

ASTRO forecasts



by Tina Mews

what's happening
in the heavens?

Aries

Beware of drawing premature conclusions during the Full Moon phase (Dec 8th) as you may not know all the facts. From December 21st onwards Jupiter will be in Aries again until mid-May next year creating new opportunities for personal growth. Any project that you feel like starting now needs a workable plan and is best launched after Mars turns direct in mid-January 2023

Taurus

In many ways, this is a time of endings and new beginnings, when paradigms shift and new trends emerge out of the preceding chaos. On a personal-at-depth level, it requires questioning old beliefs and perspectives that you have of yourself and the world. More patience is still needed for the new path to reveal itself.

Gemini

Many Gemini and Gemini rising born have been extremely busy while Mars is doing its retrograde dance in the sign of the twins. Take good care of yourself, otherwise you may end up depleting your batteries. Keep breathing and rest when you can. Ultimately, this is a time for examining and reworking the way you express, experience and integrate Mars energy in your life.

Cancer

Health, fitness and daily rhythm might gain more importance. Insights about obstructions to health and happiness – may they be work-related, physical or psychological – can give the necessary momentum for change and transformation. In your relationship with others keep nourishing what really works and cut ties with those who do not align anymore with your evolving self.

Leo

A boost in creativity takes you onto a journey into your own inner landscape of dreams and hopes. Dare to be who you are meant to be and you could attract some like-minded souls who support you in achieving your desires. Keep in mind that your creations are still in a developing stage and need further nurturing before they can be presented to the world.

Virgo

Keep in mind that you do not need to win every battle – first decide what is worth fighting for. You may have been encountering blockages in achieving your objectives and feel frustration about not advancing fast enough. Revisit some of your goals and find a solution which works for you and benefits others too in a more sustainable way.

December

In the yearly cycle around the zodiac we have reached the fiery and freedom-loving sign Sagittarius. Archers are the archetypal seekers for meaning and truth. Their view is on the far distance and they are not so much concerned with the petty details of everyday living. We need the Sagittarian frequency for formulating our vision and developing long-term goals that inspire us. Jupiter, the ruler of Sagittarius will be in watery and dreamy Pisces until December 21st when the largest planet in our solar system enters action-driven Aries. The time in between might be useful for feeling into ourselves and sensing where to best put our energy. We may change course or adjust our plans if things do not feel quite right.

The Full Moon on December 8th in airy Gemini is opposite the fiery Sagittarius Sun and closely conjunct Mars retrograde. This Full Moon highlights the challenges that we experience in our communication with others. Distilling the truth out of too much information can be quite a task making it difficult to discern between fact and fiction, observation and interpretation. Mars gives extra fuel to our thoughts and we might be more direct and honest in our self-expression. On the other hand, it is helpful to question our assumptions and be open to other points of view. Neptune's involvement with the Full Moon sensitises our intuition and ability to be compassionate seeking union over separation.

Mars, when retrograde is associated with frustrated energy and unresolved conflict from the past. Feelings that still need processing may be troubling us under a stressed Moon-Mars combination. A helpful trine aspect to Saturn assists with strengthening our commonsense and supports a more detached attitude to our own emotional drama. The overall restlessness and urgency in the air needs counterbalancing as we pull back and re-focus our energies. **This is an important Full Moon as it coincides with the halfway point in the Mars-in-Gemini retrograde cycle that began on October 30th and lasts until January 12th, 2023.** It is the peak of the cycle when the red planet is closest to Earth. The tension that has been building can easily flare up enabling sudden breakthroughs that move matters along one way or the other. The keywords for this phase are 'reorientation', re-thinking and 'redesigning future goals'. The decisions that we make now will influence our next steps once Mars is direct again in mid-January, 2023.

On December 21st, Jupiter re-enters

courageous and pioneering Aries.

Jupiter, planet of growth and expansion, has transited the sign of the Ram already during May 11th to October 28th, 2022 encouraging enthusiasm and zest for new adventures. Jupiter creates opportunities and gives confidence. When Jupiter is in Aries, the luck is with those who dare to take a risk. On the downside, Jupiter in Aries can be opinionated and impatient, starting new projects on impulse without a real plan. **Jupiter will remain in Aries until May 17th 2023.**

On December 22nd the Sun enters zero degree Capricorn marking the longest day on the Southern Hemisphere while forming an exact square with Jupiter in Aries. Sun and Jupiter are both on the Cardinal points that connect us to the world at large emphasizing the potency of this configuration. It sets the tone for the next three months. On the personal level, it could be a test of discipline and self-restraint (Capricorn Sun) versus confidently reaching for the stars (Jupiter in Aries). The Moon is in adventurous Sagittarius and opposite Mars in multitasking Gemini arousing our fighting spirit. Impulsive reactions and emotional outburst might spice up the overall atmosphere during the start of the new season. It is a reminder to slow down and do less, relax and remain centred and grounded in the here and now.

The New Moon in Capricorn occurs the next day on December 23rd. Venus, Mercury and Pluto are also in organizational Capricorn emphasising practicality over idealistic principles. The New Moon in square with Jupiter in Aries suggests a theme of 'too much versus not enough'. Capricorn requests that we follow rules while Jupiter entices us towards self-determination and leaping ahead with enthusiasm. Integrating both sides will create the right balance for moving through the festive season.

Mercury stations retro on Dec 29th initiating a 3-week retrograde phase that lasts until January 19th, 2023. Communication is not straight-forward when Mercury is retrograde and life doesn't happen according to plan. The Mercury as the 'trickster', the deeper mind, wants to get our attention. It is time to pause and contemplate, reflect and re-think our projects and end-of-year preparations.

- Navigation by the Stars for 2023 Plans, Directions, Concerns for 2023; contact Tina on 0457-903-957; in person, zoom or skype consultations; email: star-loom@hotmail.com **Gift vouchers available!**
- "The Astrology of 2023 and Beyond": January 28th, 2023, 10am – 4pm Lillfield Community Centre, 4505 Kyogle Rd, Wadeville 2474. All welcome! Information and Registration: 0457903957 or email: star-loom@hotmail.com

Libra

Looking at the bigger picture while focusing on details that matter is the challenge of the moment. Most importantly you are trying to work out where to go next. Considering the past might help with this process and it provides you with an orientation for designing future goals. New inspiration may come through cooperating with others from December 21st onwards.

Scorpio

It might be difficult to make real progress now. Reinventing your financial and security goals may be part of this process. You could try out different strategies without making final decisions now – and without relying on anyone else. When you retreat within yourself the bigger picture will emerge.

Sagittarius

Interactions with others might be more complicated than you would prefer during this period. It is helpful keeping in mind that the overall lack of making progress is testing everybody. United we can achieve more than when feeling divided. Opportunities for real growth and expanded creative expression are coming your way from December 21st onwards.

Capricorn

There are less than 4 months left of Pluto's 14-year journey through Capricorn which won't happen again until 2254! it is now the time to wrap up with what has passed its use-by-date, to free up space for new impulses. The collective shift is taking you from the 'me' to the 'we'. Collaborative models of community-building are coming into vogue replacing top-down structures and thoughtforms.

Aquarius

There are just three months left of Saturn's once in 29-year passage through Aquarius. You may want to use this period for testing if the structures that you have built during the last 2½ years are firm but also flexible enough to stand the test of time. Have a number of different strategies in place when focusing on achieving your goals.

Pisces

There are only 3 weeks left of Jupiter's once in a 12-year journey through Pisces. Concentrate once more on Jupiter's benevolent rays to attract wealth, good fortune, success, and healing. The outcome may not be visible straight away. Perseverance is the key. Take a small step approach which will eventually get you to where you want to be.

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by Marilyn Devlin

Wow – it’s sensitive. These changing rapids – deep spaces – vigorous movement. Out of your depth... you scurry to gain control.

How much surrender, how much determined holding? Moments of panic, the current is swift... it can carry you to who knows where. Do I have the strength? What is the fear? All Life is connected... the same story playing out on all levels... different dimensions. There’s only one really... we just imagine all the rest.

It’s like the rug’s been pulled from under us... we’re in a place that’s new. Can’t feel the walls... or conjure a picture that stays in place. Can I float in nothing, be nowhere... elevate above the chatter and the doubt? Can I allow myself to be in this new place... am I curious, just the tiniest bit... supporting the new to uncover more.

I need to be gentle – soft – open. It’s hard sometimes... our surrounds can feel harsh. But we really are children of life... whatever name you give to that nameless one. I call it the Great Spirit... or Love. The power of Love... we used to sing that song in the seventies.

I’m standing on a threshold... a vast open expanse before me. There’s little stepping stones – already placed. Choices, decisions... listening intently... being present for any movement, sound or sensation. Receptive to life’s guidance.

Choices are ours... while there’s also an overlaying presence. Those golden threads... Life’s meridians... carrying and transporting all we need. We’re always supported. Life is a miracle... a miracle that continues to expand, create, refine and love. If we could only see what we have.

There’s still things on my mission list I desire to fulfil. I’m committed to achieve what I can. Life’s too precious to let slip away... without becoming the very best of our self.

We’ve reached December... the last month of yet another significant year. We sense there’s more ahead. All this shifting, growing and evolving has been necessary it seems. We’re transforming from the inside out. As humans we play a huge role in how things play out. We’re not powerless. We’re vibrating primal source-energy beings... capable of the greatest miracles.

It’s certainly time for change... even the tiniest bit helps. Moving things around... as movement supports change. A change in focus, ever so slight... changing direction, altering our compass. Fine tuning things that are important.

Putting Life first... it’ll be gone before you know it. Never put off... of course we do. It’s not a military parade, more a leisurely stroll. We’re here to enjoy. Priorities ... what’s really important? Trimming the chatter and the clutter. Enjoying Life. Really getting to know it’s essence. Becoming intimate with its soul.

Being brave... being adventurous. Being lazy... taking it all in. The sheer and vivid majesty.

While sitting quietly this morning, a chopper flew low overhead. The sound very chopper-like took me right back to the floods. There were so many choppers then, back and forth each day.

It touched on the trauma memory. Sometimes we forget just what we’ve travelled through... and come out the other side of. Although we’re never the same. 2022 has been a big year. Another one in the cyclic wave we’re moving through.

Real light never dims. Love never fades. Opportunities always present. Even just to breath... to be here. The sun, the moon, the stars... the butterflies and bees. The birds... the enormous complexities, shapes, sizes, colours, personalities... expressions of that sacred eternal flame.

It’s an important time of focus... of living, of loving. What is my truth? What do I commit my precious time to?

Enjoying can be a radical act... the greatest way we can offer our thanks.

It’s okay too... to be feeling weary, teary and vulnerable. We’ve put in a marathon. We’ve achieved mighty feats. We’ve covered a lot of ground.

Happy Solstice and other seasonal celebrations.

Nimbin Trivia Time

by Eclectus

Questions

1. The Great Sphinx of Giza was carved from bedrock, but when? Was it 3,500, 4,500 or 5,500 years ago? (Photo: worldatlas.com)
2. Who is the most famous alumnus of Goolmangar Primary School? Hint: this person once went by the name Mendax.
3. Is a troika a leadership group of three, a state whose leadership is claimed by three separate individuals, a dance or a form of transport?
4. Can you name the 1987 artistic collaboration of David Williamson, Carl Schultz, Leo McKern, Julia Blake, Graham Kennedy, Henry Szeps and Wolfgang Amadeus Mozart, among others?
5. Australia is travelling quite comfortably to the northeast in the middle of the Australian tectonic plate. Last year, as a result of this, most of Australia was repositioned on maps by over 1.5 metres to the northeast. Are we moving closer to 1, 10 or 100 centimetres each year?
6. Continuing our quest to discover some of Nimbin’s planned communities, we are, this month, looking for one that takes its name from a mythical English location associated with King Arthur and Joseph of Arimathea.? Take a bonus point if you know the meaning of the name.
7. Napoleon Bonaparte was an extraordinary person by any measure. During his exile to the Mediterranean island of Elba in 1814 his supporters wore which floral emblem as a secret symbol of their support?
8. Which fabricator would use paulownia, a cobbler, a luthier or a surfboard shaper?
9. What fruit is best to eat when its flesh is the colour and consistency of axle grease?
10. A Penny Black stamp will be auctioned, probably, by the time you read this. The Penny Black was the first postage stamp made and this one is from the first sheet printed. It was bought ten years ago for A\$92,000. See how close your estimate is to pre-sale estimates in the business.



- Answers**
1. The Great Sphinx was built about 4,500 years ago.
 2. Julian Assange, now moldering away in a purrid English prison for the heinous crime of journalism.
 3. Everyone’s a winner! Take a point for each 17th century Russian sleigh drawn by three horses harnessed abreast. Curiously, the middle horse trots while the horses on each side canter. Not unlike the political troika, really. The dance, however, in which a man dances with two women, is highly likely to be the other way round. At least to start with.
 4. The movie adaption of Williamson’s moving 1979 play *Travelling North*.
 5. Australia is moving about 7 centimetres per year so you won’t have to hold on tight. This is about the same rate your hair and fingernails grow.
 6. Avalon is at the top of Stony Chure Road in Wadeville. The mythical Avalon (isle of apple trees) is said to have been at Glastonbury Tor in Somerset. It is reputed to be, among other things, the last resting place of Arthur, King of the Britons and the place to which Joseph of Arimathea (Jesus Christ’s funeral director) sent the Holy Grail. Glastonbury, home of the renowned arts festival, is also reputed to be the origin of New Age beliefs in the early 20th century. In 1999 the town made national headlines in the UK when its floral displays were found to contain cannabis plants.
 7. The violet (*Viola spp*) was chosen because it is among the first flowers of spring and Napoleon, upon his exile in May 1814, vowed that he would return with the spring. He escaped from Elba in February 1815 and took back control of France in a bloodless coup just as the violets were about to bloom.
 8. Everyone’s a winner once again! Take a point for each timber from the paulownia tree is used to make clogs, guitar and violin cores and surfboard cores.
 9. Yummy black sapote.
 10. It is expected to sell for more than A\$11,000,000 in early December.

Nimbin Crossword

2022-12
by Novata



Across

4. Take note (inits) (2)
5. Tongan hangi (3)
6. That is (3)
8. Native of the Czech republic (5)
10. Belief prohibiting the use of something because of its sacred nature (4)
11. A winder around which thread is wound (6)
12. Ointment for treating bruises (6)
13. Evergreen shrub or tree of the genus Myrtus (6)
15. Soak in this after hard work in the garden! (7)
17. Person with an unusual or strange personality (7)
18. Italian “dessert” – espresso with vanilla icecream (8)
19. Chemistry of fermentation (8)
20. Extremely irritating to the nerves (9)
21. African deer (8)

22. Potent hormone-like substance affecting blood pressure (13)
24. Money dispenser (inits) (3)
25. Tournament in which both professionals and amateurs may play (4)

Down

1. Spiritual founder of Zoroastrianism (9)
2. Noisy like the sound of a bee, excited (5)
3. Communicate visually on-line with a group of people (13)
7. Hospital unit equipped for intensive care (inits) (3)
9. Former name of Tokyo (3)
11. Concealing true motives by feigning good intentions (11)
14. They _____ for the election campaign (9)
16. States of sustained elation (5)
22. The current one is Labor (inits) (2)
23. Negative (2)

Solution: Page 33

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Nimbin hosts Interschool Sports Gala Day

by Marc Everingham

Well after months of planning and repeated postponements, Nimbin Central School finally got to host Richmond River High School in some friendly interschool sporting competition.

As we are all aware, Richmond River High campus was devastated by the floods earlier this year, leaving students and staff feeling displaced as they were forced to relocate to a shared site.

The gala day was planned as a show of support as well as an opportunity to restore a sense of routine and normalcy into the student's lives after too many years of disruption.

The competition started in the MPU with a fierce game of basketball. Richmond River's speed and skill saw them take a large early lead in the first quarter.

Nimbin's tenacity and improved play saw them narrow the lead in the second half to finish the game with a respectable loss of 8 points.

Soccer kicked off at midday on the



freshly marked bottom oval. Once again the team from Richmond proved to be too strong and took an early lead from which Nimbin had trouble recovering.

After a day of bonding through sport and competition what's better than a good barbeque lunch? And that is exactly how the day finished.

According to Mr Everingham who co-ordinated the day, "Respect was earned and friendships were formed. It was a day of healthy sporting fun and hopefully one that will become an annual event. Already it has generated an interest in more interschool competition and more sports to be on offer."

Breathing story at Cawongla

by Leanne Logan

I feel these days that I almost think, breath and live "story". And looking back through the huge Floorbook that's documented our inaugural Storytelling Residency year at Cawongla Playhouse, it seems I'm not the only one.

Page after page is alive with stories that the preschoolers have shared – either recounted from their own lived experiences, or made up from their incredible imaginations.

Colourful images, drawn by the children with utter abandon during storytelling workshops, illustrate their thinking and learning. We see whirlie winds in Africa and fairies sitting on rocks.

Then there are the canoes that brought the first people to Bundjalung Country a long, long time ago. On another page a family of snakes protect their babies from evil.

In between the stories and the drawings and

the photographs, the Floorbook brims with ideas, possibilities, reflections, suggestions... the voices of us all... as we share, connect and collaborate.

On one page there's the scribbled drawings of two children, in conflict over space. A few pages on, an inspiring example of negotiation is evident: "Or we could glue them all together and have a door in the middle?" The chalk and cheese of life.

At the start of this year, we didn't know what this residency was going to look like. It's a first; perhaps the first in Australia for all we know. With that clean slate came complete freedom – a delicious and invigorating ingredient – which opened the door to endless possibilities.

As I turn the pages of our Floorbook now, the year unfolds. It's probably not surprising, given the catastrophe of the February flood, that our attention eventually turned to the



concept of "home". For the past half year, we have explored so much around this concept, and at the same time made a storytelling home for ourselves at preschool.

When I asked some of the children recently what they've enjoyed about our storytelling year, their responses were varied and inspiring.

Bodhi: "I love your stories, and I loved the space one. (Blast Off!)"

Albie: "I like all the stuff you bring for the stories and afterwards you get to play with the stuff."

Anishka: "Dragon."

Finn: "I love doing the stories up there (at the Community Centre). There's more

room."

JJ: "I like to decorate this (the storytelling house we've been making) and I want to do some more."

Robyn: "Rockets!"

Ethan: "I loved the fox and the snake."

Henry: "I love all the dinosaurs and the T-Rex."

To me, our storytelling year has been one filled with curiosity, hope and wonder, spiced with the unknown. And as I reflect on all this, it makes me question – is that how children live their lives? Every day?

If so, it's no wonder I'm thinking, breathing and living story.

For more information about Cawongla Playhouse, phone 6633-7167.



HSC Art Show



At the end of Term 3, Nimbin Central School held its annual HSC Art Exhibition. It was the first to be open to the public for several years.

The students showed off their amazing works from the design and technology and visual design classes. There was a range of works in a great variety of mediums and artistic styles, including ceramics, wearable art, photography and wood.

It was great to see the students talk to the community about the work that they have been doing throughout the year and share their experiences in the creation process.

It is always a special moment to exhibit work and see it as a finished product, displayed with consideration and pride.



Garden to plate

by Akash Pett

Barkers Vale Public School has had a wonderful bounty coming out of the gardens this Spring.

Our students are relishing cooking up our produce, expanding both their agricultural and culinary repertoires.

Kale chips were a huge hit, and can be easily reproduced at home for a nutrient-rich snack.

Burrubi students are also excited to taste their super sauerkraut once it has finished fermenting.

In Gabul, students have been using our lovely cabbages to create more advanced dishes including Chinese-inspired steamed cabbage rolls and delicious vegan San Choy Bow.

We are also excited to see the results of our potato growing experiments to determine which of our growing mediums will yield the most potatoes.



Seven Deadly Sins: Pride

by Alex Manzi Fe

So, pride is the first of the seven deadly sins. But what is pride? Is it wrong, sinful, to feel proud of something you have achieved?

Would you not feel proud of yourself if you had overcome some difficulty, achieved what you set out to do? Would you not feel proud of the beautiful painting you had created?

What is the opposite of pride? It must be shame: we are not worthy, we are not good enough, we are, in fact, sinners. We must not respect ourselves. We should respect our 'Master', Lord, God.

How long did it take us before we

could accept 'Gay Pride'? What does a pride of lions have to be ashamed of? Is the 'proud Bundjalung woman' a sinner?

No. I think whoever gave pride, pride of place (yes, really!) as the number one deadly sin was really exercising authority through mind control in order to keep the population, the 'slaves', in their 'proper' place.

Alex is a member of the Blue Knob Writers Group, which meets every Sunday, 10.30am at Blue Knob Café and Gallery. All enthusiastic writers are welcome. There is no meeting after the 16th December until the café re-opens mid-January. From February, the group will also be



holding a monthly public gathering on a Sunday called 'Table Talk' where writers read out their prose and poetry. Contact Alex on 6689-7268 for further information.



Hands-on learning

by Tania Harvey

It has been a busy month at Coffee Camp Public School.

We had a Bunnings Workshop which was great. Mehar from Bunnings ran the workshop where all the students were able to make their own bee house. The wood was off-cuts, and the tools were all supplied, it just needed our very enthusiastic students to put it all together.

Everyone was excited, even us teachers, we got to make one too. Before Mehar arrived, we had a morning session about native bees, their habitat and their food sources, so the students would feel a connection and purpose for their hands-on building

project.

Our students also experienced an awesome environmental workshop presented by the Waste Education Team at Lismore City Council. They were involved in categorising rubbish for landfill, recycling, and garden and food products using the three-coloured local council bins.

The team relays encouraged students to make quick decisions about where their waste should be binned and to rely on their team to assist in the decision-making.

Students were able to make their individual beeswax food wraps using cotton fabric, texta designs and wax. Once they had completed their designs, they needed to grate the beeswax, place

in on top of their fabric and have it placed in the oven for a few minutes.

When it had melted and cooled, the fabric was scrunched to make it softer and more pliable and then the edges folded to create an envelope in which to put food. It was an excellent workshop enjoyed by students and staff.

As part of our picnic day on Friday 2nd December we had Fitness Kidz at our school. The children participated in activities including the giant parachute, novelty games, sack-racing, scoop ball, caterpillars, giant tug-o-war, and water play with super soakers and water balloon activities.

It was great to have the wider community come and celebrate our wonderful year of learning.

Some hard-earned arty well-being karate

by Cath Marshall, Principal

Earlier this term all students from K-10 and staff at Nimbin Central School were invited to participate in group-art therapy sessions, run by local Art Therapist, Melani Du Jardin. The experiential art therapy sessions are part of a school initiative to support student and staff well-being.

As a school we are grateful for the flood relief grants and donations from our buddy school, Plumpton Public in Sydney that have made this opportunity possible.

With everyone in the Northern Rivers, our school community has endured this period of intense hardship, including multiple natural disasters, from bushfires to floods and Covid over the last two years.

To help strengthen resilience in our school community, we are fostering opportunities for greater creativity and connectedness.



Secondary students

I managed to capture snippets of what secondary students had to say about the experience as they encountered new perspectives and gained tools to support themselves and each other:

"It was nice to try something new"; "I liked having no expectations about how it would look"; "It was better than I thought"; "Liberating"; "Calming"; "Relaxing"; "Inspiring"; "Discombobulating; Fun"

Primary students

The stand-out feature of the Primary art therapy sessions was the students' complete immersion in the experience.

They gave themselves to the task of depicting their own 'happy place' so completely and with such expressive gusto that the paint literally went everywhere.

It became so evident just how beneficial this kind of experience can be for children, particularly those with particular sensory processing needs.

Staff art therapy taster

And last, but not least, teachers also had the chance to flex their creative muscles with an art therapy in-service, facilitated by Mel at a recent staff meeting.

It is no secret that educators need to regularly engage in stress management and self-care techniques. The art therapy taster may be the beginning of some new developments in our whole school approach to wellness at Nimbin Central School. Watch this space...

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Nimbin Crossword Solution

From Page 31

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Off grid? No worries! Introducing the RPC SolVA range

by Jacob Ford

Rainbow Power Company is pleased to announce new products in our SolVA Power System range. In addition to our SolVA 800 and 1200, we now have the SolVA 3000, 5000 and 8000.

What is a SolVA? A SolVA is an off-grid power system in a box. The SolVA 800, launched in 2021, is a portable plug-and-play power source, suited to camping, workites or tiny-home applications.

Coupled with a battery and one or two panels, it can power a couple of lights and charge your laptop, power tools and phone. It is designed to be kept out of the

weather and does not require specialist installation.

For our 1200-8000 models, we have taken our famous off-grid systems – developed over many years and installed on thousands of households and businesses across the country – and placed them in rugged, vermin-proof and IP-rated boxes, enabling them to be installed outdoors.

These systems use high quality Victron inverters and charge controllers paired with modern CAN BUS-controlled lithium batteries to ensure they provide reliable power to your home. These larger systems require installation by a licenced electrician.

Whether your power needs are big or small, there will

likely be a SolVA perfect to power your off-grid home or cabin. The 1200 will support an energy-efficient fridge, TV, lights and appliance charging. The 3000 is designed for a small family home with the ability to run more power-hungry appliances in your kitchen, laundry and living areas.

The 5000 will allow you to power all of your mod-cons including an air conditioner, dishwasher, washing machine and drier, kitchen appliances and entertainment. The 8000 adds the ability to run more of these devices concurrently.

Gone are the days of foregoing the comforts and luxuries of modern life in order to live off-grid. Our solar specialists will help

you to assess your power requirements and choose the system best suited to your needs.

For those wanting large-scale private or commercial off-grid systems, please get in touch to discuss your options. To date our largest off-grid system was a massive 100kWp backed by 320kWh of storage. It seems the sky is the limit when it comes to RPC's off-grid power solutions.

All of our systems are backed by Rainbow Power Company's industry-leading customer service and tech support. We install the 1200-8000 SolVA systems within four hours of Nimbin, and can supply Australia-wide or overseas.



For an obligation free quote call 02 6689-1430 and ask to speak to one of our off-grid specialists today.

Weed your geek garden

by Jay Stephens

While the real world continues blissfully unaware, those of us terminally on-line to spend our days on Twitter have had a turbulent November.

After vacillating, the world's on-again-off-again richest man, Elon Musk (SolarCity, PayPal, SpaceX, Tesla, etc, etc) completed a \$44bn takeover of the social media platform.

Like most Generation X geeks, I watched the 1990s promise of the web (freedom, creativity, community-hosted websites and forums) fade, as users and admins were tempted by the reach and scale of big social and advertising dollars.

Then, in the 2010s, from the rarefied vantage of this beautiful hippie village below the Border Ranges, I watched in horror as the "big social" oligopoly (Facebook/ Meta, Google/Alphabet, and their enablers in the targeted advertising space: Amazon, Microsoft, Apple) morphed into the outrage machine.

The outrage machine was voracious, and it learned what did and didn't generate rage-engagement and hate-sharing. It brought to the public square a fire hose of abuse and disrespect masquerading as free inquiry and social connections.

I left Facebook in 2014 because "like" and "friend" weren't the only things being commodified; human connection and social capital were being mined by a company that gave away free access in order to treat the users as their product, traded to their real customers, the advertising buyers.

So you can imagine my excitement when I saw that many of my (off-line and on-line) friends were jumping ship and abandoning Twitter in the wake of the Elon Musk takeover. I did the same, signing up for Mastodon (a community-run and administered, decentralised Twitter

equivalent).

The switch has been... painful. Mastodon is clunkier than Twitter, and relatively unfriendly, and it asks users to take more responsibility and care when they post. In other words, admins tend to enforce basic social norms and politeness, and they either ban or kick users who won't play nice. I have found this challenging and uncomfortable.

But much of my discomfort is simply the shock of moving from being a passive "product" of an ecosystem that harvests my eyeball-time and engagement for advertising dollars, to being part of a community that builds norms and rules together. I would compare this to the difference between paying a monthly fee into a body corporate, versus the effort of buying a share and then taking part in the running of an MO or intentional community.

I would also compare it to the difference between buying carrots at the supermarket, versus the effort of growing your own (much more nutritious) carrots in your own veggie plot.

Indulge me while I run with that second analogy. When new folks move to this unique village, the first piece of advice they hear from welcoming locals may be: "Start your own veggie plot, get some independence". The blow-ins might respond with: "That sounds like hard work", or "But I don't have a green thumb and I know nothing about gardening", or even: "Why should I care".

And the answers are respectively: "Yes, but you'll learn and have fun and grow as a person/family"; "A green thumb comes with practice, trial and error, and a bunch of dead salad greens", and "You should care because it's a contribution to us forming a resilient community together in and around this village, instead of being passive consumers of the globalised, pesticide-laden agribusiness cartel which you may never have thought much about."



Like most Generation X geeks, I watched the 1990s promise of the web fade, but I also watched as the web consumed everything. Everyone lives on-line now. We bank on-line, chat on-line, watch movies on-line, find music on-line, shop on-line. And we do so, not with the tools the geeks built 25 (or more) years ago to do all those things, but with corporate tools like Facebook, Youtube and Amazon.

Freethinkers who wouldn't be seen dead buying a Murdoch rag sign into Zuckerberg's democracy-threshing hell-site on the daily. Counterculture warriors log onto YouTube. Locavores spruik farmers markets on the weekend and buy supplies from Amazon on Monday. Hell, even I can't find the books I want anywhere other than Amazon half the time. We have surrendered much of our lives to these foreign-owned corporate behemoths (which pay no tax in Australia and flaunt our feeble regulations from their offshore data-havens).

Every billionaire is a policy failure. If we believe those words, then we shouldn't give billionaire platforms space in our heads. We shouldn't use their platforms to shape our friendships and our interactions, with emoji sets we didn't choose, a like button no-one wanted, and opaque algorithms that control whose conversations we see and when. We shouldn't pour our family photos into memory holes we can't search and index later at our leisure.

The medium is the message, said McLuhan... and the media magnate is the messenger. On a non-profit socially-run social media site, your interests align with the site administrator's: they want to build and maintain a community, and you want to be a community-member contributing interesting discourse, swapping ideas and information.

In contrast, on a for-profit social media website like Facebook or madman Musk's Twitter fiefdom, run by a global megacorporation (which owes billions in IPO-debt) your interests very much do not align.

You want to be a community-member contributing interesting discourse, swapping ideas and information, whereas the corporation wants to trick you into an anger/fear-driven click-frenzy, maxing out screen time, rage-clicks, and shit-posting... because that's what the outrage machine (*aka* iterated board of director decisions predicated on maxing out returns to highly leveraged investors seeking short term returns on their investment based much more on spiking share values than dividends or real value) has learned drives the most "engagement" and eyeball-time on those ads for gas guzzlers, real estate, and beer.

This is the part where my notes for this piece tell me to finish up with a call to action. Well, it's pretty simple: start your own geek veggie plot. "That sounds like hard work": yes, but you'll learn and have fun and grow as a person. "But I don't have a clue about tech": getting a clue comes with practice, trial and error, and asking your geeky friends for help. Reach out. I remember thinking I'd never get the hang of smartphones.

"Why should I care?": you should care because it's a contribution to being a resilient, connected community around here instead of passive consumers of the swill pumped out by the global cartel of foreign misinformation merchants who profit from our anger and confusion.

Delete your Facebook. Walk away. Never look back. Optionally, sign up to Mastodon at the same time and come say hi.

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NOT JUST NIMBIN

15,000 copies of *The Nimbin GoodTimes* are distributed monthly throughout all six Local Govt Areas of the Rainbow Region including the following towns and villages:

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Raise your vibration!

by Tom Jones

In a world full of chronic and complex misunderstandings, it is no surprise we get so bogged down with what we need to do to be healthy.

Staying healthy and fit doesn't have to be painful, nor should it be seen as some kind of punishment. Modern culture has managed to confuse what is good for us with what simply feels good for us.

In our culture, lounging around watching Netflix, eating junk food, playing on your phone, gaming or drinking too much lends itself to feeling good.

Whereas getting a sweat on, lifting weights or being mindful of what you fuel yourself with is connoted more with pain and suffering and 'not living life'.

The massive difference between the two is: one is short-term discomfort in exchange for long-term satisfaction and joy; where the other is short term pleasure for long term pain, suffering and chronic disease.

The first positive change that you can make right now for your health and fitness is to change your internal dialogue around it. We need to stop living in fear and pay more attention to our own in-built intuition, as that will guide us as to what we truly need for our health and wellbeing.

You are your own best doctor, not some quack, guru, TV ad, Facebook star and certainly not a politician!

Start by saying that you GET to exercise today not that you've GOT to. Change the language around



it, and you may very well start changing those pain and pleasure points!

Loving yourself should be something that we get to do, not something that we have to do.

Fear runs on a low vibration, that has been shown to lower your immune system. A low immune system is how we are overcome by disease, which is the opposite of what we want! We want to be brimming with life and vitality!

By increasing your vibration (OUT of fear), improving our diet (cutting back the junk/fast food and doing some kind of exercise, or anything physical that briefly gets you out of your comfort zone) can do nothing but improve your health and wellbeing.

That's not to mention the improvement of mood, self-esteem,

DISCOVER FITNESS

decrease in stress and all-round strength.

A great way to overcome fear is to practice breath-work or meditation daily, or even every other day. Both are great tools for helping to deal with all of life's challenges, and I would recommend at least looking into them.

None of this needs to be hard, and it doesn't need to be about breaking records. Parking a little further away from your local coffee shop and walking is a great way to start.

'Accidental exercise' creates a far greater calorie burn than most gym time, and getting rid of excess fat off your body is a great place to start.

Excess body fat is dangerous and will shorten your life, or at least, make the last parts of it painful and stressful – two things humans don't enjoy at the best of times.

This month's challenge is to get in 10,000 steps every day! Write in to let me know how you are getting your steps in and any questions you may have about getting fit!

Tom is a Cert V&IV qualified coach with ten years' experience. He is available for one-on-one coaching, Monday to Friday between 7.45 and 10.30am at Nimbin Showground. Phone 0447-966-667, email: CharlieJones5891@protonmail.com



Strength training for falls prevention

Living Longer Living Stronger (LLLS) is an innovative, safe, effective and affordable exercise program that aims to improve the strength, balance, co-ordination and endurance of people aged 50-100+.

Council on the Ageing (COTA) NSW is working with a range of organisations and local providers to establish and promote the LLLS program across many parts of NSW.

Programs are delivered by local exercise professionals, who have completed specialised training and become accredited Living Longer Living Stronger instructors.

Participants meet with their instructor for a one-to-one assessment prior to starting classes. The instructor develops a tailored program that takes their issues and needs into account, ensuring that they receive as much benefit as possible from classes and are less likely to injure themselves.

"Improving strength helps older people stay independent," said COTA NSW CEO Marika Kontellis. "Being stronger means

you can carry your shopping, climb stairs, and play with your grandkids. You can keep doing the things you want to do.

"Strength training can also help slow down wear and tear."

Classes are friendly and sociable, and instructors make a special effort to make sure that everyone feels comfortable, even if they haven't been to an exercise class before.

Contact the providers directly for more information about the classes and to book your assessment. There are local Tier 2 classes run by fitness professionals at:

- Nimbin: Gail Pierce, 0409-452-620 or: gail.pierce@bigpond.com
- Kyogle: Kyogle Community Gym, 6632-2551 or: gymcoord@kyogletogether.org.au
- Murwillumbah: classes starting soon

Costs for one-to-one assessment and exercise program: Maximum \$60. Classes: Maximum \$10.

For more information, go to: <https://www.cotansw.com.au/programs/living-longer-living-stronger/classes/>

The man is on fire, 11 sales in 11 weeks, a great way to end the year!

I would like to say a big thank you to my valued clients & the supportive wider community, you are all amazing, have a very Merry Christmas everyone.



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Grant
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Sundai
0413 751 184

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NEW



Lot 7 Kyogle Rd
Mount Burrell 6 acres
\$600,000 Agent: John & Sundai

NEW



1659 Dunoon Rd
Dunoon 10 acres
\$1,300,000 Agent: Sundai & John

NEW



301 Wallace Road
The Channon 13 acres
\$875,000 Agent: John

NEW



33 Alternative Way,
Nimbin 1142sqm
\$399,000 Agent: Sundai & Sam

NEW



12/78 Cecil St,
Nimbin 2000sqm
\$299,000 Agent: Sam

NEW



8/52 Cadell Road
Mt Burrell 3 acres
\$550,000 Agent: Jacqui

NEW



1071 Pinchin Road,
The Channon 5 acres
\$1,150,000 Agent: John

NEW



50 Swan Bay-New Italy Rd
Swan Bay 27 acres
CONTACT AGENT Agent: Vicki

SOLD



4 Hillside Drive,
Nimbin 555sqm
Contact agent Agent: Jacqui

SOLD



472 Homeleigh Rd,
Homeleigh 62.5 acres
Contact agent Agent: John & Jacqui

SOLD



138 Leicester Rd,
Leicester 5 acres
CONTACT AGENT Agent: Sam

SOLD



22/265 Martin Rd
Larnook 8862sqm
CONTACT AGENT Agent: Jacqui

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* original weatherboard farmhouse rests on the ridge with breathtaking north-easterly views

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