

ASTRO forecasts

by Tina Mews

what's happening in the heavens?

Aries

A fresh path forward could open with a new vision of the future. Use the last weeks of the year to reflect on your aspirations. Challenge your current perspective while seeking clarity of purpose. Take in consideration that travel plans may be disrupted or delayed as we are entering another Mercury retrograde phase from December 13 until January 1.

Taurus

The signs of the time indicate a major shift in values triggering uncertainty and a general confusion. Make use of the Mercury retrograde period from December 13 until January 1 to question limiting beliefs and old dogma. Get ready for a journey into uncharted territory in the months and years to come!

Gemini

The focus during this Mercury retrograde cycle (December 13 – January 1) is on your relationships. Insights about what works and what does not can strengthen relationship that are solid and satisfying while dissolving those that are unbalanced or unrewarding – or there is the possibility of spiralling to a completely new level of understanding and maturity!

Cancer

The focus during this Mercury retrograde phase (December 12 – January 1) is on health, fitness and daily rhythm. Insights about health hazards, may they be work-related, physical or psychological can give the necessary momentum for change and transformation. This is a great opportunity for 'shedding the skin' in many areas of your life.

Leo

The focus during this Mercury retrograde cycle (December 13 – January 1) is on your creative projects, children and romance. You may feel a boost in confidence and start risking new ways of self-expression. Dare to be who you are meant to be!

Virgo

Your attention is focused on your home life and family relationships during this Mercury retrograde cycle (December 13 – January 1). Changes in this area might become a necessity to bring you back to your roots and honour the needs of your deeper self.

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 smaller details of everyday living. We need the Sagittarian frequency for formulating our vision and developing long-term goals that inspire us.

Mars is the planet of drive, motivation and action and represents the ancient god of war in mythology. The red planet entered adventurous Sagittarius on November 25 and will reach the next sign Capricorn on January 5, 2024. Mars in outspoken Sagittarius brings dynamic energy and enthusiasm while igniting the courage to explore beyond known horizons. With its influence, we can expect a surge in optimism and hope. The trap is getting stuck in dogmatism and preconceived judgements.

The New Moon in Sagittarius eventuates on December 13 and forms a challenging square aspect with Neptune in Pisces. We may have to examine where expectations have become unrealistic and where we might keep illusions alive. New Moons are times of seeding, when new ideas and intentions are born in the dark. At best, the square with illusive Neptune can enhance our intuitive abilities inspiring us to gaze into ourselves and prepare the ground for the dawning of a new vision.

The Moon forms a trine aspect to Chiron and the North Node in Aries. Their exact conjunction will be on 5 March 2024. The archetype of the wounded healer entered Aries in 2018. Since then, we have witnessed an increase in wars all over the globe. We are in urgent need for collective healing and working through transgenerational and cultural trauma.

Chiron together with the karmic North Node signifies that the time is ripe for greater healing to occur. While we shift from 2023 to 2024 the challenge is transcending old worldviews, raising our frequency, and opening to new possibilities.

Consciousness-raising Uranus in Taurus forms a near exact quincunx with the New Moon in Sagittarius, a 150-degree angle between two signs that do not have much in common. Sagittarius turns towards the future while Taurus hold onto the past. Uranus, planet of change, chaos and rebellion, has brought many disruptions to our comfortable lifestyle since he entered the sign of the bull in 2018.

Now this cycle is nearing its end as Uranus will move into Gemini in 2025/6. The current Uranus-in-Taurus cycle also marks the end of the hierarchical structured Earth Age with its emphasis on materialistic values.

Since the December Solstice in 2020 we have



collectively entered the Air Age, meaning that worldviews are shifting in a big way. The rules have changed. The 'new normal' is unpredictable, diverse, decentralised, vastly interconnected but also highly creative. What comprises mainstream opinion now will be a minority view in years to come.

We may use the energies of this New Moon to focus on our vision for the future (Sagittarius) and reflect on the values of the past (Taurus) whether they still fit into the emerging new paradigm.

The New Moon coincides with Mercury stationing retrograde on December 13. The Mercury retrograde period ends on January 1, 2024. Mercury begins its retrograde cycle in practical Capricorn guiding us into next year's cosmic drama that promises to stage a more inspiring chapter for humanity.

The last three weeks of this year mark a perfect period for reflection and review, when we are encouraged to listen to our intuition and refine our focus in the search for new insights. Let's keep in mind that there will be ample opportunity for interruptions, delays, and miscommunications during this festive season while Mercury is retrograde and playing his tricks.

The solstice follows on December 22 when the Sun enters cardinal Capricorn and marks the beginning of a new season. Mercury retrograde is closely aligned with the Sun. A grounded Moon in Taurus is aligned with Jupiter forming a harmonious trine with the Sun/Mercury conjunction. It is a helpful signature for reflecting on practical ways to address old issues. Mercury will re-enter Sagittarius on December 23 directing us towards expanding our consciousness and rethinking our philosophies to achieve greater freedom.

The Full Moon in Cancer opposite the Capricorn Sun occurs on December 27 and is harmoniously aligned with Jupiter in Taurus and Saturn in Pisces. We can use these positive vibes for envisioning some long-term goals. The Sun in Capricorn and Jupiter in Taurus are both in earth signs emphasising sustainability and practicality.

However, Mercury is still retrograde and square Neptune reminding us that it is not the right moment in time for making lasting decisions rather for playing with the world of probabilities.

• Navigation by the stars

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Libra

The focus is on your educational goals. You might feel motivated to enter a particular training path. This could be related to the urge of wanting to contribute something new and important to your community; feeling called to give freely of yourself as an inspirer or educator.

Scorpio

The emphasis during this season is about your financial goals. Changes here could transform your life as you may rethink and reflect upon your material stability. Re-envision your strategies during this Mercury retrograde period (December 13 – January 1). You may find that you have outgrown your own rules.

Sagittarius

With motivational and enthusiastic Mars in your Sun sign until January 5 you are receiving a cosmic boost in confidence. Use the Mercury retrograde phase from December 13 until January 1 to reflect on how to direct your energy most efficiently. It is an invitation to take charge of your life. A challenge might be to balance personal initiative with the needs of others.

Capricorn

This Mercury retrograde phase is important as it is in Capricorn during December 13 – 23. This is a good time to refine your life goals and reflect on what is most important to you. A good moment in time to retreat and resolve issues from the past before moving forward with the solstice energy.

Aquarius

Group activities and cooperative efforts are the best way to achieve your goals right now. A new vision for the future might emerge through networking with others. Make use of the Mercury retrograde period December 13 – January 1) by reflecting on your own rules, values and beliefs that may hinder your personal evolution

Pisces

The focus is on your life direction and career path. Make use of the Mercury retrograde cycle (December 13 – January 1) by reviewing your life's goals and reflecting on your path ahead. Whatever doesn't fit any more into your newly emerging world view can slowly but surely dissolve and be left behind.

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by Marilyn Devlin

It's been a big couple of months. Scorpio time uncovered many shadows... both personally and collectively. We've been witness to some shocking scenes. Activating our emotional bodies... heightened feelings and sensations flooding our body.

There's always shadows... parts that are hidden. There's always more than exists on the surface. Scorpio is a genius at uncovering them all.

Mostly we avoid the uncomfortable... yet at the same time we're impacted by all that has been. Our clever body finds ways to sort everything... so we can feel safe. So we can function. Our mind sorts things into 'stay' and 'file'.

We learn to forget. So many present things to hold our attention. Old things left rotting in cellars... deep in the dark.

Ahhh... but everything has a voice. No matter dark and weeping sores, dead to our conscious mind... they still exist. Just in another form.

The word 'trauma' is common in my coaching world. It's become more of a thing these last few years. I would never have considered myself to carry trauma... that was more allocated to extreme events of crisis and suffering. I considered myself a functioning human being (well, somewhat).

I understood that we're impacted by what happens in our life. That experiences leave their mark. And can impact the way we behave. But trauma seemed like another level of impact. That didn't apply to me.

How wrong can you be.

We're known to resist... we can be stubborn, think we know. Refuse to change our mind. We get set in our ways. The familiar offers some kind of stability, some kind of security... or so we think.

I was reminded of that resistance recently... researching trauma on those who survived the polio epidemics in the 30's, 40's and 50's.

The familiar resistance... often by those in charge... to new ways of thinking and doing. A familiar echo through time... I'm sure.

It pisses me off... that we get so stuck, resisting forward movement. Thinking our understanding is the absolute truth forever more.

Obviously it's not... look where we've come! Look how much has changed. Specially if you've been alive for a while. Everything keeps moving.

Resistance keeps us stuck. Often stuck in mud. But then... if we're experiencing resistance we also need compassion for ourself. We need to understand why. We've learnt ways to keep us safe, so of course we continue to hold those dear.

But alas there always comes a time when our old ways of operating no longer work for us. We need to be game to open the door to more. To that which has been hidden from our view.

It's scary. I know. I'm in that process. Opening doors to parts that've been cut off for a lifetime. It's no small thing. It's why we need support.

Some things we can't do solely on our own. Big, deep, scary things... we need a hand to hold. Yeah we're brave... but we're not that big.

There's a part of me that I don't even know. So long she's lived in the shadows... I thought she was dead. In fact she'd been replaced.

This last Scorpio season may have opened some fragile wounds... we need to be gentle with ourself. There's no hurry, no expectation... kindness is needed now.

Yes, we've moved on from Scorpio season... now adventuring out into new lands... new adventures. But once that door has been opened, we can no longer pretend or ignore it exists.

These times are tender... so much to contend with. While I sit here bathed and blessed by the miracle of what is... the sheer bounty of Mother Nature... her forever healing presence.

We're constantly fed, and nurtured and loved. The miracles upon miracles that exist in the real world.

It's OK to feel vulnerable... in fact it opens a brand new door of opportunity. Lotsa love.

Nimbin Trivia Time

by Eclectus

Questions

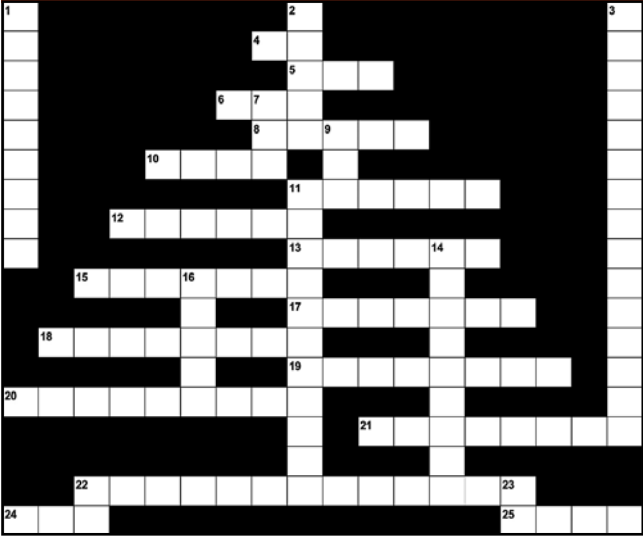
1. What significant milestone did the Sydney Opera House achieve this year? Take a bonus point if you can name the architect. Image courtesy www.pinterest.com
2. Is Prince Rupert's drop a liqueur personally concocted by the prince during the Interregnum, a fascinating glass artifact gifted to the King of England by the prince in 1660, a tabloid headline from Rupert Murdoch's 2011 News of the World scandal or a precipitous lookout overlooking the city of Price Rupert in Canada? Take a bonus point if you can say what the Interregnum was.
3. Last month we saw that the Proclaimers' 1988 song "I'm Gonna Be (500 Miles)" topped the charts in Australia, New Zealand and one other country. Which country was it? Hint: it's just about as far from Australia as it's possible to be in just about every possible way.
4. Is a pomander a good luck charm, a perfume, an insecticide, a religious keepsake, an air freshener or a health prophylactic?
5. In which Australian state will you find Gulargambone? Take a bonus point if you can name the mountain range to its east.
6. Royal Flair Razor XT, Royal Flair Raptor, Apache TopGun, Crusader Excalibur, Swift Conqueror and Majestic Knight are all types of what?
7. John Doyle and Greg Pickhaver are better known by what stage names?
8. Is Glayva a volcano in Iceland, an Island of the Inner Hebrides, a Scottish liqueur or a swish Swedish fish dish?
9. Which Australian singer recently released an album going back to the musical roots of her childhood? Take a bonus point if you can name the album.
10. Can you name the duo who took the ice dance world by storm in the early 1980s?



- Answers**
1. Sydney Opera House, designed by Danish architect Jørn Utzon AC, turned 50 this year.
 2. Prince Rupert's drop is a roughened glass artifact made by dropping molten glass into cold water. The glass solidifies into a teardrop shape with an extended tail. Due to extreme residual stresses, the bulb of the drop can be struck by a hammer or even a bullet without breaking but the slightest injury to the long, thin tail results in the explosive disintegration of the whole thing. The Interregnum was the period between the execution of King Charles I of England after the Second English Civil War and the accession of his son Charles II (1649-1660).
 3. Iceland.
 4. First popularised in Europe during the Middle Ages, the pomander was a complex mix of aromatics designed to serve all the purposes outlined above. The aromatics could include rosewater, ambergris, civet musk, deer musk, labdanum and styrax, among others. A popular modern pomander can be made from an orange decorated with cloves. Attach a red or gold ribbon and it can be hung in a wardrobe or pantry, and, perhaps, a cellar as they are very effective against fruit fly.
 5. Gulargambone is in New South Wales, 320 kilometres west of Port Macquarie, on the western side of the Warumbungles.
 6. Caravan.
 7. The duo are better known as Ramapaging Roy Slaven, the master of midfield mayhem and HG Nelson, the leading light of long shots. The latter years of their glittering careers have often found them bludging on the Blindside.
 8. Glayva is a Scottish rangeline and honey spiced whisky liqueur.
 9. Marcia Hines released The Gospel According to Marcia in November 2023.
 10. Jayne Torvill and Christopher Dean.

Nimbin Crossword

2023-12
by Novata



Across

4. A party (2)
5. Of the remaining member of a pair (3)
6. Division of a larger or more complex organisation (3)
8. Famous racecourse and town in Berkshire, UK (5)
10. Sudden minor shock or meaningless interruption (4)
11. Canopy to shelter people or things from rain or sun (6)
12. Collect or gather (6)
13. Rules adopted by an organisation to regulate its own affairs and behaviour of its members (6)
15. Notched stick used to hold and throw a spear for greater leverage, by indigenous Australians (7)
17. Producing a sensation of touch (7)
18. One who attacks the reputation of another by slander or libel (8)
19. Event that occurs at a specific time, notable event (8)
20. Mars or spoils the

- appearance of (9)
21. Displaying or setting off to best advantage (8)
22. Suspiciously, warily, doubtfully (13)
24. Disreputable vagrant (3)
25. The process of seeping (4)

Down

1. Racehorses considered one year old until second 1st January following its birth (9)
2. Makes a deep hollow sound (5)
3. Touring the country soliciting votes for the election (15)
7. Strike sharply (3)
9. Sound made by crows, rooks or ravens (3)
11. Large birds noted for powerful gliding flight, good luck symbols (11)
14. Determined by chance or whim or impulse rather than reason or necessity (9)
16. Magicians, conjurors (5)
22. A thousandth of a metre (2)
23. Hello, look over here (2)

Solution: Page 34

NOT JUST NIMBIN

16,000 copies of *The Nimbin GoodTimes* are distributed monthly throughout all six Local Govt Areas of the Rainbow Region including the following towns and villages:

Alstonville, Ballina, Bangalow, Bilambil, Billinudgel, Bexhill, Blue Knob, Bonalbo, Bray Park, Broken Head, Brunswick Heads, Burringbar, Byron Bay, Casino, Chinderah, Condong, Coraki, Crabbes Creek, Dunoon, Drake, East Ballina, Eltham, Ewingsdale, Federal, Fingal Head, Goolmangar, Goonellabah, Greenhills, Kingscliff, Kyogle, Lismore, Lennox Head, Mallanganee, Modanville, Mooball, Mullumbimby, Murwillumbah, New Brighton, Nimbin, North Lismore, Ocean Shores, South Golden Beach, South Lismore, Stokers Siding, Suffolk Park, Tabulam, Terranora, Tintenbar, The Channon, Tumbulgum, Tweed Heads South, Tweed Heads West, Tyagarah, Tyalgum, Uki, Wadeville, Woodburn, Woodenbong.

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**THE NIMBIN GOODTIMES
YOUR COMMUNITY NEWSPAPER**

We are going up town!

by Katie Pennant, Director

At Nimbin Preschool, we have been walking 'up town' for over six months. It's been a wonderful, chaotic, musical, physical, sensory experience that has filled us with joy (and a little fear). I'm a blow-in from Lismore, so CJ had to explain to me what Up Town actually was: "Nah Katie you don't go into town... you gotta go Up Town." Hence if we are heading up the street, we are "go'in' up town". Taking our small people out of the fenced space that is our school is laden with compliance, responsibility, risk assessments and what-ifs. I cannot control what happens on the way, who might be

there, what dogs are free ranging. Controlling the variables is my job as the teacher, but when we are going up town I have to release that control, breathe, loosen the reins and trust... mostly trust that our community will keep us safe. I, like most teachers, love a bit of control but if I truly believe each child is competent, capable and a global citizen, then I must share the control, share the power and trust. On one trip Daisy was holding my hand, we were chatting away, it was sunny and lovely. Daisy stopped in her tracks, stood still and said, "What ... what... what is that sound?" We stood still, we looked around and then we spotted the Harpist

on the street. The music was both beautiful, spooky, enticing and a total treat to our ears. Daisy was mesmerised. We watched and we listened, it was truly magical. We stomp through town with waves and cheers from the community, our children beam with pride, we all actually beam with pride. What a powerful message our small citizens are receiving... You're noticed, you're here in your town, you're valued and noticed, you have a genuine part to play in your little town. Thank you, Nimbin, we all feel connected, loved and safe Up Town. If you would like to talk about a place for your child in 2024, please give us a call on 6689-1203.



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A celebration of community spirit



On Saturday 11th November, Barkers Vale Public School hosted a wonderful day of celebration, collaboration and connection. This gathering marked a significant milestone with the official launch of Creative Communities Connect Inc (CCC Inc), a newly formed, non-profit organisation dedicated to fostering diversity and inclusivity through various projects and events in the Kyogle and Lismore Shires. Many thanks to all who came along, bought raffle tickets and supported this wonderful day. The CCC Inc. is on a mission to promote diverse and inclusive initiatives throughout the region. One of its flagship projects is 'Bounce Back,' which aims

to assist our communities in developing a robust disaster management plan for enhanced safety and efficiency. As part of this endeavour, the organisation is also set to install seven local radio base stations and provide handheld radios to support communication during emergencies. With representatives from the Rural Fire Service (RFS) and State Emergency Service (SES), alongside other emergency service providers such as CERNR and a dedicated Northern Rivers community emergency radio network, the RFS lead a very informative 'Fire Ready' Q&A workshop and provided invaluable insights into the upcoming summer season's fire-related concerns with practical actions for the

community to take. This event served as a unique opportunity for community members to unite, share knowledge, and fortify the resourcefulness of the entire community of Barkers Vale, Cawongla, Wadeville and beyond. Many thanks to the dedicated Barkers Vale Public School staff, P&C committee and CCC volunteers, who made this event possible. We also would like to show our special appreciation to local Aboriginal artist Nate Falk, who shared acknowledgment of country including a smoking ceremony. Many thanks goes to the wide variety of stall holders who offered unique items and local crafts, face painting, and live music by Sarah Stando and Andrea

Soler. We would like to call out and thank the many local businesses who helped to make this day a success with their generous donations towards our mega raffle: Kyogle Quality Meats, Hurley's & Co, Kyogle Hardware, Amanda Hair, Soul Patterson's Chemist, Saw Spot, Minorities, IGA, BP, Ampol, Tyres & More, Clay Corner, Roxy Lane Café, Nimbin Farmers Markets, Nimbin Sourdough, Sacred Temple Massage, Dave's Bakehouse, Smith's Butcher and MahaShe. If you're interested in learning more about Barkers Vale Public School, contact 02-6689-7202; and if you would like more information about CCC Inc and their upcoming projects, please contact Jeanette Dal Santo on 0447-012-887.

RPC to assist circular PV economy

by Amber Malpas

Circular PV Alliance (CPVA) is proud to announce Rainbow Power Company has joined CPVA as a Founding Member. This is a very exciting collaboration that marks an important step towards a sustainable, circular PV economy for the Australian solar energy sector by re-using, re-purposing and recycling PV panels. Rainbow Power is a recognised pioneer of the Australian solar and renewable energy sector. Originating in Nimbin, in the heartland of Australia's climate and environmental protection movement of the 1980s, Rainbow's founders Peter van der Wijk, Dave Christmas and Jack Von Hest were early leaders and protagonists for solar energy.

With a simple goal to bring affordable renewable energy to the fore, they simultaneously spearheaded Australia's solar energy 'revolution'. Rainbow Power continues to operate at the forefront of solar energy innovation and is committed to ensuring the Australian solar energy sector remains world class. Newly-appointed Rainbow Power CEO, Zach Rook sees strong alignment with CPVA's mission to transition solar energy to a circular economy and Rainbow Power's history of leadership in the industry as a natural and critical joining of forces. Through an internationally recognised certification standard, individual businesses can apply to be CPVA Certified™ solar panel testers and certifiers of re-used solar panels.



As a CPVA Founding Member, Rainbow Power will hold a position on the CPVA Technical and Strategic Advisory Board and co-design best practice and voluntary standards to benefit the circular PV economy in Australia and abroad. CPVA looks forward to working with Rainbow Power and driving innovation in the circular PV economy.

It's Showtime! Circus at Tuntable Falls



by Simon Adams

At Tuntable Falls Community School circus is one of the physical activities that the children participate in. Each class has circus once a week and we play with ground skills like acrobatics, pyramids, and gymnastics, as well as hoops, juggling, and building aerial skills with silks, rope, and trapeze for older classes. Circus uses creativity and physical skills to develop confidence, teamwork, and an individual sense of achievement, plus you get to show off and be bombastic! I've been teaching circus at Tuntable Falls Community School since 2013 and it never ceases to amaze me when



children discover their mental and physical confidence through circus. My background is in dance, choreography, gymnastics, flying trapeze. Between 2004 and 2013, I was artistic director at Spaghetti Circus. I now live on Tuntable Falls community and can walk to work, which is my perfect job working with the children of my friends in the local community. This year we have been working on skipping as a group activity, teaching timing rhythm and building group dynamics and teamwork. Circus is wonderfully inclusive and offers a wide range of skills, so hopefully there's something for everyone to engage with. We use dynamic games to develop



basic fitness and physicality and as an introduction to skill building. Each year we do a performance to show off skills and incorporate the children's ideas and skill sets. Last year's show, *Pirates of the Tuntabeen*, was a huge success and engaged the children in making props and creating costumes, with a lot of help from teachers and parents. This year's performance night is coming soon – Thursday, 7th December – and will be a celebration of the children's abilities and storytelling. It has been developed from concepts the kids themselves thought up; the kids brought ideas together, we threw them in the air, and we saw what stuck. Watch out for a comic book style story with plenty of action!

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Kayaking adventures at the Whitsunday Islands

by Rosalie Shearer
(Class 8 teacher)

Early in the morning of Wednesday 1st November, the seven Class 8 students alongside three supporting adults from Rainbow Ridge Steiner School, set off for an 11-day sea kayaking adventure to the Whitsunday Islands.

This journey, being pioneered for the first time, would be the final school camp together for the group, who were now in their graduating year after completing their 8-year Steiner journey since kindergarten.

The two-day journey to Airlie Beach in the school bus was made more enjoyable with the group's combined playlist of music to listen to and their favorite books to read and discuss.

A day of preparation on the mainland to unwind from the drive and prepare the boats and gear needed for the Islands was an essential part and a welcome breather for the group.

The island adventure

began with a trip out to the north part of Hook Island to our first camping spot at Maureen Cove by the water taxi service called Scamper. The Scamper boat ride that not only transferred the group, but also all the camping gear, water and kayaks, was a fast-paced way to travel around the Islands and also a highlight for many of the students.

From Maureen's Cove the group kayaked out to Butterfly Bay and Manta Ray Bay to experience some of the best Great Barrier Reef snorkelling spots and sea life. The sheer abundance of fish and coral diversity was delightful to witness, being another highlight for many.

The second campsite at the

world-famous Whitehaven Beach, did not disappoint. The crystal-clear turquoise water alongside the sparkling white sand was a picturesque experience that will stay vivid in the memories of the group for a long time to come.

From here the group had some more challenging practice with the kayaks on the open sea, navigating the tides, wind and unpredictable nature of the ocean, putting all of our skills to the test.

There were many challenging experiences that pushed our group members out of their comfort zones, but with the help of twice daily check-in circles and silent journal writing time, resilience was built and emotional intelligence

deepened, so the cohesive group returned feeling a sense of growth and accomplishment.

A big thank you must go to Cameron, the Outdoor Ed Facilitator who held the group and navigated the adventure so smoothly and thoroughly. And to Rohan, our parent volunteer who supplied the kayaks and was a valuable addition to our team with his outdoor experience and knowledge.

Finally, gratitude must be extended to the Rainbow Ridge Steiner School for supporting this initiative, the parents for their encouragement, and the students for having the courage to show up and participate in the adventure.

The one that rocked the cradle rules the world

How can the nipple blessed be sucked on his Mother's breast,
With his tiny hand, not yet in the world to test
Reach out the swollen milk of his possession
His fingers pummel the magic of aggression?

Where did the babe, now on her knee
Turn from her breast the world to see
And given a gun that can only kill
At his or someone's else's will?

Where in his memory can he find
The love and nourishment left behind?

Earth Mother we do all possess
Ignored now murdered in distress.

The world is one, that is plain
There's nothing anyone can gain
Without helping fellow man to see
It all belongs to you and me.

What you do and who you are
Whether close or whether far
Today, yesterday and together
Share one world now and forever.

— Bett Taylor, Kyogle

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Nimbin Headers call for coaches



Coaches Mark and Reuben with grade 13's in 2021. Mark has coached the team for 10 years and Reuben for around 3 years.

by Torsten Wittkopf
Technical Director

Just a quick update on the latest at the Nimbin Headers Football Club.

After a big, long season, with record sign-ups and fantastic improvements at the fields, particularly with the lights and new drainage, the Headers are expecting a further increase in player numbers for the season 2024.

As you all know, the club is run by volunteers who do all the work, from maintenance to mowing, canteen operations and administration etc. The list is too long to list here.

We at the Headers always struggle to get it all done, so any help is always appreciated.

There is an urgent need though for Coaches, Assistant Coaches and Team Managers in order to ensure we can cater to the ever-increasing number of players joining the club.

Coaching can be quite

rewarding. As a team coach you get nearly the same adrenalin rush as a player does when a goal is scored. The coaching effort usually translates in the improved performances of the team and the development of individual players over the course of the season.

Sometimes your team's success results in the ascent to higher divisions. Certainly, any club always aspires to play teams in the highest possible divisions in their competition. Without coaches to lead the teams and organise training sessions, the improvements in team performance that we wish for are not achievable.

With that said, I appeal to anyone who has an interest and the time to make themselves available to coach a team, to contact the Headers to be a Volunteer Coach. There are a number of resources available through the Football Far North Coast website to help get coaching qualifications as well.

We will also be running sample training sessions during preseason to further assist our coaches (to be

announced via Headers Facebook/Instagram pages). Anyone is welcome to come along to these to get a taste of coaching.

Questions and answers to follow with discussions on some of the aims a training session should have, to fulfill the needs of the team.

Hoping to see some of you Nimbin Football Lovers at the pre-season 2024 trainings. Go the Headers.

AGM
2023 Annual General Meeting of Nimbin Headers Sports Club and Nimbin Headers Football Club is to be held at the Nimbin Headers Sports Club, 40 Cecil Street Nimbin, on Sunday 10th December at 10am. All welcome to attend.

Pamper your prize-winning produce



The growers of the Giant Pumpkins and Watermelons are seeing their plants starting to set fruit, by all accounts.

If you had enough water to get your vines through the dry spell, they have really taken off in the past weeks. Hopefully your gardens are now growing wildly and there will be produce a-plenty to enter in the Home Gardener Competition at the festival.

Home gardeners can vie for cash prizes for Heaviest Round Watermelon, Butternut Pumpkin, Onion, Zucchini, Sweet Potato and Tomato, Smallest Tomato (Junior only \$25), Longest Cucumber, Longest Carrot, and Best Garden Harvest Basket, Most Unusual Garden Produce.

Bring along your produce on the day. There will be lots of give-aways, seeds from our sponsor Royston Petrie Seeds, loads of music, market stalls, fabulous food a fun-filled family day in Kyogle on Saturday 20th January.

Art and Craft competitions
Entry to the 2024 Summerland Giant Pumpkin & Watermelon Festival Still Life Art Prize close on Friday 15th December.

Entries are also being accepted for the woodwork prize and craft prize, with entries due at the Roxy Gallery, Kyogle on Monday 15th January, or by prior arrangement by contacting Caroline on 0459-401-568.

The Gallery will host the exhibition from Tuesday, 16th January to Sunday, 11th February. The exhibition allows visitors and residents a chance to view and purchase some truly beautiful local art and craft works.

So enter the Art Prize with a still life painting; enter the Woodworking Prize or the Soft Craft Prize. Entry forms are available at the Nimbin Artists Gallery, Roxy Gallery Kyogle, Clay Corner Kyogle or contact Caroline.

Water: Part 1

by Tom Jones

What do you know about water? What do you think is in water?

Have you ever questioned the validity of putting toxic chemicals in water and giving it to your kids?

In no way have these articles been written as medical advice, however they have been written to inspire you to investigate and ask questions.



DISCOVER FITNESS

This mini-series on water will open your mind and open your eyes to just how powerful water is and how we need to protect it for us and our children.

The Centre for Distance Control is an American organisation. However much, if not all of our medical and health recommendations come from these guys.

The Fluoride Action Network (FAN) has revealed that, following a court order, the US National Toxicology Program (NTP) has finally released a comprehensive systematic review on the neurotoxicity of fluoride.

The report, previously blocked by government officials and kept from public view since May 2022, discloses disturbing findings. According to the NTP, 52 out of 55 studies indicated a correlation between increased fluoride exposure and a decline in child IQ.

Addressing concerns about the relevance of their findings, the NTP stated, "We have no basis on which to state that our findings are not relevant to some children or pregnant people in the United States."

Notably, some of the most rigorous studies showing lower IQs in children were conducted in areas with optimal water fluoridation levels (0.7 mg/L), challenging the belief that lower concentrations are safe.

When questioned about identifying a safe fluoride dose, the NTP replied that their meta-analysis revealed "no obvious threshold" for total fluoride exposure or water fluoride exposure.

In their report, a sharp decline in IQ of approximately 7 points across a fluoride range from 0.2 to 1.5 mg/L, prompted a peer reviewer to acknowledge the substantial impact, stating, "...that's substantial...that's a big deal."

The report emphasises the broader implications of such declines, noting that even a modest five-point reduction in a population's IQ could significantly increase the number of individuals classified as intellectually disabled.

A draft copy of the study can be found at: https://ntp.niehs.nih.gov/sites/default/files/ntp/about_ntp/bsc/2023/fluoride/documents_provided_bsc_wg_031523.pdf

The first question is why would government officials want to block information that could directly impact children and their health and well-being?

The NTP's analysis, building upon and affirming earlier findings, underscores a consistent inverse relationship between fluoride exposure and children's IQ.

The second question is why would toxic chemicals be allowed to be put into the water that is proven to harm children and render them intellectually disabled?

In response to a government employee's assertion that the data only supported an effect above 1.5 mg/L, the NTP clarified its disagreement, emphasising that their assessment considers fluoride exposure from all sources, not just water.

I highly recommend to any readers to start investigating the power of water and what water actually is and also why anyone would want to actively poison it.

Water is a living being and needs to be treated the same way as we do any other living being. On a molecular level we are 60% water. If we are mainly water, then why would we poison ourselves?

Can one really poison oneself into good health?

Stay strong, stay hydrated, stay aware.

As a side note, did you know that the Australian nutritional guidelines were introduced in the 1970's by the guidelines from the Seventh Day Adventist Church and specifically based on Ellen G White and her teachings? This is a sub-topic of equal importance and one that needs to be investigated further by the reader.


I will be writing more on this topic in the future.

Email me at: charliejones5891@protonmail.com

Nimbin Crossword Solution

From Page 31

Y				B						W
E				D	O					H
A				O	D	D				I
R			A	R	M					S
L			A	S	C	O	T			T
I		B	L	I	P		A			L
N				A	W	N	I	N	G	E
G		C	O	R	R	A	L			S
S		W	O	O	M	E	R	A		T
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Mystic gypsy exhibition opening and festive celebration

by Jen Harkness

Are you going on a journey these holidays? The Spirit Burrow will be showcasing a series of artworks by local artists that all share some conceptual characteristics of a journey.

A mystical Gypsy caravan, a mythical story of transformation, astral travelling and psychedelic experience – there are many ways to interpret this subject and much to gain from journeying.

I invite you to the exhibition opening on Friday 15th December, 4 – 9pm.

Come for a look-see and reflect on the essence of your own being, simply enjoy the colours and formations, or release your critic – it's up to you!

While you're there you can explore the small range of unique hand-made Christmas gifts on offer and support the local arts!

There will also be some enchanting tunes and herbal elixirs concocted by the local witches available for your enjoyment.

Experience the ultraviolet spectacle of the velvet Valhalla – a hallway of luminous wonder.

The Spirit Burrow is part visionary Art Gallery with local handmade gifts, prints, stickers, organic clothing; part bespoke print shop – fine art and photographic printing



– part supersonic sound vibrational healing magical wonderland.

The Spirit Burrow has been open for a year now and has slowly grown and evolved from being my art studio and retreat space into a visionary art gallery, bespoke fine art and photographic print shop.

It is also a gift shop where you will now find organic clothing screen-printed and hand painted on site, as well as magical illuminated mushrooms and many more ornaments, objects and curiosities.

Every Monday, Michael Deanshaw offers supersonic full body lymphatic drainage vibrational massage sessions with his Japanese singing ring sound bowls.

He accepts both walk-in sessions and bookings. I can



testify, it's an amazing and a majestic way to cleanse and reset.

If you haven't yet visited the Spirit Burrow, you might be pleasantly surprised by the magical atmosphere at 76 Cullen Street, down the hallway next to the new Hare Krishna restaurant.

We are generally open Wednesday to Saturday 10.30am – 3pm and Michael is here on Mondays.

Natural Law

by Helene Collard

Straddling the paradox of a major ending and a new beginning, it's crucial to make time for stillness and introspection, while simultaneously keeping the energy flowing to avoid stagnation.

Making moments for rest and retreat allow us to 'tune in' and quieten the mind. Slowing down fosters grounding and clarity. It allows us to reflect, reset and restore.

There are actions now needed to affirm the major ending that is occurring. Some of these will feel easeful and rudimentary, whilst others may feel scary, confronting, fragile and painful.

There are good reasons why some things carry significant 'charge', so it is important to hold compassion for yourself and others.

However, the longer we procrastinate, or avoid these actions – perhaps hoping some external factor or divine force will incite the ending that is needed – the more drawn out the dysfunctional situation will become.

The action that is needed is one that will unbind you and others from a situation that has run its course.

It may just be a suggestion that invites a small shift,



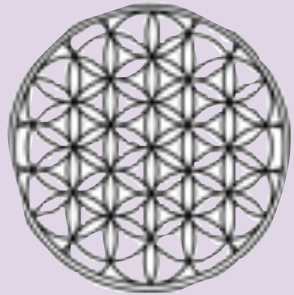
*We are all self-governing
Let us call upon our ancestors,
Elders and teachers –
past and present,
To guide us in
the way of the Heart
You are all my relations.
All is One.*

one that allows the existing dynamic to transform onto a new current; breathing new life into the space and allowing energy to flow where it wasn't before.

Just this can be game-changing. Subtle and nuanced can be just as powerful as direct and forceful.

However, it may be a major action that is required. Something direct and tangible. Something sharp and very clear.

Whatever action you are being guided to take, it may require your courage and composure. Prepare yourself



with rest and reflection.

Forgiveness may be something to contemplate this month, as we courageously restore sacred balance to our lives.

Forgiving ourselves and others is the ultimate heart's work, freeing ourselves and others from the bondage of pain, fear, resentment and anger. Who are you if not the victim? Find your strength and power.

There is no certainty. Trust yourself and trust life. Take a leap of faith. Whatever is limiting you and keeping you oppressed, repressed and confined is leading you to your next step of growth.

Centre yourself, trust life and then... leap.

Yemaya Centre

Reiki Level 1: 4-5 January 2024. Reiki Treatments available throughout December and January.

All Reiki treatment prices (packages and single treatments) have been slashed by up to 55% until the end of 2023. For bookings: www.yemayacentre.com

URI ROSS
@realty

AGENT OF THE YEAR
2019

AGENT OF THE YEAR
2022

AGENT OF THE YEAR
2023

Uri would like to extend his appreciation to his continued support from the Nimbin community and surrounding valleys.
Looking forward to a busy 2024 and wishing everyone a safe and happy Christmas & New Years!

FOR SALE

<div>\$880,000</div> <div></div> <div>131 BILLEN ROAD, GEORGICA 3 BED 1 BATH 16 ACRES SELF CONTAINED CABIN SHEDS VIEWS</div>	<div>\$599,000</div> <div></div> <div>516 BALLINA ROAD, GOONELLABAH 3 BED 1 BATH 683 SQM RENOVATED KITCHEN & BATHROOM</div>	<div>\$395,000</div> <div></div> <div>27 EVELYN WAY, NIMBIN 2,910 SQM MAINS POWER VIEWS 5 MINS FROM TOWN</div>	<div>\$850,000</div> <div></div> <div>78 STEAD ROAD, JIGGI 112 ACRES DAMS VIEWS DWELLING ENTITLEMENT</div>	<div>\$1,400,000</div> <div></div> <div>53 R H SMITH ROAD, MOUNTAIN TOP 8 BED 3 BATH 40.75 ACRES VIEWS FOREST TWO HOUSES CABINS CARAVANS AND SHEDS</div>
<div>\$550,000</div> <div></div> <div>2/24 ALTERNATIVE WAY, NIMBIN 2 BED 1 BATH NEWLY BUILT UNIT HARDWOOD FLOORS VIEWS WALKING DISTANCE TO TOWN</div>	<div>\$1,190,000</div> <div></div> <div>1011 PINCHIN ROAD, THE CHANNON 2 HOUSES 5 ACRES VIEWS POOL SOLAR SHED</div>	<div>\$545,000</div> <div></div> <div>81 OXBOW ROAD, CAWONGLA 1 BED 1 BATH HOUSE + GARAGE/STUDIO 2.86 ACRES OFF GRID CLOSE TO SHOP & CREEK PROFESSIONAL RAMMED EARTH STRUCTURE</div>	<div>UNDER OFFER</div> <div></div> <div>6 KENZI RISE, NIMBIN UNDER OFFER</div>	<div>UNDER OFFER</div> <div></div> <div>927 CAWONGLA ROAD, LARNOOK UNDER OFFER</div>

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www.nimbingoodtimes.com

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John
0428 200 288



Jacqui
0439 15 6666



Samara
0429 806 288



Grant
0427 531 951



Sundai
0413 751 184

AGENT OF THE YEAR
| 2020 | 2021 |
AGENCY OF THE YEAR
2019 | 2020 | 2021 | 2022 | 2023



NEW



19 Tareeda Way
Nimbin 1706 m2
\$420,000 Agent: Jacqui

NEW



2/121 Gungas Rd
Nimbin 2065 sqm
\$740,000 Agent: Samara

NEW



5178 Kyogle Rd,
Cawongla 15 acres
\$1,100,000 Agent: Jacqui

NEW



11/265 Martin Rd,
Cawongla 2 acres
\$525,000 Agent: Jacqui

NEW



50/265 Martin Road
Larnook 2 acres
Expressions of Interest Agent: Jacqui

NEW PRICE



95/265 Martin Rd
Larnook 2 acres
\$520,000 Agent: Jacqui

NEW



375 Bishops Crk Road
Coffee Camp 15 acres
\$865,000 Agent: Suzy

NEW PRICE



357 Stony Chute Rd,
Nimbin 10 acres
\$765,000 Agent: Sundai/John

NEW PRICE



78D Davis Road
Jiggi 17 acres
\$690,000 Agent: Sundai

NEW PRICE



82 Basil Road
Nimbin 1.25 acres
\$640,000 Agent: Sundai/John

NEW PRICE



346 Sargents Road
Homeleigh 31.5 acres
\$950,000 Agent: Jacqui

NEW



98 Wallace Rd,
The Channon 4.6 acres
\$925,000-975,000 Agent: John

FEATURE PROPERTIES



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NEW



202 Koonorigan Road, Koonorigan
Price - \$1,680,000 - Your Search Ends Here!
Agent - Samara Burcher
You will feel on top of the world looking over this stunning holding watching the epic sunsets over the distant hills and valleys. Cattle, coffee, market garden or just pure recreation, there is no wrong choice on this 11.9ha acreage. Situated on a plateau wrapping around the top of the Koonorigan Ridge this family sized designer home offers fabulous views from all living areas and features just as much outside living as in. You will always have guests popping in, or coming to stay, as the feel here is pure vacation! Take in the resort style gardens, inground and fully private swimming pool & winding pathways through the tropical orchard. The designer Kitchen features waterfall stone bench tops, large walk-in pantry and looks out to the fully covered entertaining area. There is a double garage with cellar plus large machinery shed, studio accommodation, and an income producing coffee plantation which is can be easily managed by a newcomer for a great passive income. Too much to mention, come see for yourself!

NEW



109 The Channon Rd, The Channon
Build your Forever Home! Productive Land in Prime Location
Soon to be a completed subdivision, with building entitlement this 48.04 hectares of prime plateau land is in the sought after area of The Channon, an elevated and extremely fertile area. It is currently cattle country with the added attraction of a massive dam and two tidy groves of Macadamia Trees for added income. The soil on this plateau is deep and rich, and the farm will be presented fully fenced. This stunning property with delightful views has multiple building sites, and is a second to none for location, privacy and soil quality.
Call John Wilcox on 0428 200 288 or Sundai Harrison on 0413 751 184 for a private tour

Price - \$1,250,000 Agent - John Wilcox/Sundai Harrison