercury retrograde for developing a step-by-step plan how to get there.

Pisces

More independence is needed for you to strike out on your own individual path. Be willing to take personal risks and you will get there where you want to be. Step outside your familiar ways and allow yourself to be seen. Use the Mercury retrograde phase (until July 12) for sorting out your priorities.



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New beginnings

by Marilyn Devlin

As I sit to write, dawn's not far... light begins to infiltrate the dark. My limited view through the venetian blind.

The first bird continues his solo song. Another joins him... two now arrived up in the breakfast tree. Well at least that I can see with my ears. A soft pitter-patter of raindrops sound on the roof. We've had rain visit often these last few months. I've been feeling somewhat water logged. Craving Sun and Fire.

I miss my fires at the property. Life here on the coast has been another flavour entirely. I've missed a lot from my time in that sacred place. It's taken some getting used to this living amongst the mangroves... surrounded by so much water.

But change is afoot... I can smell it in the wind. Of course collectively we're in a time of Big change... but it applies to us as well. As above so below, what's inside is out and vice versa.

I've resisted my time here. Crazy as it seems when surrounded by an abundance of incredible natural beauty. But life isn't just what we see. It's also what we feel.

Seems this journey here has been majorly significant. One could ask... "Why wouldn't it be?" Reminds me again of my Father's favourite mantra... "There's no such thing as a coincidence." Everything has a purpose... even if simply by our choice. And how exclusive is our choice? Is it free of any influence? I'd say not. Everything influences everything else.

We can't live without being influenced... consciously, unconsciously, mentally, emotionally, physically, genetically, energetically, inter-planetary, cosmologically, galactically etc.

So are our choices objective?

I did my first Vision Quest. And, on that extraordinarily powerful 'Winter Solstice Solar Eclipse on the World Axis Point'. What an opening that was. The Vision Quest was the finale of the three-week Soul Quest Challenge I'd undertaken.

Which was preceded by two weeks of Nature Sit Spots – one hour each day sitting in nature and observing, listening, feeling, seeing. I experienced my sight expand. My ears became more highly tuned. My eyes softened to the world around me. Being gently present.

Doing the Soul Quest Vision took my focus inside. Listening to that deeper voice at the core of me. The me that's always there. The voice that's guided me, directed me.

I was anxious about the vision quest. Where to do it. Especially with so much wet boggy, mozzie thick nature about. The Quest was from dark to dark. Dark before dawn to the dark after sunset.

I finally managed to make it happen, and on the big day. What surprised me was how difficult it was. Contained within a three metre circle, water fasting, observing myself and my surrounds... I never imagined it could be so gruelling.

But yes there was magick and many messages. Venus as my guide began my quest... she looked resplendent as the Morning Queen. The only one visible in the dark... she was surrounded by an aura of glittering mist. And the sounds of the ocean coming to meet the land.

Some things were highlighted. The ocean completing my journey here. It's been a major one. I was called and I came... my bravery and trust were acknowledged. A cycle was brought to a close.

The incredible loving generosity of the Fantail that danced around me for hours and hours... as I endured the peak of my resistance. The Peewees, brazen as they are, popping right into the centre of my circle.

The many doorways I saw in the trees... so many possibilities. The images of Dragon and Wolf. The Enchanted Forest... reminding me of 'home'.

Since the quest, I've noticed changes. In me. They're subtle but obvious... I've shifted. I'm looking in another direction. I'm taking my eyes from the past. I'm looking ahead.

It's been a powerful crossing into this second half of 2020.

Nimbin Trivia Time

by Eclectus

Questions

1. This is the fastest sailing vessel on the planet. How fast can it go? Score a bonus point if you know its name.
2. The Dominican Republic and Honduras recently had their claims that Australian laws were a barrier to world trade rejected by the World Trade Organisation. What was the issue?
3. Awarded annually, the Booker Prize is widely regarded as the most significant recognition of literary excellence in the English language. Since its inception in 1969, four Australian authors have been successful. Who was the most recent Australian winner in 2014?
4. What is the most unprecedented thing of the Coronavirus era?
5. Is the term parthenogenesis used in architecture, biology, literature, mythology or theology?
6. Where does Michelangelo's *Last Judgement* hang?
7. Which enduring Euro electronic music group has been going since 1967, with its latest line-up change (unsurprisingly!) in 2020?
8. In 1965 an Italian industrialist and a Scottish scientist gathered a group of like-minded thinkers to deliberate on the causes and potential solutions to the great problems of mankind. In 1968 they formed an organisation since described by the President of Germany as "the conscience of the world. In 2019 it launched a Planetary Emergency Plan. Can you name the organisation and the aims of its plan?
9. What sport played since the 15th century and enjoyed by many (including Abraham Lincoln, Babe Ruth, Bob Hope, Charles Dickens, Eclectus, George Armstrong Custer, George Washington, Immanuel Kant, Jackie Gleason, Lewis Carroll, Louis XIV, Marie Antoinette, Mark Twain, Mozart, Napoleon, Theodore Roosevelt and W. C. Fields) is scored through cannons, losing hazards and winning hazards?
10. Are Barred Skipper, Chequered Copper, Imperial Hairstreak, Painted Lady and Plumbago Blue: 19th century English novels; birds; butterflies; erotic 20th century artworks; flowers or gay movies?

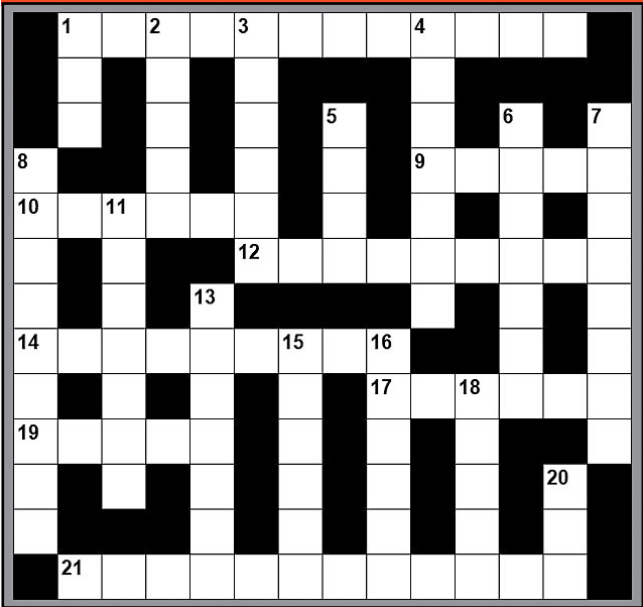


- Answers**
1. Vestas Sailrocket 2 reached a speed of 68.01 knots (125.95km/h) on 24 November 2012 with wind speeds around 25 knots (46 km/h) (Photo courtesy of Vestas Sailrocket and sail-world.com)
 2. They claimed that Australia's Plain Packaging laws for tobacco products breached WTO trade rules. This represented the last gasp of big tobacco in their efforts to overturn the laws which were enacted by the Gillard Government in 2011. Since then 15 countries have enacted similar laws while four others have legislation in process. This has led to a much reduced uptake of smoking by young people and a worldwide decline in smoking.
 3. Richard Flanagan won the 2014 award for 'The Narrow Road to the Deep North', a typically engaging and, at the same time, confronting tale for this acclaimed author.
 4. The unprecedented increase in the use of the word "unprecedented".
 5. Parthenogenesis is the development of an embryo from an unfertilised egg. It produces viable offspring in a wide range of plants and animals including some vertebrates such as fish, amphibians, reptiles and even birds. It does not occur naturally in mammals.
 6. Over the heads of those who visit theistine Chapel in the official residence of the Pope, the Apostolic Palace.
 7. 'Tangerine Dream of Phaedra, Rubycon, Ricochet and Stratosfear' fame, to name only four from three years of a career spanning 53 years and 160 albums.
 8. In 2019, the Club of Rome launched its plan to provide a roadmap for the governments of the world to address the challenges of climate change, biodiversity loss and human health and well-being. The aim is to steer our planet towards a path which is inherently beneficial for all living species while leaving no one behind.
 9. Billiards is played with three balls: a cue ball for each player and a red ball. A cannon is scored by striking the two other balls with one's cue ball (two points), a losing hazard when one's cue ball goes into a pocket off the red (three points) or the opponent's ball (two points) and a winning hazard when one pots the red (three points) or the opponent's ball (two points). In 1932 Walter Lindrum set a world record break of 4,137 in a match against Joe Davis.
 10. Butterflies of North-East New South Wales.

Nimbin Crossword

2020-7

by Synic



Across

1. Former African colony, producer of cocoa, palm oil, rubber and copper (7,5)
9. Hedgehog, caramel, date, lemon...
10. Shows planet and moon locations
12. Non-sweet snacks
14. Immune-boosting herb
17. Win back
19. USA cream biscuit
21. Continuously, despite challenges

Down

1. Irritating slang for significant other
2. East European potato cakes
3. Decorative wood strips?
4. North American trash panda
5. Well-dressed con man
6. Exclusive strip of Mediterranean coast
7. Raspberry lollies
8. Triangular chocolate
11. This turtle frescoed the Pope's ceilings
13. Playsuits?
15. Chocolate jelly babies
16. Come
18. Starved?
20. Milk substitute

Solution: Page 28

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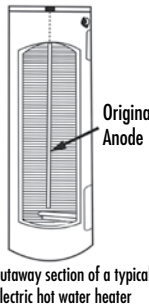
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- A beloved cat got run over. The child asked, "Where is the cat?" Mother responds, "He's up in Heaven with God." The child says, "What in the world would God want with a dead cat?"
- A nun goes to bed in her clothes. She can't get out of the habit.
- How do you know if there's a singer at your door? They can't find the key and they don't know when to come in.
- How do you catch a bra? Set a boobie trap.
- Wife asks husband, "How many women have you slept with?" "Only you dear, I was awake with all the others."
- How do you start a pudding race? Sage.

KEEP LAUGHING.
MAGENTA AND NORM

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Nimbin Crossword Solution

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by Simon Thomas

I went to the pub last night. Never thought that would be something to write a column about, but we are living in strange times indeed.

Comedy night at the Wunderbar in Lyttelton, a pretty port town across the range from Christchurch. It was packed to the rafters. I have not been in such a crowded space since an Indian bus ride which I would rather forget. Kali the wonderdog came along and was even invited on stage. Kisses, hugs and handshakes were all part of the ritual, just like in the good old days.

My sudden and timely escape from Kathmandu, which I chronicled in a previous column, is looking

Oh Jacinda!

luckier by the day, as countries across the world struggle with the health emergency, businesses flounder, and people everywhere struggle to make sense of the new reality.

Why are we so lucky here in the land of the kiwi, while nations with far more resources are doing it so tough?

Being an island nation at the far end of the earth is part of it, but I can't help thinking it is no coincidence that we are blessed with a leader who in three short years has distinguished herself not only as a wise and compassionate steward of the nation, but also a steady hand in times of crisis.

Jacinda Adern, yet to clock up her 40th birthday, has steered the community through terror attack, volcanic eruption, pandemic and economic shock, all with a newborn child on her hip.

I feel a kind of cognitive dissonance living in a country where I trust the government to put the interests of the people ahead of their personal ambition or that of their corporate benefactors.

While my Kiwi siblings

may feel smug to have elected themselves a PM who has lifted their international image far beyond anything that could have been achieved by somebody from marketing, the truth is that her Labour party failed to form a majority in parliament at the last election just as the system was intended.

In fact, they do not even hold the most seats. She did not campaign her way into office, she negotiated it by forming a workable and lasting alliance with two minor parties, one nominally left (The Greens) and the other being the centre right New Zealand First.

Could it be that a system of government which rewards those who can empathise, conciliate and compromise, promotes superior governance to one which is dominated by party hacks whose modus operandi is to divide and destroy?

Let's face it: the two party system around the world is delivering results which are not only catastrophic for large sections of the general public and the environment alike, but which undermine the bedrock of democracy itself.

Trump, Johnson, Bolsonaro, Modi, not to mention our own marketing director in chief: bombastic, narcissists who serve their corporate masters while driving those on the fringes into ever more desperate situations.

Australia, Brazil, India and the USA are all seeing hard-won environmental protections sacrificed while the public sector is stripped to the bone.

The MMP (mixed member proportional) voting system adopted by NZ in 1996 is specifically designed to promote the representation of minor parties, and since its introduction, neither of the two big parties have held an outright majority.

The belligerent Tony Abbott would have had Buckley's chance of survival in this political paradigm, and Trump would not even come close.

The multi-party system breeds an entirely different type of leader, one who can negotiate with disparate groups and unite them in their common goals.

Surely it is time to reform our own dysfunctional system before it is too late.



by Bob Tissot

of floor to ceiling free-form stained-glass (pictured). Gorgeous abstract patterns of colour swirl through the vast interior as the sun travels west.

Gaudi died on the job nearly 100 years ago and as it was unfinished, construction continued. A tentative finishing date has been proposed... 2026. The Pope has promised to come. Maybe nobody told him about the poor people who will have their homes demolished to build another square from which to appreciate the new facade. Who can say?

One day we went exploring the amazingly complex Barcelona metro system and found ourselves deep within the bowels of the earth at a station called Espanya. We wondered what awaited on the surface here, because dozens of lines passed through this station on a multitude of levels.

Breached the surface, blinking like moles in the bright sunlight, we found ourselves surrounded by a forum of massive old buildings. Such as: Parliament House (Fira Catalonia, empty since the crackdown); the House of Congress (also unused, grass badly needing a trim); and grandest of all, the National Gallery. And that was the rest of that day accounted for...

In the morning we awoke with a

hankering for a touch of GoT (*Game of Thrones*), and headed off to the ancient town of Girona, to explore the castle where Cersei and Jamie got up to no good and where Tyrian strutted his rather short stuff.

The castle and attached cathedral were awesome, and the best preserved Jewish quarter in all of Europe was, well, really well preserved.

Getting a nice medieval photo was tricky as the zombie army of selfie-takers insisted on inserting themselves in the middle of everything. There were times when a decent, half-cranky dragon would have cleared the decks.

On the home front, we've been getting along incredibly well with our host, Raffi; so well in fact that he's buggered off to Vienna for a spot of work and left us in charge, which is apparently not something he normally does.

And so here we are, locals in the barrio. Taking out the rubbish to the communal bins and getting to know the Muslim family at the local mini-mart, who shared their meal with us one night when we popped in for fresh milk for our coffee.

Heading home tomorrow. It's gonna be long and it's gonna be tough, and we'll quite likely be slightly demented when we arrive home, but... we have a plan!

Adéu.

A new world dawns

Covid-19 has brought about some good, timely changes.

We are now able to visit museums, art galleries and even the theatre from the comfort of our lounge chairs. Some of these are even free.

Cheap concerts are being offered on-line which is good for the public and hopefully good for the artists.

The Brunswick Picture House, which is always fabulous, is now streaming the Reuben Kaye cabaret to your lounge room for \$15. Hooray!

Adult community courses have gone on-line which means that those who were unable to travel, incapacitated or with immune diseases can now be an active part of the world again.

We are now able to sign legal documents and send



The world according to Magenta Appel-Pye

them on-line which is a real boon. We are saving petrol, time and money by this technology that just needed a pandemic to get over the line.

Telehealth, with Medicare rebates, is an important innovation put into place until 30th September.

I sincerely hope the government will continue to support it.

Before this came in, I

had to go to the doctor's surgery and wait with sick people, to simply get a repeat prescription for medicine that supports my immune system! It was scary. We had the technology; we just needed a push to get some of these things put into place.

We are remembering to practise basic sensible hygiene and think about others as well. For the first time in years I can go down the street and no-one is coughing over me.

Those that do cough or sneeze have learnt to cover their mouths not with their hands, but with their forearm.

It is difficult to remember not to shake hands when you meet someone but it is a classic way of spreading germs throughout the community whether it is Covid-19, flu or colds.

Dialogues

by S Sorrensen

Mum... Mum!
What? What?
Are you okay? I thought...
What? I was having a little nap.
Oh, good.
What's the matter?
Well, I thought you had... you know...
Died?
No. Well, yes. I thought maybe you'd, um, passed.
Passed? Passed what?
It doesn't matter. I was just sitting here. You were so still. And then an alarm went off.
You thought I died.
Passed.
Died. It's lovely you worry about me. You were always a worrier. You glued gravel to my shoes so I wouldn't slip. Remember?

Yes.
You haven't glued anything to my new slippers, have you?
The nurse will beat you. I don't like her.
No, Mum. That was a long time ago, when I was very little. You slipped on those steps down to the laundry. Remember.
They don't do the laundry right here. The clothes come back so scratchy. You'd think nurses would know how to wash clothes, wouldn't you? They're smart people. Your cousin Peter was smart. But he was a devious little bugger. Clever though. He did that awful thing to the cat. He should have been a doctor. Is he a doctor?
He's a politician, Mum.
Oh. What are you doing here, anyway?
I came to see you. And I was just sitting here, watching you sleep when that alarm went off. I thought...



Maybe you should take your arm off the call button.
Oh. Is that what that is?
There's so many buttons and stuff here.
Now that nurse will come. She won't let me be. She feeds me poison. You should smell my, you know, gas – worse than your father's socks; could kill a person. Then she keeps me alive with all these machines. I think I have that virus thing...
You don't have the virus. And it's not poison, Mum. It's your protein drink and your vitamin mixture and your...
Well, I'm glad you're here, Son. But such a long way. Any problems getting here?
Not really. Once I got permission from the government to cross the border, and once I injected something I never really wanted to inject, I was able to see you.
What do you mean?
I had to get a flu shot, Mum.

Well, that's good. You're not that young anymore. Give me your hand. I love you. And that's all that matters in life. Love. I loved your father...
I know.
Eww! Your hand tastes awful! What have you been doing?
It's sanitiser, Mum.
I thought you'd given all that up. I really thought – Hand sanitiser. I had to rub it on my hands before I could see you.
Why?
So you don't get the virus, Mum.
Oh. Yes. That'd be bad. Wouldn't want to die. Hehe.
Pass.
Whatever. Actually... Oh dear. I feel something's happening. Son. Oh dear. Oh dear...
What, Mum? What?
I feel I'm going to...
What?
Pass...
No. Wait! Here's the nurse! Good. I'm going to pass... wind. (Hehe.)



Aunty Maj and Uncle Norm

No Response

I told my husband that I was pleased because I had come out of depression and was starting to feel good about myself. I waited until he'd finished dinner because I knew he'd be distracted by the food. He simply grunted and licked his knife and that was it. Does this mean he doesn't give a shit about me or what?

– Ilma Phisstoff from Wiangaree

She says

Yes, this is an extremely hurtful scenario but look deeper and find if there is proof that he loves you. There probably is. So why won't he respond, especially when it's vitally important?

What men need to know is that in these circumstances their partners are usually not looking for a counsellor or even an in-depth conversation. They're looking for acknowledgement and support, and perhaps a comforting cuddle. All that would take about three minutes.

Miss that opportunity and you may be paying for your neglect for days, weeks, months, even years depending on how long it takes for the person to get over being ignored by the one they rely on most for support.

Your husband may be frightened because he doesn't have a clue what you're wanting, what to say and do. It is important to talk about it as soon as possible after the event. Role-playing could help him know what you need and also how you feel rejected in this way.

Maybe he has never done any self-searching and doesn't understand or know how to help himself and therefore has no chance of helping anyone else, especially the unfathomable opposite sex.

Or he may be so self-absorbed that he couldn't be bothered dropping his own thoughts and extending some genuine empathy towards you. If that's the case, he's creating unhappiness in the home which will definitely affect his narcissistic bubble.

It is essential for partners to be emotionally supportive and caring of each other. It is love in action and the foundation of marriage. People will look elsewhere if they feel unseen, unheard and unacknowledged.

A good couple's counsellor would be well worth the investment if you both love each other and want to stay together. Your husband needs to learn better communication skills or you will both be unhappy. You will make sure of that.

HE says

I'm sure there are plenty of partners out there who would've known exactly what to say at that moment and fulfil your need. But I'm not one of them and don't know any either.

Depression is a very tricky situation for all concerned. Most people who don't have it totally don't understand it, nor do they want to, because it's depressing.

You can have all the trappings of a successful life and still have depression which means you get even less empathy. Some people's lives are absolute shit, yet they're always sickeningly cheery. Fucked if I know.

Well I do actually. Our emotions are determined by a jambalaya of hormones and chemicals in our brains. Some of us are blessed with the ones that keep us grinning like loons, others are cursed to be wet blankets.

Yeah, I know, it ain't that simple. What about events in someone's early childhood, traumas and tragedies?

Actually, I don't fuckin' know. And neither does your husband. It's not easy to know what to say when someone close to you needs emotional support. It's not that he doesn't give a shit, it's simply that it's way outside his comfort zone and his field of knowledge. After all, you wouldn't ask a plumber to treat a urinary tract infection.

I reckon you should stick with hubby, have patience, keep talking and at some stage the lights are bound to come on. Next time at least wait until he's had dessert.

"When you actively confirm someone's self-opinion you are fulfilling one of their greatest emotional needs. We can imagine that we are independent, intelligent, decent, and self-reliant, but only other people can truly confirm this for us. And in a harsh and competitive world in which we are all prone to continual self-doubt, we almost never get this validation that we crave." – Robert Greene

Send your relationship problems to:
normanappel@westnet.com.au

English economist John Maynard Keynes spearheaded a movement to address the mass unemployment and poverty of the Great Depression.

Typified by significant public spending and public employment, Keynes devised a system to soften the cruelty of the boom and bust capitalist's economy.

In the 1980s, after 50 years of successful welfare state development across the globe, Thatcher and Reagan began stripping away the Keynesian safety net and the taxation it depended on, in a system called trickle-down economics.

A system which has created massive economic inequality and placed us at serious risk if another depression should occur.

Australia has lapsed into a serious recession for the first time in 30 years. For us to avoid the poverty, violent crime or worse, the violently repressive governments of the far right or far left, our government has to spend up big on employment now.

Australians haven't had a recession in generations and they've forgotten how to survive them.

When an airline loses thousands of jobs, that's not a reason to sack thousands of public workers or laugh and say it's only fair. It's not a tit-for-tat arrangement. When the private economy collapses, government needs to take up the slack and employ many more people.

We need to go into debt now, serious debt; the only other choice is the violent



Revenge of the Loon

by Laurence Axtens


repression of a whole new massively dispossessed sector of society.

It's not a world you want to live in. Shanty towns of evicted workers, soup kitchens in their thousands, roving bands of thieves and the desperately poor.

We can survive this, but we must work together to do so. It's actually a huge opportunity to transform the economy to a low emission, high production economy. I fear neither major party has the stomach nor the nous to do it.

They need a serious push, so get shoving.

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A wall of *whales*

by Joe Landers

As part of our Sea Shepherd fundraiser at Tuntable Falls Community School last term, we had the great privilege of hosting Howie Cooke for a day.

Howie is a veteran campaigner for the conservation of whales. His involvement with this cause began 44 years ago painting canvases of whales in New Zealand and working for Project Jonah at whale stranding rescues, giving presentations and doing the illustrations for the kid's book *Welcome the Whales*.

In moving to Australia in 1985, Howie established an anti-littering group, the Grainies, at Bondi Beach which expanded into the marine conservation group, Ocean-S (Oceanic and coastal environmental awareness near Sydney).

After pioneering the 'Get your Butts off our Beaches' and the 'Blue Groper, State Fish of NSW' campaigns while also publishing his book (mostly cartoons) *To the Whales born*, he moved in

1996, to Byron Bay.

In 2000 at the International Whaling Commission, in support of the South Pacific Whale Sanctuary proposal, Howie created a huge banner that ultimately morphed into the Whaletipi, which he has presented at many IWCs, festivals and environmental events around the world.

In the presentation to Tuntable Falls students, Howie talked of his adventures with Surfers for Cetaceans which he co-founded in 2004 with pro surfer Dave Rastovich, most notably their direct-action paddle-outs in the killing cove, Taiji, Japan in 2007, which features in the documentaries *Minds in the Water*, *The Cove* and *Transparent Seavoyage*.

These actions highlighted the atrocious slaughter of dolphins.

We also were presented with some spectacular footage and stories of Howie's experiences whilst a crew member on the Steve Irwin ship, alongside two other Sea Shepherd vessels,



in 2010-2011, defending 863 whales from the harpoons of the Japanese whaling fleet in the Antarctic.

As well as defending the majestic creatures of the seas, Howie celebrates their beauty with his artworks of amazing whale murals all around the world, in places such as Thailand, Philippines, Portugal, Fiji, California, Chile, Brasil, as part of his ongoing project 'Where there's a wall there's a whale' and now at Tuntable Falls Community School.

All students were involved in the painting of the mural, contributing their

handprints that Howie transformed into fish surrounding the whales and dolphins.

It was an inspiring process to watch and be part of.

As Howie explained at the offFISHial (although a whale is not a fish) unveiling of the mural, "It is all about following one's passion in life."

The students then took him on a tour of the school's incredible garden, where he was presented with various cuttings, plants and fresh vegetables, as well as a "Thank You, Howie" in their best whale voice.



Kalani dressing up as a doctor

Recognising colours

by Carina, Annalyce and May, educators

The month of June has been another busy time at Nimbin Early Learning Centre.

We have been recognising colours with a different colour theme table each week, with lots of objects that are the same colour, whether this be a toy or something out in the environment like leaves or flowers.

Hospitals have been an interest of late, so we created an emergency hospital room corner for the children to

explore their ideas.

This has brought up great discussions on our body and the interesting facts that body parts are and do especially our brain, lungs and heart.

We have also been learning Auslan Sign Language, and have learnt two songs: 'We Are Australian' and 'I can sing a Rainbow'.

We also learnt how to say our Acknowledgment of Country in Auslan Sign.

Please feel free to call the centre on (02) 6689-0142. We are open Monday to Friday, 8.30am-5pm.

Monday playgroup at Cawongla

Over the years, Cawongla Playhouse has continued to provide a drop-in playgroup each week.

This is a chance for children and parents to drop in and get a taste of our preschool environment.

For children who are too young for preschool, or who are not enrolled, it can be a great chance to meet other children, and take advantage of our large natural playground and sandpit.

For parents and family members it can be an opportunity to check out the preschool and meet the educators, as well as to meet other parents and families in the local area.

This time of year it's a

particularly lovely way to spend a morning in the sun, with a cup of tea, watching the children play and having a relaxed yarn with others.

With the Coronavirus outbreak we were very sad to have to suspend our playgroup, and we know that some of the children really missed it.

So we are really glad that we're able to announce that we are restarting it in Term 3 for Monday mornings.

Playgroup runs from 9.30-11.30am (parents must stay with their child) and the first one will be Monday 27th July. We ask for a \$5 donation. Hope to see you there!

Cawongla Playhouse is



open during school terms, Tuesday-Thursday from 9am to 3pm, and takes children from 2 years of age.

Cawongla Playhouse is at 5325 Kyogle Road Cawongla.
Telephone 6633-7167.

Winter treats Term 2 at Nimbin Central School

by Blossom Gillard

As midwinter passes by, there are a few things that the children from Tuntabla Falls Early Childhood Centre have been discovering, that truly speak of this season for our community.

Things like: winter vegetable gardening is so much easier; collecting nuts is fun (pecans, macadamias, and chestnuts... yum); bright crispy fresh mornings (also dew and wet socks); the gentle warmth of an open fire and the homey smell of smoke in your hair; and citrus!

There is so much citrus! Yellow ones, orange ones, tiny ones, lumpy ones, some as big as your head!

The children have been enjoying collecting winter vegetables they have grown. like pumpkins and beetroots, and roasting them in the camp oven over an open fire together, or better yet, damper that they can smother in their home-made sticky marmalade from the beautiful oranges in the playground.

Sharing the joy and warmth of sitting around a fire in winter, as well as the need for fire safety, respect and management, has been really helping the children to heal after the traumatic impact of last summer's bushfire season.

Marmalade recipe

Makes 5-6 x 450g jars
1kg Seville oranges (or sour oranges)
75ml lemon juice
2kg demerara sugar
Scrub the oranges, remove the



buttons at the top of the fruit, then cut in half. Squeeze out the juice and keep to one side.

Using a sharp knife, slice the peel, pith and all, into thin, medium or chunky shreds, according to your preference. Put the sliced peel into a bowl with the orange juice and cover with 2.5 litres of water. Leave to soak overnight or for up to 24 hours.

Transfer the whole mixture to a preserving pan, bring to the boil then simmer slowly, covered, until the peel is tender. This should take approximately two hours, by which time the contents of the pan will have reduced by about one-third.

Stir in the lemon juice and sugar. Bring the marmalade to the boil, stirring until the sugar has dissolved. Boil rapidly until setting point is reached (test on a chilled plate – the surface should wrinkle when pushed by your finger), about 20-25 minutes.

Remove from the heat. Leave to cool for 8-10 minutes – a little longer if the peel is in chunky pieces – then stir gently to disperse any scum, pour into warm, sterilised jars and seal immediately. Use within two years.

by Cath Marshall, Principal

After a strange start to the Term, with Learning from Home and then the return to full-time face to face learning, the Nimbin Central School community has powered through, with some excellent achievements and a strong engagement with learning.

It has been wonderful to have our students back in class, in the playground and happily coming each day. It has been equally wonderful to have all our staff back in the school.

We are looking forward to when we can again invite families and community into the school as well.



Year 8 Ephemeral Art

Hopefully this will be possible in time for Science Week and Education Week which will occur next term, and we can share and

celebrate the great things taking place in our school and the activities we have planned.

Our community has

demonstrated that a lot of learning has taken place throughout the Covid-19 crisis, and it's all not written in our school curriculum.

We have all learned and demonstrated resilience, adapting to uncertainty and challenges.

We have learned to be curious and creative. We have learned new technology skills and about its limitations as well as value.

We have learned how capable and competent we are and especially the power of community care, kindness and support.

So overall, it has been a very worthwhile and successful term at Nimbin Central School.

The Nimbin Bunny

by Lisa Boyd

Once upon a time there was a bunny who lived at the Nimbin Showgrounds.

It enjoyed basking in the sunshine, accepting carrots and slices of apple from the Nimbin Preschool staff and children, and looking beautiful.

One day a dog attacked the bunny, doing damage to its rear leg.

The Preschool staff and children were on holidays and didn't notice for two weeks that the bunny had an injury.

When they noticed, Sara, one of the brave and beautiful educators at Preschool, lured

the bunny with some fruit and grabbed it. It was very skinny and in bad way.

Laura from WIRES came and checked the bunny. It needed medical attention, so she took it to Pets and Saddles in Lismore who tended the bunny and donated medicine for the bunny.

A generous Preschool family donated a hutch. The Preschool teachers tended the bunny each day and fed and fed it.

The bunny shared the hutch with some of the Preschool guinea pigs.

The bunny loved it when the children came to cuddle



and feed it.

It grew bigger and stronger but could never go into the "wild" of the Showgrounds again due to its leg and an impaired ability to escape if in danger again.

The bunny lived happily ever after at Preschool...

unless a family in Nimbin wanted the bunny and could care for it as lovingly as the Preschool?

Does your child love bunny cuddles? Nimbin Preschool has vacancies now! Drop by to have a look and get an enrolment pack!

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Contact Samara Contact Yvonne

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Contact John Contact Grant

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