

ASTRO forecasts

by Tina Mews
what's happening in the heavens?

Aries

Soon a new 12-year cycle is going to start, beginning in mid-May. Use the time until then to re-envision your future because a new chapter of your life is about to unfold. Pay special attention to your dreams and allow yourself to take time out for this important and rewarding inward journey.

Taurus

The start of the month might be filled with challenges testing your resilience and determination. Then, from April 6th onwards the energies are softening. Positive experiences with friends might lighten up the day and encourage you to dream and imagine new possibilities. Those who celebrate their birthdays during the end of April and the beginning of May might decide on a sudden change in direction and prepare for a new beginning.

Gemini

The time is ripe for envisioning your life direction and possibly imagining a new area of influence and engagement. What is calling you and are you living your purpose? You might feel torn between two different considerations, balancing security concerns with living your vision, real limitations with imagination.

Cancer

A new vision is emerging dissolving inner doubts and fears and might morally help you through a difficult time. A renewed sense of connection with others and the world around you has changed your perspective and could attract new opportunities. Imagine yourself seeding and participating in a meaningful project, something that is truly inspirational and serving the whole.

Leo

Your ability of having faith in others and in yourself has been tested during the last few weeks. Challenges in your interactions might ease from April 6th onwards. When you can remain flexible and feel into the reality of others with an understanding heart new possibilities seem to emerge unexpectedly and surprisingly.

Virgo

This is an extremely favourable time for resolving old conflicts and finding harmony and balance within your relationships. You can reach new dimensions of affection and understanding. However, problems can occur when you expect too much of the other, when losing touch with what is truly possible.

April

Since the last equinox (March 20) the Sun is journeying through Aries, the sign of new beginnings. The Aries quest is to develop courage and gives incentive for pioneering into unknown territory while cutting with the past. It is the search for a new identity, for a new chapter in our lives.

Since March two different streams of energy are building and intensifying. They will reach their peak during the first part of April. **On April 5th, forward pushing Mars in Aquarius is conjoining restrictive Saturn in Aquarius while both planets are in a square aspect with the fated nodal axis.** Mars in alignment with Saturn is indicative of frustrated action, not being able to move forward as desired because unsurmountable obstacles are blocking the way. The close interaction with the nodes emphasizes a turning point signaling that we have reached a definite crossroad where past mistakes need to be addressed before a new future can be built. However, Mars/Saturn energy used constructively provides determination and persistence combined with clarity about what needs to be done.

While Mars/Saturn correlates with restriction of movement, new hope and vision is promised by a second conjunction that has been forming between Jupiter and Neptune in Pisces since the beginning of this year. **The Jupiter/Neptune conjunction peaks on April 12th and starts a new 13-year cycle.** Alignments between Jupiter and Neptune represent periods of great idealism and faith, big dreams, visions and increased imagination. It supports a humanitarian and compassionate attitude regarding those in need and despair. Under the influence of Jupiter/Neptune our health and helping services are in the spotlight as reforms in these areas become a priority.

The last time the Jupiter/Neptune conjunction occurred in Pisces was in 1856, which marked the end of the Crimean War. Florence Nightingale established the first scientifically based nursing school revolutionizing the treatment of wounded soldiers. In the current context, the Jupiter/Neptune conjunction on April 12th might soften positions and could encourage a ceasefire in the Russia/Ukraine conflict. However, the shadow side of this planetary pattern correlates with unrealistic expectations, self-deception and illusions. We are asked not to gamble with what we cannot afford to lose. On a different note, Jupiter-Neptune conjunctions - especially when occurring in Pisces, the sign that rules the ocean as well as oceanic consciousness - correlate with times of flooding and wild weather. Their influence will be felt at least until mid-May.

Saturn gives directive to the erratic and impatient Mars energy which has rulership over the New Moon in Aries on April 1st. The New Moon in the sign of new beginnings

closely conjoins Chiron, the mythical wounded healer. We are reminded of the suffering that is occurring on this planet, may it be just next to us or far away. Chiron triggers feelings of helplessness. During times of crisis, Chiron's wound can overwhelm us and leaves us feeling depressed and discouraged. On the other hand, Chiron builds bridges between different worlds, such as the law-and-order world of Saturn and the magical realm of Jupiter/Neptune. Chiron teaches us to accept what cannot be changed and facilitates a deeper understanding of a painful situation, a process of integration that may ultimately enable healing. Chiron as the archetype of healing and wholeness brings together the scientific and the intuitive, the rational and inspirational, just as the half-horse, half-human image of the centaur embodies disparate opposites and challenges us to incorporate that which seems uncomfortable or unfamiliar.



Mars, the warrior planet enters Pisces on April 15th and comes under the rulership of Jupiter and Neptune. This could mean a further softening of circumstances, especially while Venus is co-present in Pisces until May 3rd. **On April 16th/17th the Full Moon in diplomatic Libra and opposite the Sun in Aries forms a square with Pluto in Capricorn.** It highlights the need for creating relationships that are based on power sharing and respecting differences. The Libra Moon carries the potential for transformation and resolution. **Venus signifies the archetypal energy of balance and harmony and will join with Neptune and Jupiter during the end of the month until the beginning of May. The day of the exact Venus/Jupiter conjunction is April 25th.** It is an excellent time for building agreeable partnerships of all kinds and offers a window of opportunity for peaceful interactions on the world stage. **The first Solar eclipse of the year occurs on April 30th/ May 1st.** The eclipse is in Taurus and conjunct Uranus indicating the possibility of a sudden and surprising turn of events. It reminds us to leave space for the unexpected. Nevertheless, it could be a shift for the better as Venus as ruling planet of Taurus has a guiding influence over the eclipse enticing us to dream and connect with our imagination.

Navigation by the stars:

Personal and/or Relationship Astrology; Life Cycles and Your Year Ahead: Plans, Directions, Concerns for 2022/23; contact Tina on 0457-903-957, email: star-loom@hotmail.com Gift vouchers available!

Astrology at the Lillfield Community Centre, all welcome: Thursday, April 7th, 10am - 3pm: "Light and shadow in times of crisis; how to find resilience in the natal chart".

For all bookings and info, contact 0457-903-957 or email: star-loom@hotmail.com

Libra

Finding space for creative self-expression and having some relaxing fun has been difficult because of too many pressing obligations. This is changing now. The emphasis shifts toward engaging in more meaningful work and taking better care of self. Finding the appropriate balance between giving and taking is one of Libra's greatest quest.

Scorpio

Pressures around the home will start easing from mid-month onwards preparing the ground for a more inspirational time ahead. A wave of creative imagination needs to find appropriate channels of expression. Give yourself permission to be spontaneous and play despite the demands of all your duties and the necessities of living.

Sagittarius

The longing for inner peace and a harmonious family life makes you receptive for the needs of your family. This is perfect timing for resolving longstanding family conflicts and healing ancestral trauma. Generosity of the heart and an open mind are the ingredients which can attract lucky circumstances that greatly benefit your domestic sphere.

Capricorn

During the beginning of this month, you might feel quite limited and restricted as being caught between a rock and a hard place. Your ability of having faith in others and in yourself is tested. The pressure eases around mid-April and a more optimistic mindset might bring you in contact with new people. Old value-judgements are dissolving when your level of tolerance towards others and their ideas is increasing.

Aquarius

This could be an important turning point in your life when decisions with long-standing consequences could be made. You may experience a period of great abundance if your wishes are aligned with the universe. So, know your true values and be conscious of what you are wishing for, as it might become reality!

Pisces

When you are aligned with the universe, you can easily attract what you need. Strengthen your intuition and trust that the current flow of energy is moving you in the right direction. April 12 is the beginning of a new cycle of big dreams, idealism and increased imagination. Watch out for unrealistic expectations and self-deception. Stay grounded in the here and now.

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Heartache and healing

by Marilyn Devlin

I've been cocooning... something I do quite naturally. The collective waters have been stormy. A lot impacting our already tender emotional fields.

Coming from all directions... we do what we can to stabilise. Finding a place to rest, to lay our head... a quiet space to make some sense. The moments of peace and calm, love and giving... we suck them in. Bathe in their radiance, reminding us that life is good beneath it all.

The emotional field is heavy... like a sodden blanket hanging just above our heads... there's no escaping it. We do what we can to feed ourselves. To support ourselves back to homeostasis.

Of course disasters touch on old buried traumas... we all have them. The results can be intense... we're dealing with lots of things happening at once.

I went to a place I haven't been before... at least in my conscious memory. It was more than the flood... as if that wasn't enough... but my son is vaccine injured... and the unfolding emergencies are terrifying. Yeah... we know that topic... I usually choose to avoid it, at least publicly, but it exists. And it's terrifying. An experience of shock I've not been to before.

Shock is a powerful presence... well, it can kill you. At first it's the terror, then the paralysis... then it keeps on going... dismantling everything. My body was immobile... my limbs so heavy, if lifted they would crash to the table. My head hanging heavy... I saw myself on an edge, ready to tumble over.

'I'm all broken inside' the words tumbled out of my mouth... I looked and everything was gone... an empty space with a pointy pile of powdered glass in the centre of me. I wasn't there... everything had shattered. I felt like a ghost... a zombie. Yet the strangest thing... I heard strength in my voice. I was still in there somewhere.

Yeah... there are some things that take you right to the core... to the edgiest edge you've ever been. And I've been to some edges in my life.

These last two years with my life path and my early beginnings... again branded me as an outcast. I should be used to it... as a toddler sporting a heavy iron concoction strapped to my leg. I learned to live beyond the masses.

I knew terror, shock and confusion... it made a space in me. Sickness, the visit from the death demon... I witnessed it, took part in it all. The great Shaman Chiron... takes you on a pilgrimage, a vision burnt into your soul... a commitment scribed in blood. A way to heal.

We've been through a lot these last years... mostly I've avoided the current topics ... they're all bundled in the great unfolding. The one forward direction. Living in truth. Love and harmony. Healing. Celebrating our existence.

Emotions have swirled in me deep and boiling... the anger, the fiery rage... the frozen state, the terror, the shock... the abandonment. It was this last experience of shock... that took me to another level.

I've often said I'm a living experiment... that healing happens within me. I knew that healing could be found.

I believe in healing with all parts of me... some challenges are heart breaks like no other.

But as my wonderful therapist reminds me... what a warrior I am... how strong I am... how wise I am. How incredible I am. Yeah... sometimes that just whizzes over my head... but little bits find their place to roost.

My life has been dedicated to healing... my own and my family line. I'm still here... yeah, getting to the pointy end... but breath is still with me. And I will continue. I will rest when I need to... seek help for myself. We are one part of the whole/entirety... when we heal, so does everything else. Much love to you.

My contact number is 0413-442-808.

Nimbin Trivia Time

by Eclectus

You may have noticed that last month's quiz had a theme. So does this one. The themes will occasionally provide a clue to the answer. They are fairly straightforward so far, but they will evolve.



Questions

1. Who is this former French Resistance member who later rose to the pinnacle of his art form? Take a bonus point if you can name this, his most famous persona, shown here. (Image courtesy stewross.com)
2. Do marron live in fresh water or salt water? And, for a bonus point, where do they come from?

3. What is the name given to the 600-year old confection made from sugar, honey and almond meal that is often used to ice cakes (especially Christmas cakes)?
4. Who, after Serena Williams and Steffi Graf, holds third position for the most women's grand slam tennis titles?
5. Can you name the fourth planet from the Sun in our Solar System? Take a bonus point if you can say how many planets are beyond it. Careful, there used to be more than there are now!
6. What word means both a child's toy and type of rock?
7. Can you name the stirring national anthem and the European country to which it belongs, written in the 18th century and originally titled 'War Song for the Rhine Army'? It begins:

*"Arise, children of the Fatherland
Our day of glory has arrived
Against us the bloody flag of tyranny
is raised; the bloody flag is raised."*

This anthem has been used in works by The Beatles, Elgar, Tchaikovsky and Verdi.

8. Take a point each for naming the parade dates of this year's Nimbin MardiGrass and Sydney Mardi Gras? Take a bonus point if you can state the origin of the term Mardi Gras.
9. Name the French orange liqueur made from Cognac, bitter orange and sugar.
10. Can you name the West Australian town known as the hottest place on earth since the summer of 1923-24 when it recorded temperatures of 100°F (37.8°C) or above on 160 consecutive days? Take a bonus point if you can name its very hot South Australian counterpart, famed for frying eggs on the rock wall of the pub.

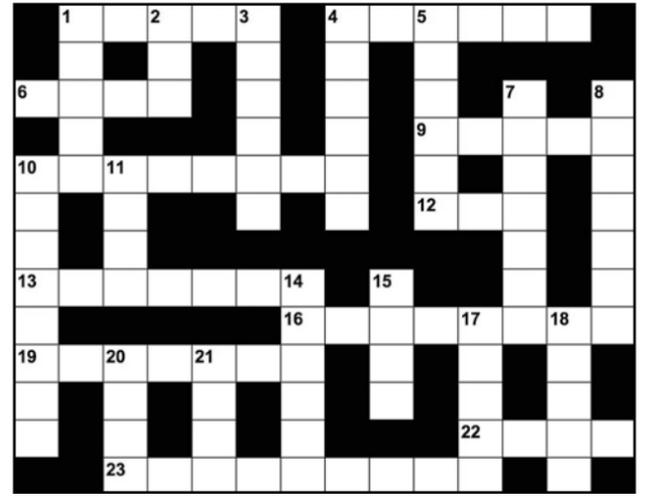
May the Theme be with you.

- Answers**
1. Marcel Marceau as "Bip The Clown".
 2. Marron are fresh water crayfish from Western Australia.
 3. Marzipan.
 4. Martina Navratilova won 18 grand slam tournaments, the first at 18 and the 18th at 49, just weeks before her 50th birthday.
 5. Mars is the fourth (and last rocky) planet, followed by four gas giants: Jupiter, Saturn, Uranus and Neptune. Pluto was demoted from planet to dwarf planet in 2006.
 6. Marble.
 7. The French anthem *La Marseillaise* is a gory 1795 call to arms not much loved by post-revolutionary French leaders but adored by the French people and musicians alike. It was banned in France from 1804 to 1830 and only re-adopted in 1879.
 8. The Sydney Mardi Gras Parade is on 5th March and the MardiGrass Law Reform Parade and Rally is on 1st May. Mardi Gras is French for Fat Tuesday, being the last Tuesday before Lent when it was traditional to use up all the fat in the house before the fasting of Lent began.
 9. Grand Marnier Cordon Rouge.
 10. Marble Bar in the north of WA and Marree near Kati Thanda (Lake Eyre) in SA.

Nimbin Crossword

2022-04

by Novata



Across

1. Fitness regime incorporating dance and martial arts movements (5)
4. The superior of a group of nuns (6)
6. An important mineral for your body's health (4)
9. Coffee cake flavoured with orange rind, raisins and almonds (5)
10. Unfortunate happenings that hinder; frustrations (8)
12. Strong electric current through the brain, intended as therapy (init.), (3)
13. Japanese art of flower arranging (7)
16. Fish with dorsoventrally flattened bodies; includes rays, sawfishes (8)
19. Corona around the sun and moon (7)
22. Unattractive quality or appearance (4)
23. Plenty! (9)

Down

1. Republic in Central Africa (5)
2. Waterproof raincoat of rubberised fabric (abbrev.), (3)
3. Former natives of Mexico (6)
4. To wear away (6)
5. To utter meaningless sounds (6)
7. Lay adjacent to or share a boundary (7)
8. An African river that flows into the Indian Ocean (7)
10. To produce saliva (8)
11. A young person of either sex (4)
14. Caused to feel shame; humiliated (6)
15. Maori word for god (4)
17. Fill, soak or diffuse through (5)
18. Severe fatal disease, largely limited to Africa (5)
20. A prince or king in India (4)
21. Chief island of central Hawaii (4)

Solution: Page 45

Has Your Hot Water System Been Checked Lately?

Ever Heard Of A Sacrificial Anode?

A sacrificial anode is a vital part of your water system, and having it inspected can be the difference between an efficiently working system and a costly replacement.

Manufacturers recommend that you maintain the anode in your system in order to prevent damage from rust + corrosion. After its 5th birthday – warranty expires.

THE ANODE IN YOUR SYSTEM SHOULD NEVER BE ALLOWED TO CORRODE AWAY, WHATEVER TYPE OR BRAND OF SYSTEM YOU HAVE – Solar, Electric, Gas or Heat Pumps.

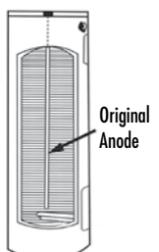
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Cutaway section of a typical electric hot water heater



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A bright future for the Headers



by Ruben Mack

The Nimbin Headers Sports Club is proud to be able to shine the light on its successful grant application in the NSW State Government's 'Stronger Country Communities Fund Round 4'.

This Grant will finance the construction of new poles and game quality LED lighting for both of our soccer fields. This is a huge step forward for our club and the community as a whole, which will assist us to accommodate the growth of our club as our community grows and the demand on our resources and facilities increases.

Previously the Headers had

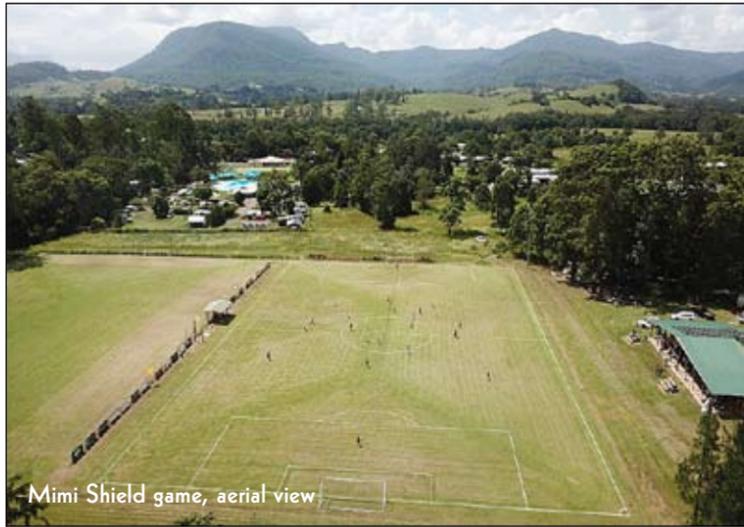
installed self-funded poles and lighting which only covered half the pitch on one field. These lights were never adequate and our capacity for training, hosting night games and growing the club was therefore limited.

In the 2021 season, The Headers fielded 229 playing members, consisting of 5 Senior Teams, 5 Junior Teams and 5 MiniRoo teams. We are expecting an increase in participation for the fast-approaching 2022 season.

A significant part of the grant application for this project required us to do a Development Application lodgement through Lismore City Council. This has now been approved and the Construction Certificate is currently being finalised.

The works will consist of initial designs and upgrading the transformer and three poles on Cecil Street, new underground mains from the Essential Energy supply, erection of six poles at the fields, installation of 32 LED floodlights, disconnection and removal of existing poles.

Works will be carried out by Thearle Electrical, and Musco



Mimi Shield game, aerial view

Lighting will supply the poles and lighting. The total value of the grant funding received is \$449,000.

With lead times on supply and manufacture of many of the components, various design approvals and potential weather setbacks, we are hoping to have this completed by June or July. This will enable us to finish our season on a bright note.

Since the grounds were generously donated by the Janezic family in 1985, the Headers have

owned and managed the club by volunteer efforts alone. This has been a blessing and a curse in many ways. Community ownership and management is so valuable because it allows us to shape our own path together, which is an asset to the whole community.

However, by not coming under the council umbrella we have missed out on much-needed funding from council that other clubs are given. The absence of this external support creates an added

workload and demand on our club volunteers, which brings its own challenges.

This successful grant application and all the associated background work has been an amazing combined effort from many members of the Headers, individuals, community organisations and also external individuals who have helped this move forward.

This is a great example of what can be achieved when our different community organisations come together for the common good.

A special thanks to Diana Roberts, long time community champion, who was instrumental in submitting the successful grant. To all the others involved, we can't thank you all enough. You all know who you are, and we are very grateful!

If anyone is interested in signing up, registrations are open: www.playfootball.com.au

Any enquiries please visit Nimbin Headers Sports Club INC Facebook page or email: nimbinheaderssportsclub@gmail.com

GO THE MIGHTY HEADERS!

Local lad wins national medal



by Michael Frey

Not even the rain could dampen the spirits of local Nimbin young guns of Australian athletics, siblings Daniel and Mikayla Frey, as they stepped on to the track at Sydney Olympic Park Athletic Centre for the 2022 Australian Track and Field Championships over the weekend of 26-27th March.

Representing NSW at her first National Championships in the U14 years women, Mikayla competed in her favourite field event, the Triple Jump. Braving a return from injury that ruled her out of track running events several weeks prior, Mikayla placed 4th with a jump of 10.43m, narrowly missing a bronze medal (by 1cm).

Daniel excelled in the U16 years men 4kg Shot Put, winning the bronze medal with a personal best competition throw of 15.75m.

Both athletes trained exceptionally hard over the past year under difficult circumstances with much interruption, to get to the highest competitive level of Australian Athletics.

It follows years of achievement and success in Little Athletics, with multiple State titles and medals between them.



by Uncle Norm and Aunty Maj

She says

Don't worry, this is normal in long-term relationships. It's wonderful when things are going well but in the hard times we have to be honest in communicating our needs.

Life is an emotional roller-coaster ride shared, if you are lucky, with a partner. As we live through illnesses, accidents, money stress, deaths and pandemics, our desire to hibernate solo is actually a healthy one.

Often it's not even about the other person. Fertile solitude is essential for finding ourselves and maintaining healthy relationships. It took me many years to work this out.

Previously I would instigate a fight over anything, and, after storming out, would achieve my subconscious goal of time alone. Only I wasn't happy because I hurt myself and my beloved.

When I realised the problem was me and the need was space, I talked about that and went on retreat.

Research shows that many long-term happily married couples spend quite a bit of time on their own. This allows one to recalibrate and to remember who you are as a unique, separate human being, not someone's "other half".

Try to get away on your own, even if it's camping in a friend's backyard, and contemplate. Nothing puts the spark back into a marriage like having a break from each other.

Heidi, you probably just need some space and after a while you will be longing to see his craggy face again and hear his whiny voice telling all his new stories.

By having your needs met, you will love him more than ever.

HE says

Dear Heidi, you're one crazy mixed-up old mama right now, aren't you? And poor old buggalugs probably hasn't got the slightest clue that you'll be standing on the corner high when they bring his body by.

What has he done to earn such revulsion from his beloved Salome? Did he vomit on your mother, or shit the bed or something? Maybe he's just too happy and content with his lot in life for your liking.

Don't worry, it's all part of the rich tapestry of married life going on, and on, and on.

In no other type of relationship can there be such extreme contradictions of emotions as a marriage. I mean, I've never had a dog that I couldn't stand, nor a cat that I both loved and hated at the same time. No, marriage is by nature completely insane.

Speaking of insane, I'm sure my own little Leader of the Opposition has given you her two bobs' worth, but be aware – her suggestions are pregnant with possibilities that could backfire on you like a bag of dried apricots.

I can tell you with absolute authority that if you keep pushing for pain, he's going to start pulling for pleasure and eventually find someone else to join him.

Marriage is like a deck of cards. In the beginning all you need is two hearts and a diamond. By the end, you wish you had a club and spade.

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

Plant of the month

These highly mobile plants have appeared rapidly following the floods, and can now be seen growing along many roadsides throughout the region.

Multi-variant in colour though typically yellow, they have several sub-species.

The "excavator" variant can grow to 15m, extending claws, teeth and buckets from articulated branches, scarifying their habitat.

Of interest also is the heavier variant, the

Road Plant *Machina via*

"bulldozer", whose impact is similarly destructive.

Smaller families can also be seen at this time, including the pygmy "bobcat" and more rarely the "kanga", more likely now around rotting debris piles.

All plants in this species maintain a close relationship with their breeding partner, the "tip ruck", and can



generally be seen together in pairs or groups.

Householders are advised to avoid contact with road

plants wherever possible, secure in the knowledge that their appearance is only seasonal.

Induction conviction

The world according to Magenta Appel-Pye

Both Norm and I have occasionally forgotten to turn off the gas cooktop. This safety issue was the main reason we were considering getting an induction cooktop.

The idea cemented when we read an article in ABC Science about gas-burning stove tops.

Researchers discovered that leaking methane from natural gas-burning stove tops is releasing the greenhouse-gas equivalent of hundreds of thousands of cars, and cooking on gas stovetops is posing a risk to health.

The biggest surprise was that most of the methane they measured leaked to the air while the stoves were



off. The leaks most likely originated from leaking fittings or couplings near the stove.

Also nitrous oxides, fine particulate matter released during cooking pose a respiratory risk, especially to children, the elderly and the asthmatic.

Energy and climate change policy expert Donna Green from UNSW said the fact we're still burning fossil fuels

in our home "is nuts".

We'll be shocked in a decade's time that we actually did this. Every house from now on should be putting in induction cooktops.

We made the change and it is a revelation! The food cooks better and more quickly.

I was previously a terrible cook because I put the food on and would then go and play the piano and invariably

burn the dinner.

The timer on my new cooktop allows me to put on a pot and walk away and it stops cooking by itself and the food is perfectly cooked.

And cleaning is an absolute joy. I could never get the old gas cooktop completely clean.

People usually say, "But I like to see the flame." I say, "That's just what you're used to. Look forwards, not backwards."

"We are like tenant farmers chopping down the fence around our house for fuel when we should be using Nature's inexhaustible sources of energy – sun, wind, and tide. I'd put my money on the sun and solar energy. What a source of power! I hope we don't have to wait until oil and coal run out before we tackle that."

– Thomas Edison, inventor 1847-1931

Induction cooking with off-grid solar power

by Diana Gosper, Rainbow Power Co

The consensus here at RPC is that gas cooking is still currently the best way to go with off-grid solar power systems. However here is some extra info from our research.

The only real suggestion we currently have is to try an induction cooktop (not oven), though there are limitations with these.

There is a possibility to use a portable induction cook-top like the Westinghouse WHIC01K, see: www.appliancesonline.com.au/product/westinghouse-whic01k-portable-induction-cooktop

But we believe there are variations in quality and the technique for producing heat. I know a couple years back, we only paid \$45 for the one we originally tested, but it broke within six months and we certainly wouldn't recommend it. We will do more research on the best models, buy another one to test, and another article will follow with a report on our findings.

The main issue we have seen is some models 'pulse', which can create a rapid switching of the load 2000w on-off-on-off-on etc. The inverters don't like this rapid change in output.

There may be some models that use a different technique to regulate the heat, and if so those may be an option.

There are some articles that might be helpful or interesting on



the Century Life website: www.centurylife.org/how-to-choose-a-cooktop/how-to-choose-a-portable-induction-cooker-countertop-burner/#icguide and of course, also on ours: www.rpc.com.au

I also note that models with many power settings may be better on inverters, as more settings gives you more control over the 'surges' or 'blasts' of energy that the induction cooker uses to heat up and cool down.

Unfortunately (or fortunately depending how you look at it), the old adage "you get what you pay for" applies here, and I understand that modern chefs usually rate the more expensive induction cookers as better options because they don't burn the food as

much.

While I am at it, everyone wants a toaster these days. If you wish to run a toaster on a solar system, you may want to look around for a low power one to keep your inverter size as low as possible.

We found one a while back at Big W, an Abode KT1600G (no longer available, but you can find similar models), a 700 Watt unit that our old technician Ray tried – it took 31.5 Amps on the DC side of his inverter.

It took 2 minutes and 20 seconds on setting 4 (which makes the toast pretty crisp) for his wholemeal toast. That is about 30Wh per toasting, which is a very modest amount of power.

This info is generic and of course you should consult your system designer or provider for individualised advice.

RPC have been operating for over 33 years, we stand behind our products and our systems, and our after sales care is the best in the country. Get in touch and discover for yourself why we are still here after all these years (and going strong!).

Call 02 6689-1430, email: sales@rpc.com.au or visit: rpc.com.au or drop into our showroom at 1 Alternative Way, Nimbin and start your solar journey today.

NOTE: The cooker pictured is not necessarily recommended for off-grid systems

Nimbin nursery for green thumbs



by Nerelle Draisma

With the season of summer slowly fading away to reveal the beauty of Autumn, it's time to battle the weeds and find our gardens once more.

The wet is still on our doorstep telling us it's the premium time for planting fruit trees, bush regen plants and establishing new landscaping projects.

The searing sun is now waning and soil temperatures will remain warm right through 'til mid May, a perfect time to mass plant with minimal maintenance and care.

When we plant in the Autumn months we give our plant babies time to establish a deep root base.

Come the traditional dry spring, those gardens established now require no watering, provided they are well mulched. With this in mind we take the 'big wet' as a gift from the sky fathers to mother earth.

Long, slow rains allow water to percolate into the substrate soils, thus replenishing our aquifers and water table.

The exciting news is that instead of having to take a day out to travel to Lismore and surrounds to get your plants, you can simply head down to the newly-founded



Greenthumb Nursery on Gungas Road.

Since its establishment in October last year, the nursery has grown considerably in size and variety. As well as

the great native selection and fruit trees on hand, we now have an exciting new range of cottage flowers and veggie seedlings to capture your imagination.

We are proud to be following sustainable practices by sourcing all of our stock from local growers.

Greenthumb Nursery is open 6 days, Mon-Fri 8am-4pm and Saturdays 8am-noon. Nursery advice is available every Tuesday, Thursday and Saturday.

So when there is a break in the rain, come on down and have a look at what's on hand at 50 Gungas Road, Nimbin.

See you there soon, happy gardening!

Nimbin Crossword Solution

From Page 43

Z	U	M	B	A	A	B	B	E	S	S		
A		I		Z	B		A					
Z	I	N	C	T	R		B	A	Z			
R			E	A		B	A	B	K	A		
S	E	T	B	A	C	K	S	L	U	M		
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E		J		H		E			U	G	L	Y
		A	B	U	N	D	A	N	C	E		A

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Preschool**

Showgrounds, Cecil Street
www.nimbinpreschool.org.au 6689 1203



Working towards a world In Harmony

Nimbin Central students celebrated Harmony Week with a day of fun activities.

These included creating friendship

chains, Harmony rainbows, World Peace mobiles and learning about Japanese dance and Kanji writing. It was a most enjoyable day.

Baby seeds grow up at preschool

by Katie Pennant & Wynter

Watching the children return to Nimbin preschool gave me a much-needed dose of joy. They bounced through the gate ready for hugs, play and laughter.

Sure, they had just experienced yet another natural disaster, but what I appreciate in children is their capacity to accept. They accepted the impact of the covid virus. They accepted the interruptions of the flood and associated landslides, internet issues and alike. They accepted seeing their neighbourhoods smashed.

They have accepted so much in their early years that I worry the stress and turmoil will at some time catch up with them and dent their innate resilience. To counter this, the team and I are consciously listening to the children, ensuring we



understand their thoughts, feelings and theories.

We were out in the garden planting seeds: "They are the babies, we going to plant those babies," Wynter announced.

"What do babies need to grow do you think?" I inquired.

"Well, they need parents and they got to listen and they will need water and good healthy food and then they will grow up."

I looked at Wynter as she said this and nodded in agreement. She added, "And we need to plant these up high on the hill so that

the flood doesn't get them, because you know the flood is always down the hills".

I reflected upon this and realised that humans have an extraordinary capacity to learn and adjust, given the opportunity.

We will be providing all our children with this opportunity and we will continue to hold the community until we can grow out of this disaster, just like the seeds will grow in our garden.

Nimbin Preschool is on the showgrounds in Cecil Street, Nimbin. We currently have space for more children aged between 3 and 6 years old.

We have highly qualified teachers with extensive experience in the early years.

Please call us to discuss your child's enrolment.

We are open Monday-Friday 8:30am-4pm. Call 6689-1203. You can also visit our website for more info: www.nimbinpreschool.org.au

Storytelling at Cawongla

by Leanne Logan

Is it the ritual? Is it the props? Is it the funny sounds that the goats make?

According to the children and educators at Cawongla Playhouse, what they love about storytelling is all that, and a lot more.

"Just the stories," Bowie, 4, succinctly put it, when asked what she liked about storytelling.

"I like what Bowie likes about it," Finn, 4, added. "I like all of it."

As Storyteller in Residence at Cawongla Playhouse this year, the children's thoughts were music to my ears. I know children love stories.

For 13 years I've been an early childhood educator and storyteller at Cawongla Playhouse. I've seen the spellbound, almost entranced state in which children process story. It's part of their work, as children, to help make meaning of the world.

But what does a storytelling residency at a preschool actually look like?

Fellow educator, Yolande Pope said, "The stories at preschool bring us together. We light the candle and fly to new worlds."

And that is my intention with this residency – to offer a shared cycle of learning where we weave the known and the unknown, where we provide a conduit for curiosity, a space for



wonder, and a place where we all belong. Cawongla Playhouse director, Stephen Gallen, said while the tradition of oral storytelling was at the heart of the residency, the weekly experiences also incorporated many other aspects of the arts and the curriculum.

"Leanne's sessions are as much about theatre, music, poetry, mime, puppetry and ritual," Stephen explained. "Her stories themselves 'teach' emotional literacy, explore communication and relationships, and deal with sustainability and global concerns in relatable and compelling ways.

"This is a powerful way to help children 'unpack' and reflect, consolidate their learning and experience agency as co-authors and storytellers."

For JJ, 4, it was as straightforward as: "I like the things (props)."

"The two sheeps," Ethan, 3, added.

"The goat noises!" Albie, 4, stated.

"I like that Leanne brings the stories to life," educator Kim explained. In collaborative circle, in the art studio, the workshop, or out in the garden in nature, this year we will bring lots of stories to life. Together.

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Wild times

by Holly Officer

Last month as we emerged from muddy cocoons, I was grateful to meet with a handful of children fireside and capture stories.

Bare feet on the earth, toes gently warmed beside the embers, wholeheartedly sharing their fears, concerns, giggles, questions and experiences from these past weeks.

Peculiarities were unpacked, such as canoeing into your bedroom to reach for the only high and dry clothing, which were dress suits. We all agreed this was a warm and styled way to await rescue! I notice the softening of their nervous systems as they are witnessed, heard and received by their peers.

Once our circle is complete, it's time for some movement, and so we're off to visit the transformed waterway that runs through our learning environment. The creek is still

brown as the erosion upstream continues, and some of the usual features have been washed away, along with the weeds.

Curiosity is evoked and I can offer reassurance that these waters are safe to explore – this mud is of the land; it's allowed to touch the skin and won't make us sick like in town.

More layers fall away as their feet drop into the depths of the "silky silty sinking sand". A new discovery is that it's the best textured make-believe-chocolate-ice-cream you've ever tried!

Time fades away as we wind our way down the creek, faces are vibrant and the worries carried on behalf of their parents are put aside for now.

Our day unfolds in a similar manner as we are present with the landscape and each other. Some finish spoon carving projects, others tend to the fire, games are played, songs are sung and laughter mingles amongst the birdcalls.

When its time to go home, things feel different; we are all a little lighter. Parents



projected these past couple of years. I've often pondered how the effects of fear and isolation from these past years will show up in our younger generation.

Mother Nature is a powerful entity as we have recently experienced, but she is also known for her healing powers. Being in the outdoors allows us to reset our nervous systems so we can show up for each other from a grounded and connected place.

It also provides opportunities for us to reflect on our inner landscapes and move towards choices that support humanistic well-being and environmental care.

This gives me a reservoir of hope for the future. As we begin to integrate these experiences, I wish that you too can take moments to be in presence with Wild Places.

If you have young people who would benefit from our Wild Kids Nature Mentoring Program, please get in touch. At the moment, our program is designed for home schoolers and is run on Wednesdays for 6-12 year olds in Stony Chute. Phone 0431-954-364, email: info@wildsong.org

are grateful for some space to reset, and these tired but regulated children are medicine for the whole household...

As weeks pass I'm able to catch more stories from my wider community and many of these are filled with challenge, destruction and trauma. A common uplifting thread is that we are coming together to hold and support each other through this.

I find this so refreshing compared to the narrative of separation that has been

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Agent: Samara



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Contact Agent Samara



9 & 9a Cecil St Nimbin 
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\$770,000
Agent: Samara & Jacqui



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\$545,000 Agent: Jacqui



18/78 Cecil St Nimbin 
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Agent: Jacqui



191 Billen Rd, Georgica 
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Agent: Sundai & John



Vacant Land: 127 acres 
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Agent: John



Lot 1/165B Cawongla Rd Rock Valley 
\$320,000
Agent: Sundai & John

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