

ASTRO forecasts



by Tina Mews

what's happening
in the heavens?

Aries

The Full Moon eclipse on November 8th might intensify issues to do with the right use of resources; how to create and share your abundance with others. This is a good time for promoting inner growth as well as material stability. Focus on innovative strategies that support your greater vision.

Taurus

Dare to be the person you always wanted to be! It is a good time to focus on your purpose and being more self-reliant instead of waiting for the validation of others. The task is to find the right balance between going your own way and co-operating with others.

Gemini

There might be some confusion regarding the right path ahead. Strategies and objectives have to be reassessed while the focus shifts towards your inner life experiences. In times of seclusion, flashbacks from the past may appear as messengers of the soul, revealing emotional attachments that are falling away.

Cancer

Having good friends and being part of a rich social network plays an important role in your life. Nevertheless, there are some changes occurring. Some friendships may end, while new friends enter your life unexpectedly who can open new horizons and may even inspire you to take an active part in the current collective transformation.

Leo

Inner processes or outer events may have initiated a time of soul searching about your life's goals and purpose. Does your current position allow for the unfolding of your true potential? Your life is ready for a revolution or at least some profound restructuring.

Virgo

The current times require a leap in faith. You might be wise to work with the support of others to achieve your desires. Nevertheless, some goals may have to be put on hold for a while. Be patient if things do not move as fast as you would like it to be. The potential lies in broadening your perception and gaining wisdom.

November

We are in the midst of a major paradigm shift signified by the larger planetary cycles. **From 2020 until 2025/6 all outer planets will have changed signs calling in a new world era.** The principle of renewal and seeding a new epoch was powerfully revealed at the December solstice in 2020 when Jupiter and Saturn conjoined at zero degree Aquarius. Jupiter and Saturn together are known as the Great Chronocrators, meaning the 'rulers of the ages, and their coming together has been associated with epochal social change. Even though Jupiter and Saturn meet every 20 years, their conjunctions take place in the same element for about 150 - 200 years and then shift into the next element. During the December solstice in 2020 they shifted from earth to air, marking a fundamental change in value systems and beliefs with a focus on humanistic principles and the power of the collective (Aquarius).

Out of the current chaos and confusion a new worldview is emerging which requires our individual participation and conscious input. We are reminded that each one of us can be a powerful agent of change by how we think, speak, and act. The cosmic assignment is to envisage and develop new models that shift the key to power to community and grassroots movements (Aquarius). **Pluto, the modern ruler of Scorpio is moving through the last degrees of Capricorn and will enter Aquarius in March 2023 for the first time in 250 years.** Aquarius symbolises the drive to pursue and promote ideals to create a fairer and more equal world and inspires the individual to contribute to the collective based on free will. Aquarius asks the question if the current structures are still serving humanity to grow and evolve. Pluto will call for renewal and transformative change. Pluto will be in Aquarius from 2023/4 until 2044.

Standing at the beginning of the air age, we are collectively living through a 'crisis in consciousness' symbolized by the waning Saturn - Uranus square that has been active since early 2021. It reveals the tension that exists between the pull of the old order and what has been established over time (Saturn) and the reorientation towards the unknown and new (Uranus). **The Full Moon eclipse on November 8th on the Taurus - Scorpio axis** will once more put the emphasis on this archetypal contest between the values of the past (Saturn) that are still influencing our beliefs and attitudes and the ideas and vision for the future (Uranus).

The eclipsed Full Moon is conjunct Uranus, the modern ruler of Aquarius, the rebel planet that is associated with awakening and liberation. Saturn in Aquarius is squaring the eclipse. He is the keeper of the threshold to the new age as the traditional ruler of Aquarius. Saturn reminds us of those limitations - may they be habits, attitudes, beliefs, people or things - that prevent us from aligning ourselves with the incoming new energies.

Mars is now retrograding through Gemini until January 12th, 2023 and forms a square aspect with Jupiter and Neptune in Pisces during the entire month. There might be more confusion about what is fact and what is fiction, about truth versus propaganda. Personally, we could be confronted with unfulfilled dreams and visions that were seeded back in April/May of this year. The energy is best utilized for re-focusing strategies and reformulating our purpose or vision of what we want more of in life. Using our breath (Gemini) and staying grounded in the body helps with counterbalancing mental stress and insomnia.

The New Moon in Sagittarius on November 24th presents opportunities for a vision quest. Jupiter is stationing direct in Pisces on this day encouraging the expansion of world views that have become too narrow. The fiery New Moon emphasises courage and risk taking and urges us to contemplate the big questions. Where are old beliefs and values holding us back? Where are we being pushed to take a leap of faith? The key to grasping a bigger picture lies in venturing beyond the borders of our everyday life, so that we can see beyond the imprints we received from our childhood, education, culture and religion. **Breakthroughs will be possible when Mars retrograde in Gemini is opposite the Sun in Sagittarius during the Full Moon on December 8th.** The shadow side of this constellation is arrogance and prejudice and crusading for the wrong, selfish reasons.

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, in person, zoom or skype consultations; email: star-loom@hotmail.com

Gift vouchers available.

Astrology at the Lillifield Community Centre:

• 'The Houses in Astrology', 6 Thursday mornings 10.30am - 1.30pm, November 3rd to December 8th

• 'The Astrology of 2023 and beyond', November 26th, 10am - 4pm. All welcome! Lillifield Community Centre, 4505 Kyogle Road, Wadeville. Information and registration: 0457-903-957 or email: star-loom@hotmail.com

Libra

Keeping your options open is Libra's way of surfing through life's ups and downs. Nevertheless, some decisions have to be made. What makes you feel comfortable and secure might be changing and this is why you have to re-negotiate agreements with others. Find the middle ground between your needs and the needs of those you care about.

Scorpio

Partnerships may be tested, but there is nothing to fear if the relationship is strong. November could bring catharsis as well as healing. Strike a balance between your own needs and those of another; it is time to compromise, to negotiate and to create more freedom and space for yourself and the other.

Sagittarius

Make use of the weeks until the New Moon in your sun sign on November 24th for introspection and reviewing your energy levels. The focus is on keeping healthy and emotionally balanced as well as making positive changes to your routines and work conditions. Find the right balance between independence and cooperation in your dealing with others.

Capricorn

This could be a very productive phase in your creative pursuits because of outer circumstances that push you stronger into living your passion and authentic self-expression. Nurture your vision and do what you love to do. On the other hand, you may find that some friends have become more distant now as you need more time for yourself.

Aquarius

Your focus is on home and your domestic life. Striking a balance between energy spent on work and energy spent on domestic matters is essential. It is time to prioritise so that you can maintain your autonomy and have space for your own inner development while looking after the needs of your family.

Pisces

This is a time for big ideas and great visions. Know what is fact and what is fiction, what is attainable and what is not. A lot of energy and perseverance is needed to manifest a vision. Look for allies who can give practical support. Remain open for new information that might change your beliefs and strategies.



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Tina Mews
0457 903 957
star-loom@hotmail.com
nimbin-starloom.com.au



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What matters for you in The End?

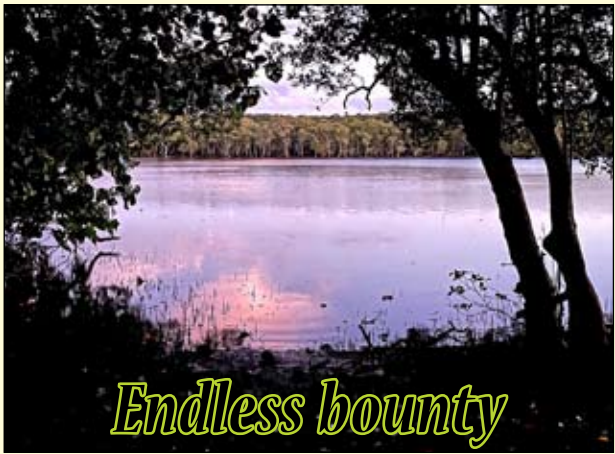


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by Marilyn Devlin

Sitting watching the tide... she's been a constant companion of mine these last five years... as a new day unfolds, granting us the opportunity of yet another chance. Here in paradise.

If we could only wipe away the fog... the scrambles of interference wanting to block our view... attempting to fill our cranium with all sorts of disgusting stuff.

The tide never misses a beat, in/out around the clock. Her cyclic command... held and orchestrated by our luscious Moon. The wonders of existence.

Her smooth, langourous and hypnotising ways... her gentle rhythm soothing our edges... reminding us of what is. Her constant intention, devotion and commitment... fill, empty... reach out and return home... over and over again.

Her colour... her luminescence... her shine, her glimmer, her seductive calling. Wooing me. Her cloudy shadows, moody voices... after the heavy rain.

Her mesmerising magick... pure intoxication. Calling me, calling me... to remember. Something familiar... you recognise her... from times long passed.

The rejuvenation... a chance to begin again. The nutrition that passes through the surface of your skin. The tingles, the love... the immersion... you long to become one again. Her comforting ways... empty and full... she takes you there.

Her kindness, her care... you remember. Her generosity... her knowing... her secrets; the tiny peek of that giant unfathomable treasure... buried so deep.

In/out... empty and full. It repeats again and again. Deep down where the stillness and treasure remain.

Moving... everything moves. Nothing ever remains the same. A constant in and out... back and forth. Where's the treasure that never moves?

Life... a dance of the most supreme. Creativity, intelligence, care and kindness. So much love.

And we're here... on Earth. With all we need. In fact in excess... such glorious abundance. We're fuelled by the very passion that manifests our Earth. We're made of the same stuff... god, if we could only see.

We're Stardust too... a part of the whole entire galaxy of being. Way too much for our tiny brains to consume. Let alone understand.

The magnitude is beyond us... we're not built to grasp it... pull it apart, direct it. God forbid 'improve' it... do some alteration here or there. We shake our head.

It's perfect as it was given... and we were given a time to be here. A heart and intelligence... a body that surpasses any manageable comprehension... its fineness, its capacity... its sheer mind exploding intelligence... its knowing, its perception... blows my mind.

We'll never truly understand... but we can experience it.

We're here to enjoy... to sing the praises of the extraordinariness that is. That's been gifted to us. That we get a shot at immersing within. A short window of time... before it all disappears.

We've lost our way... as a human species. We've forgotten the most basics. Our hearts have shrivelled... our minds grotesque in their bulging ugliness.

Movement... all life continues to move... endlessly in this cyclic process. We can also keep moving... keep growing, keep evolving... keep knowing, keep healing... within ourselves. The most important place of all.

We can continue to open our hearts... our eyes, our senses, our body's constant perception. We can open to the beauty, the sheer audacity of life... that continues giving. Continues supporting, continues loving... continues her exquisite kindness.

We all keep moving... that we can never change. And we can steer our ship... we can choose. We can decide... which way we want to move.

Within every moment, every sacred second... the Dance of Life continues to express itself.

It's seeming like a hot and delving ending to this raucous year... find your treasure and your peace... it's there.

Sacred Beltane Blessings... the Sacred Union. Celebrating the fertility of the Earth and the miracle of all life.

Nimbin Trivia Time

by Eclectus

Questions

- Who are these icons of the Australian music industry holding their Lifetime Achievement Awards at the inaugural (2018) Australian Women in Music Awards? Hint: In 1963, one burst onto the Sydney music scene with hit single 'He's My Blonde Headed, Stompie Wompie, Real Gone Surfer Boy', while in the same year, the other replaced Judith Durham as the "chick singer" at Frank Traynor's Folk and Jazz Club in Melbourne. (Image credit: Eloise van Riet-Gray from AWMA Facebook)
- In which Australian State would you find Town of 1770?
- Is spandex the proprietary name of a prefabricated bridge construction system, a cladding system for flat roofs or a type of stretch fabric? Take a bonus point if you can say how it got its name.
- Since, at least, Aristotle, people have wondered how come geckos don't fall to a horrible death when walking on the ceiling. They even stick there after death! Do their amazing feet have lots of tiny suction cups, lots of tiny hooks, lots of tiny hairs or a very thin film of water to pull off this amazing feat?
- Who is the muppet cowboy whose longtime girlfriend is Clementine and whose two horses are brothers named Buster and Whatshisname?
- Which notable Australians appear on our \$20 note?
- Black Russian, Brandywine, Oxheart, and Rouge de Marmande are all types of what?
- Which successful political push in this year's Federal election campaigned under this colour? Take a bonus point each if you can name the three major planks of their platform. Take five bonus points if you can name the sitting Member who co-opted their colour scheme.
- Which champion Australian thoroughbred mare, ranked Best in the World for her last three years before retirement, had a foal in October?
- Blue Knob, Sphinx Rock, Mount Burrell, Mount Neville and Mount Nardi, north of Nimbin are all part of what mountain range? Take a bonus point if you can name the tallest peak. Take five bonus points if you know its altitude.

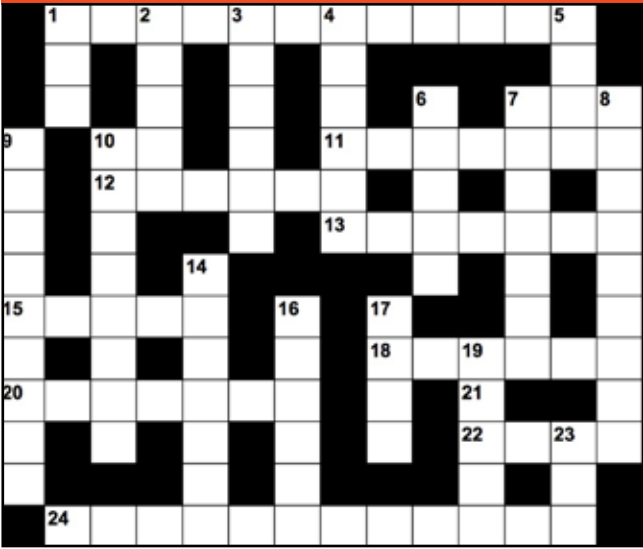


- Answers
- Patricia "Little Patty" Amphlett and Margaret Roadknightr. Renée Geyer also received a Lifetime Achievement Award in 2018.
 - Queensland.
 - Spandex is an extremely elastic synthetic fibre developed in 1958 in the United States where its proprietary name is the same. Known as elastane in continental Europe and Lycra in much of the rest of the world (including Australia), the name of the generic fibre is an anagram of "expands".
 - It took over 2,300 years to answer Aristotle: millions of tiny hairs on the feet of geckos allows them to harness quantum dynamics through van der Waals force which creates a weak bond between atoms and molecules. Millions of tiny hairs add up to enough weak force bonds to defy gravity. Researchers are already working on robots that can climb walls.
 - Forgetful Jones.
 - John Flynn who founded the Rural Flying Doctor Service and Mary Reibey, an enterprising, wealthy Sydney businesswoman from the late 18th and early 19th century. A pretty good result for one convicted of horse stealing at 14 and transported to Australia at 17.
 - The "Tails", an informal association of Independents who targeted, largely speaking, inner city economically conservative electorates on a platform of climate action, political integrity and gender equity.
 - Josh Frydenberg, the former Treasurer and Member for Kooyong co-opted the teal colour used by the independents on huge billboards atop buildings on a prominent highway in the electorate. Unsuccessfully.
 - Winx, winner of 33 consecutive races.
 - Nightcap Range. Its tallest peak is Mount Burrell at 833m (2733ft).

Nimbin Crossword

2022-II

by Novata



Across

- Metal workers specialising in the element Cu (12)
- Amount of alcohol in your blood (init.) (3)
- Chemical element used as an electrical and thermal conductor (2)
- Quiet song intended to lull a child to sleep (7)
- Ascetic Jewish sect around the time of Jesus (6)
- Complex carbohydrate in many plants, used as a sweetening agent (7)
- Bright green fabric used to cover gaming tables (5)
- Norse goddess of love and fecundity, daughter of Njorth, sister of Frey (6)
- Close, conspiratorial co-operation with someone (7)
- Attribute of urgency in tone of voice (4)
- Be agreeable or acceptable to (12)

Down

- Actor's line immediately preceding some action or speech, serving as a reminder (3)
- Fruit trees native to the Old World, pears (5)
- A young eagle (6)
- The expensive dark brown fur of the marten (6)
- Swedish car manufacturer (4)
- Exclamation expressive of sorrow (5)
- Pretentious or silly talk or writing (7)
- Drink coffee, eat food and log in here (9)
- Slice of sweet raised bread, baked again till it's brown, hard and crisp (9)
- Informal social gatherings with Scottish or Irish folk music, singing, dancing and story telling (8)
- Second or lower part of a duet (7)
- Habitual patronage (6)
- Kills intentionally and with premeditation (4)
- Choose (5)
- Wander aimlessly in search of pleasure (3)

Solution: Page 33

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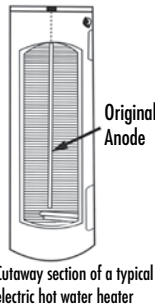
Manufacturers recommend that you maintain the anode in your system in order to prevent damage from rust + corrosion. After its 5th birthday – warranty expires.

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Technically speaking at Cawongla Playhouse

by Leanne Logan

“Technology”. We tend to crown this word with all things digital these days, but technology is, of course, a lot more than that. “Machinery and equipment developed from the application of scientific knowledge”, is how one dictionary put it. I wonder how our preschoolers at Cawongla Playhouse would define it?

The competency of preschoolers is something that astounds many adults. Do we not remember ourselves, at the same age, as being competent and capable learners? Or were we not supported to be just that?

A decade ago, the early childhood sector in Australia introduced the Early Years Learning Framework (EYLF), a national education reform created to improve the quality of early learning and care. Part of its mandate was to raise the profile of the early childhood profession, provide a shared language for professionals in the sector, and make a difference for children, families and communities.

Ten years on, both optimists and sceptics still abound around EYLF



conversations. On the affirmative we’ve seen intentional teaching, assessment for learning, and transformations of early childhood curriculum and pedagogy. Sceptics are still questioning how the EYLF supports Reconciliation, inclusion and children’s rights.

Those are all big conversations to be had. And I’m glad our thinkers and shapers and movers are reflecting and having those yarns. At my level, working

at a preschool I love and cherish, on Country that is home to so much, with children whom I constantly see as competent and capable, I’m grateful for the EYLF.

Ten years ago I would have hesitated to talk technology and science with the children in my care. I may have been tempted to “dumb it down” a little, as adults can do in conversation with the very young. I would have been robbing today’s children of their right – to be seen and heard as competent and capable learners – a right that’s been hard fought and not yet completely won.

So, at preschool, we discuss and design homes, as engineers, scientists and architects. We bring out the hot-glue gun, a technological wonder that attracts children to the workshop like bees to a honeypot, and create structures that enhance and support our designs. We talk, laugh, share, wonder and imagine about the technologies of the future that will make the world a greener and fairer place for everyone, and everything. And we lie, sit, roll or somersault on the grass, and connect.

Cawongla Playhouse is open from Tuesday to Thursday from 9am to 3pm. For enquiries please call 6633-7167.



Colour run and native bees



The staff and students of Coffee Camp Public School have had a fabulous start to Term 4. We ended week one with our colour run. Students dodged and weaved their way through an obstacle course around the school’s perimeter as they were doused from head to toe in coloured powder.

Week Two saw staff and students off to the North Coast National Lismore Show. We loved seeing all the animals, viewing our artworks, mural, photos and scarecrow. We performed three songs on the Community Stage, ‘Tom the Toad’, ‘Milkshake’ and ‘Red, Black and Yellow’.

We entered the Lego competition, had our faces painted, got to sit in the fire truck and played with the baby animals. An extraordinary mention to Alila for her ‘highly commended’ award in the photography competition, and to Bella for her ‘highly commended’ award for her landform collage artwork.

We have started our term by replanting our veggie gardens and can’t wait to eat all of our fresh produce. We are going to be working with Bunnings to build native bee hives, and waste education officer from Lismore City Council as we explore recycling, including making bees wax wraps to replace the plastic in our lunch boxes.

We have commenced our 2023 transition to kindergarten program. If you are interested in attending Coffee Camp Public School please contact the school office on 6689-9259.

Tunable Falls school fete



by Hannah Pearl

The Tuntable Falls preschool and primary school fete is an annual event at the Tuntable Falls community. After a few years of being unable to hold our fete we were overjoyed to celebrate our school, our community and our children again on Saturday 28th October.

With performances from the kids, musicians, face painting, juggling, food, coffee and cake and loads of bric-a-brac, clothes and book stalls, our fete was a riotous good time for all and an essential fundraiser which keeps our schools running smoothly.

Set on the edge of the rainforest, the Tuntable Falls Primary and Preschool offer a program that integrates classroom learning with re-wilding and environmental engagement.

With parental and community involvement, the



school is the loom where the tapestry of our community is woven.

Places are available now for enrolments in 2023.



by Diana Gosper

The Talaria Electric Dirt Bike is our pick of the bunch of electric bikes at Rainbow Power Company, and one we have just started stocking, priced at \$6150 and selling fast. The top speed of the Sting is 70km/h and it has a range of up to 70km depending on your riding style.

The Talaria Sting, while very similar to the well-known Surron Light Bee, boasts some notable improvements including a larger rear tyre (a common upgrade on the Surron) and an enclosed reduction gearbox over the belt drive reduction, known for collecting mud, sticks and broken belts.

You couldn’t ask for more fun than riding a course or a farm track with your mates of a weekend! These bikes are near silent, meaning you won’t be disturbing your neighbours with the sound of a petrol dirt bike at 7.30 on a Sunday morning.

It features a CAD-designed new technology lightweight frame, making it easy for riders of all shapes and sizes up to 100kg, and a powerful electric motor faster than some due to its instant torque. This power is transferred through an efficient gear drive while operating extremely quietly.

Yeah, you might want to install an app that makes a bike noise so that people can hear you coming, but then again maybe you don’t! The beauty of a bike that doesn’t make a really large growl is you can also talk to your friends while riding; you can hear each other and have a conversation. You also get to see more wildlife as they aren’t frightened by the noise.

For adventures with the wife and kids, its compact well-balanced structure is very easy to manoeuvre, and requires minimal maintenance. Just don’t crash

Talaria Sting electric dirt bike now available in Nimbin

it on your first day like we did in sheer excitement.

All these features make the Sting an ideal off-road bike for more people than ever to enjoy the passion and thrill of electric off-road riding adventures. And here is some techy stuff for those interested (otherwise skip to the ‘Enough Techy Stuff’ section below).

The power pack and battery. The Sting is powered by a notable 60V 38Ah lithium-ion power pack, which is 2280 watt-hours, and easily swappable. To put that into English, you can ride it for the better part of a day without needing a recharge or a battery swap-over. The power packs can be exchanged with another fully charged power pack in seconds for extra range.

With highest quality electric automotive grade LG 21700 lithium-ion battery cells and state of the art programmed BMS (battery monitoring system), plus the optimised internal structure, the battery pack is well-enabled to make sure the bike is safe, and designed to bring you high performance off-road riding.

The frame and weight. At 63kg, this cool little beast is lightweight but it is no toy. The parts are sturdy, strong and built to last. The cutting-edge computer-engineered frame is pure purpose-built, most importantly it is lightweight and compact and strong. Using 6061 aluminium alloy, and superior forging process by 6000 tons of pressure (!), the frame is qualified to assure you a safe, fun and fearless riding experience through even the toughest bush, farm or forest landscapes.

The controller. With the high-quality hardware, excellent layout, and innovative programming, the controller is enabled to have an extra ability for transient current impact resistance, ultra-strong anti-interference, high-precision EABS voltage and discharge current control, error inspection, high and low temperature protection, anti-runaway, and smart energy regeneration.

The powertrain. The customised combination powertrain design is ideal for the lightweight electric MX bike. The high efficiency brushless permanent

magnet synchronous mid-drive motor, with top-class magnet material and advanced processing, is available to output 34N.m peak torque, as well as to have 284N.m peak torque to the rear wheel.

With quality crafted high accuracy gears, the gearbox runs even quieter and is much more durable than any belt drive systems. It’s time to once and for all say farewell to those broken belt concerns.

The dash. The dash has a high-contrast OLED display, providing a clear data display with low power draw. With CAN communication, the dash is capable to have data transfer with the battery pack’s BMS and the motor controller.

The menu gives a range of info, including top and average speed, range, battery data, riding mode, error codes, regen level and more. The dash is also adjustable to allow different settings for different wheel size, sprocket size, and motor regen levels, and change between kph and mph.

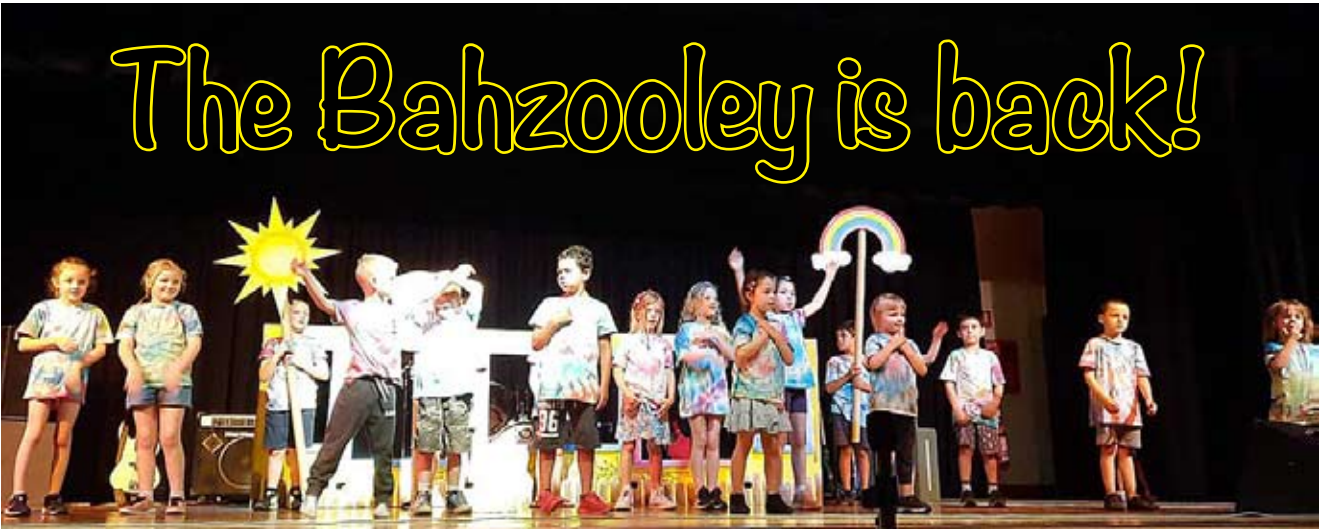
Enough techy stuff. We are very stoked to finally have an electric vehicle for sale here at RPC. We’re not just spruiking a new product, we really are advocating a new lifestyle choice, complete freedom and fun, and powered by the sun.

Don’t be left behind! These bikes get you places and are guaranteed to bring you a powerful, exciting, and safe riding experience, with a respectable range as well (up to 70km at 40kph).

Come on down to check out the Talaria; most people who see it want one for themselves – certainly most of our staff do! The price is reasonable at \$6150, and it has a year-long warranty, so you can really go hard on it to test it for 12 months.

Great news for those thinking about getting around town on one, there is a road version coming soon that can be registered, and will be available through RPC. Follow our social media pages for updates!

One note though, Zero emissions from using electric vehicles can only be achieved if cars and bikes are charged 100% from solar. So think about getting a solar system (from the specialists at RPC) to charge your EV and lifestyle!



The Bahzoooley is back!

Bahzoooley 2022 Thursday 27th of October saw the return of the Bahzoooley performance evening to Nimbin Central School, after an extended absence due to the disruption of the past couple of years.

It was a jam-packed night, with stellar musical and drama performances from Kindy right through to high school. Backstage, there were nerves aplenty as, for many, it was their first experience on stage. However,

despite the stage fright, all students demonstrated tremendous courage and were warmly supported by the community before the staff band took the stage and got the audience up and dancing to close off the evening.

Now that we are getting back into the swing of things, staff and students are all excitedly planning ahead for the next performance evening – Café Central – which should take place next year in Term 2.



Spring Fair blossoms with beauty



by Rosalie Shearer

Rainbow Ridge blossomed with beauty for Steiner Spring Fair and Open Day. Just as the wondrous colours of a rainbow bring joy and delight after the storms have passed, the Rainbow Ridge Steiner School's Spring Fair and Open Day was a welcome celebration, reuniting the community after a three-year break.

Nestled within a week of rain, the sun shone brightly on Saturday 10th of September for the crowds who came to witness the Steiner showcase that epitomised the essence of

Spring. Family members young and old were treated with plenty to see and do. The opening presentation was a surprise for many, with the Pacifica Eurythmy Group performing their 'Song of the Lyrebird', an original tale featuring poetry and music told through movement and gesture.

The performances didn't stop there, as the students took to the grassy field to weave and sing the colourful ribbons for the much-loved Maypole tradition.

Surrounding the field was a mixture of stalls and activities, with local craft and artwork, wool spinning

demonstrations and candle decorating, just to name a few. Children dug excitedly in the sandpit searching for crystals, whilst parents sat back enjoying the great food, coffee and community atmosphere.

The students from Kindy to Class 8 took to the stage, sharing their musical talents with a variety of performances, featuring the sounds of recorders, ukuleles, body percussion, and their sweet singing voices.

At the conclusion, the string ensemble gracing the auditorium with the full and rich sounding tones from a year's worth of learning and practice.

The classrooms were open, showcasing the students'

bookworks, art and craft for all to see. With lovely live music from local performers, the day drew slowly to a close.

As the craft raffle was drawn and the crowds trickled home, there was a feeling of freshness and rebirth.

Rainbow Ridge School for Steiner education, beautifully nestled in the forest of Lillian Rock, is currently taking enrolments for the 2023 school year.

If you would like to know more or organise a school tour please contact the school with your enquiry.

Phone: (02) 6689-7033
Email: admin@rainbowridge.nsw.edu.au
Website: www.rainbowridge.nsw.edu.au



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Nimbin Crossword Solution

From Page 31

C	O	P	P	E	R	S	M	I	T	H	S
U		Y		A		A					A
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Discover Fitness – taking on new clients

In the bright yellow, heritage-listed building at the Showgrounds, Cassie Jefferys has been managing Discover Fitness for 14 years.

After a long couple of years of drama, Cass and her team have recommenced personal training and group classes.

Gladly, patronage is steadily increasing again. We want to let people know that we are operating and taking on new clients.

The team consists of three Certificate V and IV trainers – Cass, Gail and Tom who recently moved to Nimbin.

All coaches are highly qualified and offer a variety of services including weight management, fitness, strength and conditioning, and rehabilitation after injury.



No matter what your level of fitness, we can help you improve your life. We can give you the tools you need to succeed.

Currently the following classes are offered and anyone interested can arrive at the specified time, pay a one-off fee and join in:



Gail, Tom and Cass will help you improve your fitness levels

- Personal training;
 - Stretch and Tone;
 - Dance moves/circuit living longer stronger;
 - Rehabilitation;
 - Remedial massage; and
 - NDIS.
- In addition to the group



classes, the gym's main services are personal training sessions.

It is always recommended that anyone that is unfamiliar with the gym, or is out of condition, does a course of personal training to

ensure exercise is undertaken correctly and safely. Please enquire via email or call for more information.

You can also drop-in for a casual visit while classes are under way or one of the trainers runs a PT session (please check with management on the times). Prices for PT start at \$30 for 30 minutes.

Cass Jefferys has 15 years' experience as a PT. She is available weekdays for personal training, specialising in rehabilitation and remedial massage therapy.

Or treat yourself, solo or a small group of friends, to the lushness of body scrubs, facials and hot stone, relaxation therapies. Contact Cass on 0428-439-526.

Tom is a Cert V&IV qualified coach with ten years experience in the

industry. Tom's speciality is getting people stronger and encouraging a healthier, more holistic lifestyle.

Using a range of modalities from weight training to breath work, and drawing on experience from owning his own gym for six years, Tom can help you reclaim your strength, reclaim your health and reclaim your life. He is available for one-on-one coaching, Monday to Friday mornings between 7.45am and 10.30am.

Phone 0447-966-667. Gail is a certified PT with experience in rehabilitation. She enjoys teaching dance fitness and stretch and tone.

Gail is a Living Longer, Living Stronger instructor and focuses on offering strength, mobility and balance programs to our 50+ community. Call Gail on 0409-452-620.



Mirani Shukla with her Ganga-woman poster

by Ian Wickham

There were a small number of entries for the competition run by the Hemp Embassy to colour in MardiGrass posters, but they were of an extremely high standard.

So high that surprisingly, many Embassy customers tried to buy the competition entries even before judging took place.

On top of that, some lowdown, dirty slime-bag stole an entry when told they were not for sale. Man, how low can you go?

But, trying to put a brighter spin on it, I suppose it showed the public appreciated the art in a big

way. Another surprise for the judges was how many artists paired up together to put in an entry. People seemed to enjoy it as social interaction for MardiGrass, and why not?

A companionable and creative time together, producing an artistic memento of this year's MardiGrass. And maybe a prize, too.

Now, on to the winners and why we picked them.

• **1st Prize: Shyanne Jade and Conner Lawson – Eco-warrior poster, crayons.**

The judges loved the translucent, soft, rainbow colours radiating from the

Colouring MardiGrass

heart chakra of the eco-warrior. We loved the other-worldly effect that the smudging produced.

Below the warrior, in the flames, bold reds were used with a masterful different smudging technique giving light and shades.

• **1st Prize Kids: Evie Grant (aged 7) – Ganga-woman poster, coloured pencils.**

Evie Grant, who won the kids prize, is a Nimbin local. She's 7 years old and attends Rainbow Ridge School.

A wonderful combination of just two main colours, made a big impact on judges. Sometimes 'less is more' we thought. Evie used all kinds of greens of different shades, and textures too, and contrasted with yellow and browns. Astounding that a 7-year old could do such work.

Special prizes

Due to the high quality of the work, the judges decided to award three special prizes. These went to:

• **Mirani – Ganga-woman poster, texas.**

Mirani Shukla came from up at Burleigh Heads with her friends to be with us at MardiGrass. Mirani entered the competition because it was, "a MardiGrass kinda thing to do," she said. All her friends got a poster and had a go at colouring-in too, but hers was the only one to



Evie Grant (aged 7), 1st Prize Kids Ganga-woman poster



Conner Lawson and Shyanne Jade, 1st Prize Eco-warrior poster

submit before deadline.

Other reasons to do it, she said, were that she loved the line-work cartoons by Narelle, she loves colour, loves it that colouring-in takes away the angst of what to draw and gives calmness. She loved it as a kid and it brought back childhood memories, she said. Well done Mirani.

We loved her bold text colours: yellows, pinks, light blues and light greens, which really shouted out MardiGrass! The effect was magnified when we displayed her poster outside in the sun on the Embassy's window.

In fact, if we'd done the judging in the bright outside light, rather than inside, hers may well have been the winner.

Mirani was also able to bring subtlety to her poster by use of coloured pencil on more delicate parts such as the woman's skin, where she used shading effectively.

• **Willie and Shelby – Ganga-woman poster, watercolours.**

Will McKenna and girlfriend Shelby Missen (aged 19 and

20) came all the way from Victoria from a place called Mernda to MardiGrass.

They were inspired to enter the competition due to their love of colour. It was also "a show of support for MardiGrass," they said.

It took them two to three days to finish their entry. They had an interesting way to combine their talents in their watercolour. One would do one colour, then the other would do the next colour and so on.

These two artists entered another poster too, which got stolen, and 'was even better' they said. We'll never know of course, but the missing one the thief picked as the winner we can be sure. Bad luck, Willy and Shelby.

Here the artists used watercolours giving a different textural effect than the other posters. Their use of fawns, browns and oranges gave one judge a mushroomy, 'Lucy in the Sky' kinda feeling she said.

Above was a violet watercolour sky with tiny diamond stars, and below a fluid MardiGrass title.

• **Shyanne Jane and Conner again – Phoenix rising poster, crayons.**

Similar in style to their first prize poster, but with bolder colours: flame colours surround a green phoenix head, set against a bright blue sky. As with Mirani's poster, this poster's effect was magnified in the outside sun. The artists were also able to give excellent, lifelike, transparent purple and blues on the crystals at the bottom. Plus they had a good go at doing radioactive green mushroom tops down there.

Winners received a certificate acknowledging their achievement and hemp gifts from the Embassy. Winning entries were on display in a front window at the Nimbin Hemp Embassy.

In light of this year's big success, it will happen again next MardiGrass. Lessons from this one: promote the popular communal painting aspect, have the competition open for longer next year to give people more time to work up the courage to put in an entry, and more security on the entry box.



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34 Basil Rd, Nimbin -
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\$925,000 Agent: Sundai & John

NEW
PRICE



40 Bridge Street
Nth Lismore
\$350,000 Neg Agent: Lylah & Jacqui

SOLD



977 Jiggi Rd,
Nimbin 93 acres
\$1,009,000 Agent: John

NEW



11 Tareeda Way,
Nimbin 919 m2
\$355,000 Agent: Jacqui & Sam

NEW



12/78 Cecil St
Nimbin 2000 m2
\$299,000 Agent: Sam

NEW



982 Dunoon Rd
Modanville 4000 m2
\$695,000 Agent: John & Sundai

NEW
PRICE



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Homeleigh 27 acres
\$1,230,000 Agent: Jacqui

NEW



26 Baillie St,
North Lismore
\$399,000 Agent: Sam

NEW



80/265 Martin Rd,
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\$825,000 Agent: Jacqui

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Agent - Grant Rossiter & Sam Burcher

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