

ASTRO forecasts



by Tina Mews
what's happening
in the heavens?

Aries

With the lunar North Node in your sign from July 18th until January 2025, you have reached a phase of enhanced independence, innovation and personal drive. Find out what really gives you happiness and joy. You might feel like pioneering into uncharted lands while following your creative impulse. Whatever it might be, make sure to keep an eye on the needs of others to avoid single-mindedness and disagreements.

Taurus

During the next two-month period you might feel called to undertake a journey into the deeper layers of your soul to uncover what has been hiding in the dark or being pushed away because of other more urgent things to do. Relationships of all sorts are under review, including a sorting process between what you value most and what can be left behind to lay a better or more sustainable foundation for the future.

Gemini

The path ahead during the next 18 months guides you towards focusing more on friendships and community activities instead of being too concerned with yourself and your own needs. Tap into your creative potential and share your gifts. You will find that others are in support of your ideas and objectives, especially if you keep an open flow of communication.

Cancer

This is the birth of your new solar year, and your personal compass is pointing straight ahead towards the future. You might be called to take on a leadership role while striking a balance between your inbuilt sensitivity and emerging new responsibilities. Moving forward and depending on yourself is the focus while letting go of emotional insecurities and too many worries.

Leo

Venus, the goddess of love, beauty and relating is in your sign until early October 2023. This can be a soul-searching phase in your life where you will go through an in-depth examination of your relationships, creative projects and values of all sorts. Unexpected breakdowns or breakthroughs are possible as your heart yearns for true love and recognition but also freedom and 'the uncovering of what is not yet known'.

Virgo

You might be asked to relax the view you have on things and people while listening to your soul's need for change and regeneration. It is not an easy time for partnership because there might be disagreements in your approach to values and worth. Releasing attachments to doing things your own way will help with restoring inner and outer balance.

July

Since the winter solstice (June 21/22) the Sun has travelled through the watery realm of Cancer. Cancer signifies the receptive and sustaining powers of the feminine, the "Great Mother" who gives birth, supports and protects life. Most people born under this sign have deep attachments to their family and ancestral roots while being loyal to the values of the past. They love the preservation of family bonds but can be extremely touchy, highly sensitive and moody because their inner world changes with the cycles of the Moon. Physically, Cancer rules the breasts and the stomach, the function of giving out nourishment to others and taking in nourishment for oneself. Many Cancerians love cooking and good food.

The Full Moon in Capricorn on July 3rd is opposite the Cancer Sun and Mercury. This Full Moon illuminates how well we are balancing the demands of our inner and outer lives. The challenge is to align worldly ambition and responsibilities with emotional needs and nourishment for the soul. The Capricorn Moon is sextile with Saturn in Pisces and trines Jupiter in Taurus. We are reminded to search for more sensible solutions and be grateful for all the blessings that we receive.

We are now well into the second half of the year marked by many planets in retrograde motion. Pluto, the cosmic energy of destroying and rebuilding, is retrograde since May 1st. Saturn, the planet ruling our material reality, turned retrograde on June 17th. Neptune, ruling our spiritual reality but also illusions and deception stations retrograde on July 1st remaining in backward motion until early December. Additionally, Venus, planet of love, values and beauty does enter her once every 18-months retrograde cycle on July 24th coinciding with Chiron stationing retrograde on the same day. This suggests that this latter part of the year is more a time of integration and reflection of everything that has changed.

This includes an in-depth examination of our worldviews, values and beliefs if they are still fitting the context in which we are living and moving through during these times of major transition. Saturn reminds us of what might be blocking our evolutionary journey. Pluto – back in Capricorn now until January 2024 – demands a more honest look at the way our society is structured. What is given priority and power and what remains disregarded? Pluto is in square aspect to the nodal axis until the end of the year reminding us of changing course now and taking responsibility for the Earth as our mother and provider of true wealth before circumstances move beyond our control. Neptune, when retrograde can strengthen our intuition and receptivity if we turn down the volume and listen to our inner guidance.

The New Moon in Cancer on July 18th starts a new lunar cycle. It coincides with

the lunar axis changing signs. The nodes of the Moon move from the Taurus-Scorpio axis back to Aries-Libra, here to stay until January 2025. They are our collective compass, informing us about the emerging themes from the past that need to be dealt with while pointing toward the path ahead. The nodal axis is called the axis of fate and destiny. When the legendary Titanic sank in April 1912, Neptune, Lord of the Oceans, was exactly squaring the nodal axis that happened to be in Aries – Libra then, too. Neptune symbolizes besides many other things glamour and deceit. The North Node in Aries hints towards a phase of increased personal risk-taking, forthright acting and pioneering into uncharted territory while the Libra South Node symbolizes energies that are on the decrease over the next 18-months such as hesitation, a willingness to compromise and consciously searching for the common ground. The New Moon is squaring the lunar axis, opposing Pluto and is in trine with Neptune reflecting and activating current themes that need further examination. The Cancer New Moon gives birth to something new. What we believed to be safe and reliable might not be certain anymore and we may have to dig deeper to find new directions. The task is maintaining an independent viewpoint (Aries North Node) while being in alignment with those we care for most (Libra South Node).

Venus, planet of relating, beauty and creative expression, will turn retrograde on July 24th beginning her six weeks journey to the underworld (until September 4).

The Venus retrograde cycle in fiery, energetic and strong-willed Leo will dominate the next few months as we are undergoing a process of examining our relationships to ourselves, to others and to what we value most. The Venus retrograde cycle occurs once every 18-months and has been expressed in different cultures through the story of the goddess descending into the underworld, such as Inanna in Sumerian or Persephone in Greek mythology. We are called to go into the deep unknown to recover what has been living under the surface so it can be either left behind or renewed and owned as our genuine truth. Venus is travelling together with the Black Moon Lilith until October adding extra emphasis to this process of 'uncovering of what is not yet known'. Venus retrograde is square Uranus and Jupiter in Taurus during her entire retrograde cycle. It is not the best time for expensive new purchases or speculation. It may not pay off the way we are expecting it.

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Libra

Knowing who your friends are and who is supporting your ideas and objectives is essential for your next chapter of your personal evolution. You may have been hearing an inner call about shifting your approach towards greater authenticity and examining your beliefs of how to be in the world. It will be more difficult to please and compromise as you are going through a process of stripping away old patterns of behaviour.

Scorpio

The time is ripe for redefining goals, clarifying expectations and rewriting your story. What do you want to be remembered for and is this congruent with your deep self? Establish limits and guidelines for others and yourself while generating a stronger focus on details that will ultimately enrich your life. Once this phase of examination and restructuring has ended you will be closer toward reaching your dreams.

Sagittarius

With the lunar North Node in Aries until January 2025 the needle of the compass is pointing you toward courageously walking your own creative path without worrying too much about what others think or do. Make a conscious effort to deal with others in an engaged but loving manner so that no one needs to feel alienated. A certain amount of personal risk-taking is required to achieve inner balance and fulfillment.

Capricorn

With the Lunar North Node in Aries until January 2025 you are shifting to a core period of inner development marked by freeing stuck energy and healing. Working on your foundation is of major importance now. You might be called to let go of your tendency to over-manage your own and others' lives and instead need to relax into your own inner self while cleaning out the dross.

Aquarius

With Venus retrograde through your solar seventh house unresolved relationship themes are back in the spotlight demanding your urgent attention. The usual remedies won't work anymore as you are asked to move deeper to uncover your core relating needs including patterns of avoidance. Break-downs and breakthroughs are both possible if you are anchored in your heart energy and centre of truth.

Pisces

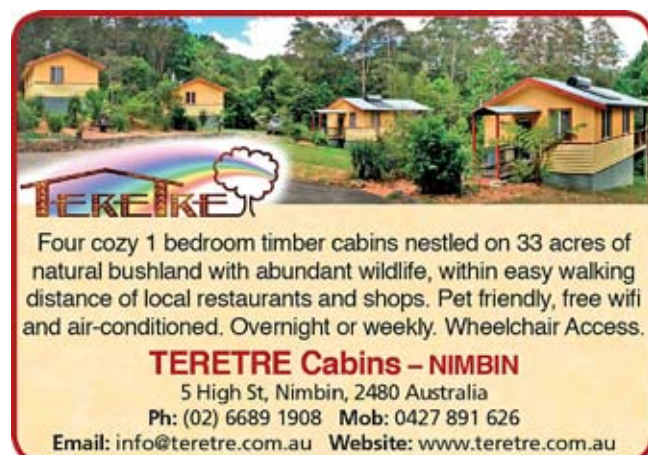
You might feel like spending more time and energy on taking care of the smaller necessities in life. You can get satisfaction and fulfillment out of your daily routine once you know what you truly want. Listen to that voice which wants to call you inward. Re-examining values and prioritising while clearing things up is the way to go. Know when you invest too much time and energy into supporting others at the expense of your own comfort and needs.



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Letting life lead

by Marilyn Devlin

There was a time when the words would come streaming through my hands... sometimes out of my mouth (which was embarrassing). It came out in prose for many years... I still have stacks of them in a folder... in a box in storage at present. I was a 'Poet'.

I didn't ask for them... just one day they came. They'd pour and pour... like a tap I couldn't turn off. I'd grab any piece of paper close by... most of them still there in that folder... on paper bags and serviettes. That started back in the seventies. It was quite a time back then... I'm grateful for being a part of it.

There was a rejuvenating magick in the air. Something special had been born. A rebirth of vision and creativity. There was so much light and hope and inspiration. A real energy for renewal.

So many different chapters we experience both in our personal and collective life experience.

Astrology shed a light on these chapters for me... gave a kind of background to what was happening on the surface. I was only young when somehow that first book appeared in my life. Really it was against all odds back in the late fifties.

Somethings seem destined. You don't have to go looking for them... they find you. But maybe there's always a call. Those words written somewhere: "Knock and the door will be opened".

Real magick happens.

This year there's been a drought of words... my usual love of writing and connection (the Gemini part of me) stored away on a dusty shelf. Just like my stuff in storage. Seems so much of me has been placed in storage.

And yet Life dances and weaves its magick in every moment. Thank god for Mother Earth... and all the Divine blessings. They do exist.

It's just surrendering... not always easy, as we know. We're used to battling, resisting... putting up a fight. Something inside us wants to keep things the same. Which of course can never be. Some things you can't fight... no matter how much you want to reverse the stream.

And man, that stream can be strong.

There's a reality in things. A knowing. An intelligence far greater than we can decipher. I've always had a respect for that.

In some ways... I know my place. In other ways I strive to reach beyond it. Exhausting myself of course.

And exhaustion is not good for our body.

When everything moves to the background... and we're left with this vacant space. We're so used to having stuff around us... that we think makes us who we are. We might understand that's only superficial... but it's who we've become, what we know. What we've collected in this one precious life of ours.

Often times we forget our priority.

It seems there are chapters... our personal and collective lives imbued with certain conditions. We get used to them. And then they change.

And nothing really ever goes away. As if everything that's happened is still here inside us. In that storage room inside.

It feels like quite a time of shaking and dismantling... clearing out those dusty storage rooms of ours... knowing what and who we really are is beyond anything we can imagine.

That everything else we've just collected. We've become a collector of things... in our search for meaning. And we all search for meaning in some way.

So as the great tides of Neptune take so much of us back out to sea, burying them safely in the deep... from once we came... leaving us on the shore... small, tiny even... but so shiny and alive.

We're ready... for a whole new life.

Our trust renewed.

Nimbin Trivia Time

by Eclectus

Questions

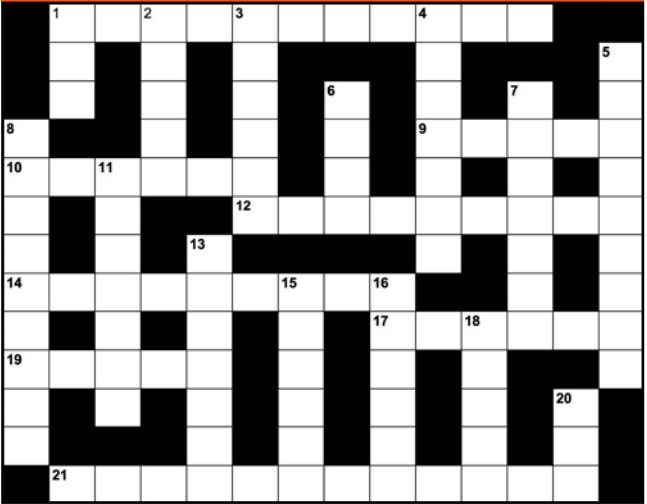
1. The much loved Jaffle Iron, an Australian invention, clings on in this age of an electrical appliance for every element of food preparation. When was it invented, closer to 1930, 1940, 1950 or 1960? (Image: James Shackell, courtesy of Guardian Australia)
2. Which UK prog rock band, first formed in 1967, has recently released its 23rd album, Rök Flöte, the second after a gap of 19 years, and has announced its Seven Decades Tour of the US later this year? The album title is taken from the Old Icelandic word for destiny and the German word for flute. This band has only had one constant member, the founder and frontman, although some members have returned over the years. This band was big in the seventies, releasing 10 albums in that decade with nine achieving gold status. They first toured Australia over 50 years ago. Take a bonus point if you can name the frontman.
3. Qantas, the second oldest airline in the world still operating had its origins in Winton, Queensland, in 1920. Qantas is an acronym of its original name. Can you give the full title?
4. In September 2001 gold was selling for a little over US\$270 an ounce. Is today's price closer to \$500, \$1000, \$2000 or \$3000?
5. Who wrote the poem The Hunting of the Snark, An Agony, in Eight fits? Hint: it was written around 1875 and shared somewhat with Jabberwocky, a poem from an earlier novel by the same author. Hint: He was a mathematics professor.
6. Yachts come in many rigs but most fall into three types: sloop, ketch and yawl. Which one of these has only a single mast while the others have two?
7. Blue green algae were the first organisms to appear on earth. Was it 500 million years ago, 1.5 billion, 2.5 billion or 3.5 billion?
8. This is the national colour of which country, known for its hockey prowess and as the seat of the International Court of Justice? For a bonus point, can you say why it is this colour?
9. Which team has already won the rugby league State of Origin series for 2023?
10. Which Australian animal appears on the reverse side of the Australian five cent piece? For a bonus point, what nickname does it share with its predecessor, the sixpence?



- Answers
1. Patented in 1949 by Dr Earnest Smithers of Bondi, the Jaffle Iron was almost killed off by the Snack and Sandwich Maker in 1974. Smithers also invented another magnificent device, the surf-o-plane, thus vastly improving the chances of catching a dumper in the surf and surviving.
 2. Jethro Tull is the band. It was founded by Ian Anderson in 1967.
 3. Queensland And Northern Territory Aerial Services. They started Australia's first international route in 1935 with the Brisbane to Singapore service taking three and a half days to complete.
 4. Today gold hovers around a US\$2000 ceiling. It first hit \$500 in late 2005, \$1000 in late 2009 and hit a peak just under \$1900 in mid 2011. It dropped back to just over \$1000 in early 2016 and took off again in late 2018 to hover just below a \$2000 ceiling until late 2020 when it first broke through to the all time high just under \$2050. Since then it has bobbed around between \$1600 and just over \$2000. The price only spikes over \$2k but the spikes are becoming more regular.
 5. Lewis Carroll.
 6. The sloop has a single mast.
 7. The stromatolites of Shark Bay in Western Australia are fossils of the blue green algae which have been around for 3.5 billion years.
 8. Dutch Orange honours The Netherlands' royal family, the House of Orange which came to power in 1544 when 11 year old William of Orange inherited power and title.
 9. The Queensland Maroons have won a second consecutive series after the first two of the three game series.
 10. The echidna graces the "zac".

Nimbin Crossword

2023-07
by Novata



Across

1. Representation of deity in the form or with the attributes of non-human animals (11)
9. American timber wolves (5)
10. Restore the honour or worth of (6)
12. Extending over all zones, from tropics to polar regions (9)
14. Fit for dwelling (9)
17. Close affectionate embrace (6)
19. Idea of something that is perfect, one hopes to attain (5)
21. In a way intended to express a thought or feeling without directly saying it (12)
3. Swelling from excessive watery fluid in cells, tissues or serum cavities (6)
4. Excellent and delightful in all respects (7)
5. Those not present or in residence (9)
6. Sudden minor shock or meaningless interruption (4)
7. Person who discriminates in favour of the ablebodied (7)
8. Air-breathing arthropods with simple eyes and four pairs of legs (9)
11. Worked in an amateurish manner (7)
13. Romance language spoken in Italy (7)
15. Large terrestrial monkey having dog-like muzzle (6)
16. Flow over or cover completely (6)
18. Free from noticeable currents (5)
20. Friendly informal reference to a grown man (3)

Down

1. Cook or heat in a microwave oven (3)
2. Yellow-green colour of low brightness and saturation (5)

Solution: Page 34

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The varroa mite issue

The Bee Buzz
by Jens Roestel

I have been beekeeping for about five years. Beekeeping started off as a hobby for me and like so many other people, the Covid situation forced me to rethink my circumstances, so we decided to turn the hobby into a business. Since then, thanks to my partner Lisa's help and the generous support of our customers in the area, we have grown our business. We are called Black Dog Honey, which is named after our beautiful kelpie cross called Ben. It has been 12 months now since the first official detection of the infamous Varroa mite in Australia. It has become a very heated and passionate topic amongst beekeepers. The Varroa mite is a parasite that attaches itself to the bees and lives off the fat tissue of the bees and larvae. To put it into perspective, the size of the mite, equals a basketball size parasite attached to us humans. Mites not only drain the energy out of bees, but they also spread several viruses like the deformed wing virus. A female mite will lay around five eggs into the brood cell of the bees, just before it is capped. Over the period in which the bee larvae grow, the mite larvae will hatch, reach sexual maturity and since one of the eggs will be a female, mate in the cell before the bee larvae

hatches. They prefer drone brood as the drones take the longest time to develop from an egg to a hatching insect. So not only will they feed off the bee larvae, but they will also be ready to lay more eggs by the time the bee hatches. This will present a big challenge for managing the mite in Australia as we don't have long, natural brood breaks due to relative warm weather conditions all year around, compared to for example Europe where bees wouldn't lay eggs over winter due to food shortages and cold temperatures. Varroa mites are believed to be present in Asia for hundreds of years. The Asian honeybee has adapted a few mechanisms to deal with the parasite. For example, they swarm often, have a different hygienic behaviour and can detect mites in the brood cells, open infected cells, removing the larvae. The mite was first detected in the early 1900's and is believed to have spread into the European honeybee colonies in the 1960's. Due to hive movements, the movement of hive-related products and bees, it spread across Europe and the US like wildfire. There have been reports that mites will 'hop on and off' bees while they feed on flowers, spreading from hive to hive. Thanks to the extensive research over the last five decades, we have a number of tools to manage Varroa available to us. None will remove the mite completely, so once it has infected a hive, managing and

reducing mite numbers is the only option. These remedies are best split into two categories, chemical and non-chemical. The chemical solutions involve evaporating Oxalic Acid or Formic Acid, most commonly through the entrance of the hives or by dripping applications inside the hives. The vapour is not toxic to bees, but effects the brood, so it is recommended to do these treatments during a brood break, in a dearth for example. This method also could affect the honey stored above the brood box, so Beekeepers need to remove the honey supers prior to this treatment. Non-chemical treatments involve for example a forced brood break, in which a beekeeper traps a queen on one frame in a special cage to force her to lay only on that particular frame. The frames are then removed after they have been capped by the workers and destroyed. Since the mite is attracted to the brood, the majority of mites will be in the brood frames and hopefully be removed with the frame. Studies have also shown that if a hive has a temperatures of about 40 degrees Celsius, mites die at a higher rate, while bees are just able to manage. It is fair to say that this is a extremely complex topic and



we beekeepers the decision of using natural, non-chemical management means a lot more time needs to be spent in the bee yards which means higher costs, which is hopefully supported by our customers. For large commercial operators, the chemical treatment is often the only financially viable option, but means potentially chemical traces in honey and beeswax that is available at cheaper prices. Cuba has the world's largest Varroa-resistant bee population. As Cubans have lacked the money and access to the chemical treatments, they only had one option. They had to let the mite run wild and breed from the hives that survived the infestations. It has taken more than 20 years and an initial loss of 90% of bee population across the

country. Needless to say, losing 90% of hives across Australia would be a devastating result for farmers, our food supplies and of course our stripey friends. Importing Varroa-resistant queens for breeding purposes could be an enormous step forward to shorten the devastation period. The current eradication program aims at destroying any hosts for the mite in an affected area by removing any hives for at least three years. How successful this approach is, only time will tell. Given the nature of the mite, with the DPI admitting that the mite has been in Australia at least 18 months prior to detection, the desperation to move hives across the country to the various monocultural orchards for pollination to support our food security, and the current spread in the greater Newcastle area indicates that it will be a big and complex challenge for everyone involved.

Keeping knees together



by Tonia Haynes

Before your eyes light up at the thought of an instructive article on how to keep one's virginity intact... If you don't have an aching back, neck, shoulder or limbs, or are looking to a knee replacement, this article is not for you. Because the most scintillating thing I have to share about knees is that the knee joint carries one's full weight. Ask anyone who is looking forward to a knee replacement. The pain of a collapsed knee is excruciating! The knee is supported by all the muscles in the thigh and also muscles in the back, plus nerves in the spine; hence the need for a comfortable bed. A bed too soft, or one that sinks in the middle gives rise to one's body laying for eight hours in a semi-corkscrew position, where the muscles and skeletal system are unable to flow as they must when one is upright. And compensating with a

pillow between the legs, or wherever, only misaligns the muscles and spine more. Conversely, sleeping on a lumpy bed makes for a lumpy spine and muscles and even though one might argue that through history many have slept on hard or rocky ground or the slope of a hill, they died far earlier than we usually do today. A comfortable bed is one that supports one's body in a position where one does not need to groan and stretch to unbend in the morning. Sore knees can be rectified if caught before the cartilage in the knee begins to deteriorate and even then, while one is waiting for a new knee, having all the muscles that support the knee fully functioning does much toward lessening the pain. If the knee is recently sore, and also if the pain switches from knee to knee, the issue is coming from the muscles in the back, thighs and hips. If left, the weaker knee will begin to deteriorate. My mix of Bowen therapy, remedial massage, spinal realignment and Pranic healing brings the body back to full alignment. You will feel more relaxed with far less pain, and walk taller. I am in clinic on Nimbin on Mondays. I also work from my cabin on other days. Phone me for an appointment: 0439-794-420.

RPC appoints its first CEO

by Sandor von Kontz, chairman, Rainbow Power Company.

Rainbow Power Company, a renowned organisation dedicated to promoting sustainable energy solutions, has reached a significant milestone with the appointment of its first CEO, Zach Rook. After an extensive search, the board of Rainbow Power Company is thrilled to have found a leader who aligns with the company's core values and community-focused approach. Zach Rook brings with him an impressive track record of establishing and nurturing businesses that prioritise environmental conservation. His experience spans across various industries in Australia and abroad, including social enterprises. Notably, Zach has been actively involved in social initiatives and has led a charity aimed at rescuing women and children from slavery in 15 countries. Moreover, he has successfully launched and sold multiple businesses while spearheading the growth of environmentally-focused start-ups. As a local father of two young girls, Zach's personal commitment to creating a sustainable future resonates deeply with Rainbow Power Company's mission. The company's decision to appoint Zach reflects its dedication to finding a CEO who not only possesses a strong business acumen but also shares a passion for environmental stewardship. In his new role, Zach Rook is determined to build upon the foundation of Rainbow Power Company as a forward-thinking and community-oriented organisation.



Recognising the company's legacy of innovation and alternative thinking over its impressive 36-year history, Zach is excited to lead the company toward continued growth and success. Rainbow Power Company has long been at the forefront of the renewable energy movement, striving to reduce emissions in the Northern Rivers region through the development of cutting-edge, future-focused power systems. With the appointment of Zach as CEO, the company is poised to further solidify its position as an industry leader in sustainable energy solutions. Expressing his gratitude for the opportunity, Zach Rook humbly acknowledges the responsibility of continuing Rainbow Power Company's legacy. He is eager to contribute his expertise and leadership to advance the organisation's goals and play a vital role in Australia's expanding solar and alternative energy sector. Zach believes that, if fortunate, the future may resemble the vision that Rainbow Power Company has nurtured for so

many years. The Rainbow Power Company's board expresses great optimism for the company's future under Zach Rook's guidance. They firmly believe that his strategic vision and commitment to sustainability will lead the organisation to new heights in this critical phase of Australia's transition toward renewable energy. As Rainbow Power Company continues to evolve and adapt, they extend their best wishes to Zach Rook for a successful tenure as CEO. The appointment of Zach Rook as the first CEO of Rainbow Power Company marks a significant achievement for the organisation. With his diverse experience, strong community values, and dedication to sustainability, Zach is poised to lead the company into a future that aligns with its founding principles. Rainbow Power Company remains hopeful and enthusiastic about its role in shaping Australia's renewable energy landscape, and we are excited to embark on this new chapter with Zach at the helm.

Dance Festival first timers

We are excited to share that students from Barkers Vale Public School performed at the Far North Coast Dance Festival in Tweed Heads.

This is the first time our school has performed at the festival, which has been running for over 35 years.

Our students (Kindergarten to Year 5) dedicated their lunch breaks to learn and rehearse their dance routine.

On the big day, we travelled to Twin Towns in Tweed Heads for a technical and dress rehearsal.

We enjoyed a picnic dinner in a nearby park with families who had travelled up to see the performance.

In the evening, our students took the stage and delivered an outstanding performance.

They represented our school with pride and impressed everyone at the Far North Coast Dance Festival.

Barkers Vale Public School is immensely proud of our students and congratulate their achievements in dance this year.

We would also like to thank Alanah Sciberras for teaching our students dance and providing them with such a great opportunity to shine.



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Nimbin Central School news update



by Jane Mari

Cafe Central

What a fabulous night it was on Thursday, 22nd June. The Multi Purpose Unit was filled with parents, carers, grandparents and friends of the school as our students from Kindy to Year 12 (and the wonderful staff band) performed drama, song, dance and musical items.

Our great new principal Sally-Ann Thompson spoke on the evening – her first Café Central – about the incredible dedication of our staff who are multi-talented, but particularly in the area of Creative and Performing Arts.

She expressed a special thanks to the wonderful work Val Mace does in our school with singing and music as well as expressing a big thank-you to the staff for going above and beyond, not only in the work they put in to make this such a great event, but also for the way they are continuously looking for new and creative opportunities for the students at Nimbin Central.

Debating

The stage 5 debating team Kaara, Eden and Jarrah, supported by teacher Deb Gail, won their debate against Evans River in week 9.

The topic was “That funding for medical research should

be based on the prevalence of the disease’.

Congratulations to all involved for excellent strategy and debating techniques – you did your school proud.

Broken Bay Flood Recovery Camp

In week 8 this term, students from grades 3-10 attended an excellent couple of days at Broken Bay, a ten-hour bus trip from Nimbin.

Activities included archery, beach games, fishing, canoeing, boomerangs, orienteering, bush-walking and building beach shelters from driftwood.

After dinner, students had a variety of activities such as trivia night, games and disco.

Once again we thank our amazing staff who again went above and beyond in their dedication to supporting our students in the best possible educational outcomes.

Senior art/music excursion to Sydney

Always a big favourite with our seniors, 27 students travelled by train to Sydney for three days that were packed with cultural experiences, food, laughter and a lot of walking.

Activities included exploring Sydney Harbour around Barangaroo, through The Rocks to the first instalment of the National Exhibition at The Modern Contemporary Art Gallery.



The exhibition spanned four different galleries over the city including Carriageworks and the National Gallery of NSW, which was hosting The Archibald 2023.

They visited the beautiful Botanical Gardens to see its diverse history as well as to do some drawing, painting and well-earned relaxing.

A big highlight was getting dressed up to attend the Tina Turner Musical at the Theatre Royal. This performance was very well received by all and given a standing ovation.

‘Vivid’ was on and they were able to explore Darling Harbour by night and enjoy the music, lights and fireworks.

On the third and final day they made their way to Bronte Beach and did the coastal walk from Bronte to Bondi. The weather was glorious and they saw dolphins and whales, and had fun exploring the sea pools.

Again a big thank-you to our wonderful staff who made this fabulous event possible.

Primary science news

The primary students have been having fun using robots as part of Science, Technology, Engineering and Maths (STEM) curriculum.

Using Dash robots from Wonder Workshop and LEGO ‘Spike’ kits, the primary classes are learning how to drive and code robots



using apps on iPads, and how to build working LEGO robots.

LEGO robots offer a hands-on approach to learning, allowing students to construct and code their own creations.

The integration of Dash and LEGO robots cultivates essential 21st century skills. Students work on problem solving, analytical thinking and perseverance through trial and error.

A big thank you to our excellent science/physics teacher, Mr David Gray.

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Powerful simple solutions



by Betti Wille

I watched *Giants*, the new documentary about forest giants and our very first Green Member of Parliament in this part of the world, Bob Brown.

While it's painful to see footage of bulldozers in forests clear-felling the lungs of the planet, it's uplifting to see people-power in action.

Did you know that most of the tree-felling is to produce paper? I didn't.

It made me think... about how I use paper: not totally thoughtless, but still like a First World Brat. I needed to sleep over that. Slowly but surely my solution-oriented mind came up with some satisfying results.

I used to have paper towel in my kitchen, mostly to wipe cast iron frying pans. It has been replaced by a box of little rags: old cotton shirts, pants, etc below op-shop quality become rags before entering the bin. No more paper towels needed. Neither are serviettes; the cotton ones I made are much nicer at the table, too.

Bamboo has replaced trees as raw material for toilet paper. I hope the bamboo farming doesn't become the next issue, given the habits around toilet paper of our 'developed' countries' crowds. I do wish we would learn to apply water for washing instead of flushing and make that paper wastage history.

The bins, not just in our little town, are filling up with

coffee take-away cups. Tonnes of them because thousands of people drink take-away coffees all the time. No, they don't qualify for the recycling bin; they are lined with plastic.

This brings up another point I care about. Do you really want those chemicals from the plastic leaching into your body? Check out some consumer awareness resources about this subject.

Hot food and drinks consumed through plastics raise the risk of cancer, particularly breast cancer it seems. (check: www.breastcancer.org/risks).

I carry a cup with me, as part of my go-out gear. Water bottle and cup reside in my backpack. Not a big deal.

When going out to a big party or festival, I carry a stainless steel plate and cutlery, plus a cotton serviette. A cotton bag houses these when not in use. It fits into my backpack – easy.

I will not be using any of that take-away rubbish anymore.

Here lies our power as consumers. We are powerful. If we don't use it – it disappears from the market!

Some of you have been doing these things all along. Thank you! I needed those last hints to make this particular change.

That's why I am writing this article. We often need repeated stimulus to create change.

Go consumer!

Nimbin Crossword Solution

From Page 31

Z	O	O	M	O	R	P	H	I	S	M	
A		L		E				D		A	
P		I		D		B	Y		A		B
A		V		E		L	L	O	B	O	S
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N		L		A		A		N	E	S	T
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											Y



Female Football Week is a nationwide initiative to celebrate the immense growth of women's football at all levels of the game and acknowledge and promote the important role women play in developing football.

The Nimbin Headers Sports Club embraced this opportunity, with both women's team playing on home fields, to raise money for the benefit of women in our town, and to serve our special community.

The Club values team work, social connection and inclusivity, and service – values we live by on-pitch and off-pitch at our Nimbin Club.

\$4,712 raised!

The Headers Club was delighted when Nimbin Neighbourhood and Information Centre agreed to be the beneficiary of our fundraising efforts.

NNIC's dedicated and demonstrated ability to deliver appropriate assistance and support in a sensitive and culturally appropriate way for many decades means that all the money raised will be effectively used in our community.

The Club is so grateful for the support provided by



local businesses, artists and artisans; the volunteers who jumped on board to make this possible; and all of the kind community members who bought raffle tickets and supported the cause.

Thank you to all who contributed and served delicious food and goodies.

Thank you also to Nikki Bernoth for capturing lovely photos of the spirit and space held!

A special thanks to one of our favourite supporters of Females in Football who outbid all the others to win John Hosking's generously

donated bird bath, well in excess of what he could have bought it for from the Nimbin Artists Gallery. (The women's squad will shout you chips for the rest of the season, coach Nigel Hayes!)

Thank you to Rainbow Power Company who, aside from other contributions to raffle, donated an easily transportable stand-alone solar power system directly to NNIC to issue out at their discretion to women in crisis.

The Nimbin Headers Sports Club gratefully thanks: Anna King, Black Dog Honey, Bush Factory Café, Chris

Seymore Pottery, Country Women's Association, Francisco No Mad Potter, Green Bank, Homestead & Co, Intersport Lismore, John Hosking, Katzoo Design, Nimbin Artists Gallery, Nimbin Bakery, Nimbin Building Supplies, Nimbin Crystal Tourist Park, Nimbin Environment Centre, Nimbin Headers Sports Club, Nimbin Hills Real Estate, Nimbin Law, Nimbin Neighbourhood & Information Centre, Nimbin Pizza & Trattoria, Nimbin Sourdough, Pauline Ahern, Perceptio & Rainbow Power Company.

Come along!

You are very welcome to apply join the Nimbin Headers Sports Club, as a player or trainee player, or volunteer or official. Membership closes on 30th June, but there's always next year!

Supporters are always welcome to cheer us on! There are six senior teams and a bunch of mini-roos and juniors, and there is always a great feed from what we reckon is the best tuckshop (or canteen) in the Northern Rivers.

Enquiries: 40 Cecil Street, Nimbin, email: nhsc@ffnc.net.au

Moving out of preschool

by Amanda Selmes, principal

Coffee Camp Public School would like to invite preschool students to our Kindergarten Transition program.

We will be running the program from Monday 24th July every Monday until the end of the year.

This is a great opportunity for students to see what big school is like and also

gives staff a chance to get to know you and your child to ensure we put the best plan into place to meet your child's needs.

Early childhood education is the most vital time for students, and it is so important that they have a strong start to school.


The program will focus on a play-based learning curriculum much like preschool, while also providing them

with the opportunity to partake in school readiness activities.

Learning will be hands-on and interactive, and will develop students' social and emotional learning.

Children can be enrolled through the following link: Enrolment at <https://coffeecamp-p.schools.nsw.gov.au>

Please speak to the school if you need an out-of-zone enrolment.




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Resistance training and diet

by Tom Jones

The journey of 10,000 miles starts with a single step. Start now and don't look back. It is never too late. A wise man once said, 'You didn't get weak because you got old, you got old because you got weak'.

Apart from digging a little further into nutrition this month, I want to inform my readers of a little-known fact: Did you know that resistance training improves bone mineral density?

This is not really new information, but I feel what is done in the weights room has yet again been overlooked by the masses (and the medical fraternity). While we were busy getting distracted with nonsense on the TV and microwave oven meals, we forgot to pay attention to some science that is actually proven!

Putting resistance through your bones (especially as we get older) increases the production of bone matter and improves and strengthens its integrity. This means you become harder to kill. It means when you fall over you are less likely to break something. Strength is never a weakness, or survival of the fittest if you are into the whole Darwinism thing. No matter how you look at it, strengthening your body is all-important.

The handful diet is a valuable tool to start off your nutritional journey and hopefully you have been paying a little more attention to what you eat. If you are doing resistance training currently then you can always add a bit more protein to your plate.

One of the many benefits of strengthening your body is you can be a little more liberal with your protein intake. I recommend a nice organic, grass-fed and finished T-bone steak cooked in butter from Nimbin Dairy. Heaven.



In my experience, overloading people with too much information creates negative outcomes. Keep it simple stupid! However, some like it saucy, some like it sciencey. Firstly, we need a baseline and a number that will roughly maintain bodyweight. From there we can trim the fat (pun intended).

First things first though:

1. Calculate your BMR (Basal Metabolic Rate);
2. Determine your PAL (Physical Activity Level);
3. Work out your Total Daily Energy Expenditure (by multiplying your BMR by your PAL);
4. Work out how much to reduce or increase goal; and
5. Start tracking what you are eating and doing and monitor.

I would recommend the Katch-Mcardle formula to figure out your BMR (google it or email me). Once you find your BMR you will multiply it by your PAL. The following is how you find your PAL:

- Multiplying your BMR by 1.4 would be for someone inactive, meaning no

extra exercise aside from normal day-to-day life and work.

- Multiplying your BMR by 1.6, 1.7 to 1.9 would be for someone who is moderately active (someone that trains in gym 3-4 times per week doing resistance training).
- Multiplying your BMR by 2.0 to 2.2 means you are super active and you are training 5+ times per week, plus daily life, plus staying active even when nothing to do.

Once you have been honest about your lifestyle and these numbers are figured out, you can then start the process of working out your goal, or how much 'fat' needs to be trimmed to attain the goal. That is something that deserves thought and due process.

It also means understanding the above information and not running before you can walk. Stick with the handful diet until you feel comfortable enough to start whipping the calculator out.

Knowing thyself is a journey and mastery warrants 10,000 hours of study, so if you are only a few months into your journey, then be patient and get to know yourself a little first. You may have forgotten who you are, and the weights room can be a great place to start the reconnection.

Learning techniques and generating the discipline to get to the gym (or wherever your training area is) is always the first port of call in my experience. Its super simple and anyone can do it. Eating can get complicated, weights do not. They always weigh the same and they never change their stripes. Quite possibly as constant as the sun and the moon!

Next month we will get into a bit more science and continue to dig into nutrition to figure out the next steps to devising your own plan. Until then, stay sane, stay free and above all stay strong.

Email me at: charliejones5891@protonmail.com

Natural Law

by Helene Collard

Recognise, name and take responsibility to find gold
Reiki Grandmaster, Dr Mikao Usui said "one must be self-responsible for their own healing journey... and, there must be a rise in consciousness before true healing can occur."

Although we have a myriad of healing tools and guides at our disposal, the bottom line is, when we recognise and name what we wish to change, and we assume responsibility for driving that change, we receive the GOLD once we emerge.

The gold may take the form of new and positive changes (relationship, job, home etc.) or simply the absence of something that once caused suffering.

Taking self-responsibility means relinquishing blame, and releasing worry and anger, all which focus on what was done, or what might happen. Apart from the heavy energy this creates in your body, mind and spirit, living in the past and/or the future, takes you away from the NOW.

A key part of being self-responsible, is being in the present. Oft times one can be churned up with feelings/ reactions/responses because of things that happened in the distant past. Childhood and family-of-origin stories and dynamics, are repeatedly named in therapeutic



circles as key imprints that shape how one sees and relates to themselves and the world. This is because ages 0-7 are key for brain development and thus seen as foundational learning years. In addition, the field of epigenetics shows how we can genetically inherit the stories of our ancestors, particularly when environmental factors trigger the susceptible gene.

We are being called to radical presence. To stare ourselves in the face. To release the blame and shame of the past. To silence the worry about the future. We are called to draw in and sit in the fire of chaos and discomfort. It is time to dissolve all cultural conditioning and see who you are without it.

Unbecoming everything that was added. Stripping it all back to come home to... YOU.

Self-responsibility is not for the faint hearted, but I promise you will find GOLD.

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LotA 1233 Jiggi Rd
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Nimbin Hills are excited to introduce Lara Lee-Anderson to our team. A fully qualified property assistant and super receptionist she is waiting to help with your property needs!



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