

Aries

With Mars and Venus co-present in fiery Leo during most of the month your passion and zest for adventure are ignited. You need space for creative self-expression and doing it your own way. It will not be easy to compromise for the sake of peace. Especially during the last week of the month you may feel the need to channel your energy into innovative and productive outlets.

Taurus

The challenges that you may experience during the first half of the month might set you onto a new course of action after a time of soul searching that facilitates another step in your evolutionary journey. Passionate encounters can turn into ego clashes, so best to check on your beliefs and values if they are supportive of this new chapter in your life.

Gemini

This is the time of the year when you have or just had your solar return, the birth of a new year ahead. What is your vision for the next 12 months? With Saturn stationing retrograde during mid-month you may enter a period of re-evaluating your priorities and definition of achievement. Regardless of what happens in the outer world, this can be a time of real inner growth and maturation.

Cancer

Take time out for resting, reflection and relaxation because it is an important period for getting in contact with your inner self. Know your worth and that you have the resources available to make things happen. Do activities together with others that cultivate collective joy. Group projects may be especially appealing as opportunities are waiting for you in collaborative spaces.

Leo

This is a very special time for you lions and lionesses as Venus and Mars are journeying through your sun sign from June onwards. Venus will remain in Leo until October 11th as she is approaching her retrograde cycle. Creative self-expression, relationships and finances will undergo a process of review. It could be a time of boom or bust, so strike a balance between expansive experimentation and disciplined implementation.

Virgo

From now until May 2024, you can experiment with new possibilities. Ponder whether your current destination is really what you are after and connects you to your purpose. Keep an open mind and divert to an eagle's perspective. Saturn is stationing retrograde from mid-month, testing your relationships with others. Limitations, duties, responsibilities and expectations are under review. Meeting the other half-way may bring the right balance.

June

During June, we are entering a calmer period of the year giving us some time to integrate and digest the many events of the last two months. The sign of Gemini may help with this process. Gemini is agile, curious and multi-tasking, seeks diversity and variety and can see any situation from multiple perspectives. Gemini's soul purpose is about conveying the truth by bringing all opposing sides together. Mercury, the messenger planet and ruler of Gemini is speeding through the sign of the Twins from June 11 – June 27. Then, Mercury will draw our attention to the watery realms of Cancer until July 11. Mercury is a great networker and supportive of Gemini's quest to reconcile differences by merging intellect with emotion and spiritual ideas with material needs. On an interpersonal level, communicating means listening to the other and making sure that the message has been received the right way. Sometimes we need to just listen and pay attention to what is said, rather than respond. However, this might be at times not as easy as it sounds!

The month starts with Jupiter in Taurus conjoining the Lunar North Node emphasising an important time for our collective evolution and our own soul's growth. Jupiter relates to our belief system that informs our course of action and motivation. Taurus reminds us of the earth as the ultimate provider of great riches. Jupiter in this sign brings opportunities of creating abundance in a sustainable way. **Pluto, the great transformer of matter, is in square aspect to Jupiter and the nodal axis.** The Lord of the Underworld digs deep to find the ultimate truth and concerns itself with our collective evolution and survival. Humanity finds itself at a cross-road and is reminded to step up and move to more mindful and wise practices that respect and honour the earth and all its inhabitants (Taurus North Node) instead of continuing the path of ongoing crisis, environmental destruction, greed and insatiable hunger for control and power (Scorpio South Node). **Pluto remains in Aquarius until June 11 and then re-enters Capricorn until January 2024 when he continues his journey through Aquarius.** In Aquarius, Pluto emphasises the call for freedom, social justice, sovereignty and the realisation of humanitarian ideas. When regressing into Capricorn we are reminded that the old order with its suppressive top-down structures is still holding tightly and requires another push towards letting go. In the end, it is a conflict between the birth of new values versus hanging onto old privileges and behavioural patterns that have passed their use-by date. **Pluto will be in Aquarius for the next 20 years from November 2024 onwards.**

The Sagittarius Full Moon opposite the Gemini Sun on June 4 inspires our vision and draws our attention to finding new meaning and purpose during these times of transition and shifting paradigms. We might feel like making a leap of faith but Saturn in Pisces in square to the Full Moon reminds us of our responsibilities and teaches discernment between what is essential and doable and what is out of touch with reality. **Saturn stations retrograde on June 17th initiating a 5-month period of assessing dreams and plans** that we have made since early March - the time when Saturn entered imaginative Pisces for the first time since 1993.

The New Moon in Gemini follows on June 18 and marks the beginning of the next lunar cycle. Clarity might not be found easily because the Gemini New Moon forms a close square aspect with elusive Neptune blurring our decision-making abilities. Striking a balance between our intuitive and logical mind is the challenge of the moment. On the positive, this could initiate a very creative and imaginative period and on the negative we have to be aware of confusion or disillusionment when expectations are not met. At best, we might feel called to follow our dreams without stretching ourselves too far, acting confidently but not foolishly.

The winter solstice follows on June 22, when the Sun enters the feeling sign Cancer. The focus shifts toward caring for others and the planet, family and home. It correlates with the longest night and shortest day in the southern hemisphere. Cancer is a cardinal sign, like Aries, Libra and Capricorn; each of them introduce a turn of season by marking the solstices (Cancer-Capricorn) and the equinoxes (Aries-Libra). The solstice chart reveals the archetypal themes of the new season. Moon, Venus, Mars and the Black Moon Lilith are conjoined in fiery Leo. Venus has just entered her shadow phase and prepares for her retrograde cycle that will start in July (July 19 - September 4). Venus retrograde initiates a 6-week process of evaluating relationships, finances, creative projects, and self-worth issues to set more solid foundations for the future.

- Navigation by the stars

Personal and/or Relationship Astrology; Life Cycles and Your Year Ahead: Plans, Directions, Concerns for 2023/4. [Gift vouchers available](#)

- Astrology at the Lillifield Community Centre

'The Outer Planets from Jupiter to Pluto, incl Chiron' Thursday mornings, 10.30am – 1pm

1-day workshop on June 11th, 10.30am – 4pm:

'The Transiting Lunar Nodes in Aries/Libra: July 19, 2023 – January 12, 2025'

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

Libra

Opportunities come from cooperation with others and the realisation that together we can achieve great things. Start by establishing who is sharing your vision and who are your allies and the true supporters of your objectives. Look out for possible ego conflicts or someone who wants to dominate others. The best way to achieve your goals during this period is to work as a team, or to at least do some networking.

Scorpio

Use this time to look at how you relate to others so you can improve your relationships. You may find others more willing to help and support you when you are open to their concerns and values while you are learning to shift from inner crisis to stability and the healing of old wounds. It is about immersing yourself in different perspectives which can be achieved through travel or changing environments.

Sagittarius

This is a season for improving your health, wellness, daily routines and overall vitality. Develop new habits that will enhance your growth in years to come. You might be especially enthusiastic with lots of creative energy at your proposal. Go for the adventure if you can, explore what gives you joy and happiness but stay safely grounded in the here and now.

Capricorn

Make space for creative self-expression during this season. Opportunities come from putting yourself and your work out there and the cosmos is ready to give you a boost. Nevertheless, you need to be willing to take the first step and share with the world. This is a time when your best course of action is to recognize that others want to support you if you give them permission to do so.

Aquarius

Any problems you have been having with your home or family could be cleared up now because your perspective is expanding allowing you to see the bigger picture. Your once-in-a-lifetime transformational process has begun. Old wounds can heal when you start re-writing your story with healthier, more constructive thoughtforms. Use the time to work cooperatively on relationship problems by taking an approach of reconciliation and reunion.

Pisces

Focusing more on your inner life will help with expanding your vision for the future. With Saturn in your sun sign until 2025, you are still in a process of rebirthing yourself and may feel unsure of your path ahead. You may find that your old ego has dissolved with the outcome of being more realistic about who you are – including your un-lived potentials and true limitations. Nurture a fertile foundation from which you can grow.



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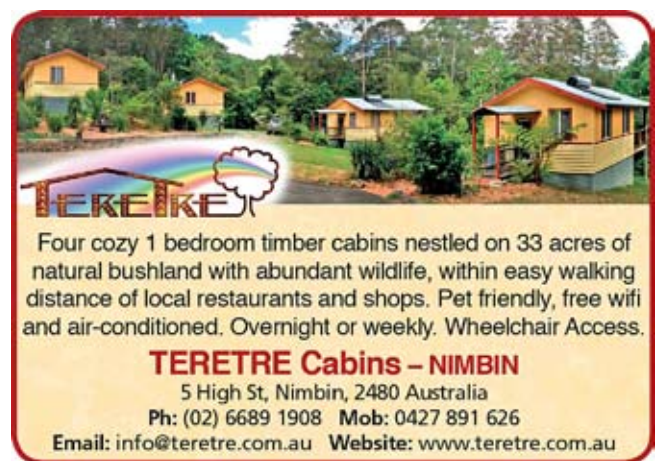


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Magick Moments

by Marilyn Devlin

A lot has changed during the last twelve years. Twelve years is the length of Jupiter’s cycle around the zodiac. 2011-2012 was the last time Jupiter visited Taurus. Jupiter is considered the bringer of bounty, goodwill and good fortune... his special bounty the gift of expanded vision. Taurus represents the pure and sensual pleasures of living here on Earth.

So here we are again... a similar promise in a vastly different space.

What current expansive vision will lead us forward... to the goodwill and bounty we seek... to the fullest embodied enjoyment of Earth based existence?

It’s often easier to see the changes happening around us... than the changes happening inside us. Our focus is more external than internal. We change, just like everything changes around us.

We’re constantly adapting, realigning... navigating a safe passage. Our body’s constantly clearing, cleaning, renewing... signalling us the new way forward.

Taurus is big on security... solid, real, reliable. Yes, a challenge during these times. Yet challenges can inspire new ways of being and doing... new ways of making our way through.

What I remember most about 2012... was the magick. It was a year I’ll never forget. I use the word ‘magick’ a bit, I know... it was the name of my Healing Centre... ‘Magick Moments’. I felt it all came down to magick moments... life is full of them.

There’s a real true magick that exists. It’s always there below the surface of things... dancing behind the veil. It’s like the supporting structure behind the material... the pure energy of Life that’s indescribable.

Being a ‘sensitive’... during that year of heightened magick... I witnessed and experienced so many amazing things. There’s something about these special experiences that allows no room for doubt... they’re so full and present, and right there in front of you... there’s no way you can deny them.

It’s like you and they are one. Which I guess is how it is. 2023... is different for sure. Maybe not so much visible magick dancing about... but it’s here all the same.

Life never deserts us... never leaves us stranded. It’s always here... it’s in every breath we breathe. It’s in the reality that we’re here, alive on Earth. Of course one of the easiest and enjoyable ways to immerse in it physically is in the bounty of the natural world.

Here in 2023 it’s like we’re heading towards a full on impact... in the field, taking on the ‘darkness’. It’s the big confrontation unfolding over this time. Life is kind, it doesn’t bring us here to abandon us in the middle of the chaos. This sometimes messy process of evolution.

It provides all the help and support we need. It pours down the Grace as well... the special forces we need to be safe and held. We just need to know it’s here.

When so much is in flux... we can lose our bearings. The things we’ve held on to, relied on, have shifted. We’re in a different place inside ourselves... just like we’re in a different place in our world. It’s not so easy to understand the changes that are happening inside us... we might feel them as sensations we can’t quite describe, even to our self.


Like we’re in a different place and we don’t really know what or where it is. It’s too new. It hasn’t fully formed yet. It can make us feel insecure and unsure. Who are we when we’re not who we were before.

There’s been such huge change and it continues to unfold... we need to be patient, give ourself time. Be gentle with ourself. It can be hard... ‘cause we’re conditioned to ‘know’. We can’t go wandering around not knowing everything. Which of course is ridiculous. ‘Cause we actually don’t know much at all.

Wishing you a magickal Winter Solstice... such a special time.

Nimbin Trivia Time

by Eclectus

- Questions
- 
1. Are they Prog-Metal? Are they Synth-Metal? Who are these funky dudes that represented Australia at Eurovision this year? Take a bonus point if you can name the song they took to Eurovision. Take two bonus points if you know the year that the band was first formed. (Image courtesy sbs.com.au)

2. Four of the following refer to the same type of thing. Can you identify the odd one out? Bowhead, flathead, knucklehead, panhead and shovelhead. Hint: The like ones are all in HD. Another hint: Not every hint is helpful, on the surface of it!

3. The domestic chicken (*Gallus gallus domesticus*) is the most numerous bird on the planet with estimated numbers in 2022 ranging from 26 to 50 billion. The chicken had made its way to Egypt by the 15th century BC. But Egypt is not its original home. Did it come from the Caucasus between the Black and the Caspian Seas, the Fertile Crescent between the Tigris and the Euphrates Rivers or the steamy jungles of South-east Asia?

4. Who said “tell ‘em they’re dreamin’!”, thereby cementing it into the Australian vernacular? Daryl Braithewaite, Darryl Kerrigan or Darrel Eastlake?

5. What is the name of the Simpsons’ pet dog?

6. What is the competitive and, always fiery, television program in which craftspeople vie, over several rounds, for championship honours and prize money in front of judges, J. Neilsen, David Baker and Doug Marcaida?

7. Which element, the most abundant on Earth, has found its way onto the roofs of more than 3 million Australian homes? Hint: its chemical symbol is Si.

8. This colour is said to have changed the world! It was discovered accidentally in 1856 while William Perkin was trying to synthesise quinine so that the British Empire might, more effectively, manage its tropical colonies. It became the first mass produced aniline dye. This rather subjective quiz question is: What do we call this colour? Take a bonus point if you know what Perkin called it.

9. The Laureus World Sports Awards are often regarded as the “Oscars of sport”. Who won the 2023 Sportsman of the Year award?

10. In which Australian capital city will you find a prominent geographical feature rising about 256 metres above its surroundings to an elevation of, roughly speaking, 811.987 metres? Hint: it is known as Galambary to the Ngunnawal people and has a tower rising exactly 195 metres from its summit. Take a bonus point if you can give its Anglo name.

- Answers
1. Voyager took ‘Promise’ to Eurovision in 2023, placing ninth. They were formed in 1999.

2. Flathead, knucklehead, panhead and shovelhead are all types of Harley Davidson motorcycle engine. The bowhead is a whale (*Balaena mysticetus*) endemic to the Arctic and subarctic waters. Unsurprisingly really, it uses its large triangular head to break through ice.

3. Genetic studies indicate that the Red Jungle fowl of South-east Asia is the progenitor of the humble chook. DNA studies indicate that quite some hybridisation with other junglefowl from India, Sri Lanka, China and South-east Asia has occurred to give us the range of breeds found today.

4. Darryl Kerrigan, masterfully played by Michael Caton, in *The Castle*, when offered a laughable price for his little piece of serenity under the close approach to the airport runway.

5. Santa’s Little Helper.

6. *Forged in Fire*, where blade smiths have been pitting their edged weapon forging and finishing skills against each other since 2015.

7. Silicon, the heart of photovoltaic cells of solar panels.

8. Mauve is this colour. Mauveine is what Perkin christened it. It is also known as Perkins’ Mauve. This colour brought purple, previously throughout history the prerogative of only the most well to do, to the masses. It has been said that Perkins’ Mauve democratised purple.

9. Lionel Messi, who led Argentina to World Cup victory in 2022. He also accepted the Team Award on behalf of Argentina, making him, not only the first footballer and first team sport athlete to do so, but the first awardee to win both individual and team awards in the same year.

10. Canberra.

Nimbin Crossword

2023-06

by Novata

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- Across
1. Black stone cube-shaped building in Mecca, sacred Muslim shrine (5)

4. Small tent used as a dressing room beside the sea or pool (6)

6. Spirited, graceful, intelligent riding horse, native to Arabia (4)

9. Early form of modern jazz (5)

10. Be in a state of movement or action (8)

12. Winged goddess of the dawn in Greek mythology (3)

13. Specialist in diagnosis and treatment of eye diseases (7)

16. Gave sympathetic compatibility (8)

19. Submersible vessel for one or two persons (7)

22. Right-eyed flatfish (4)

23. More than adequate quantity or supply (9)
- as chocolate substitute (5)

2. White linen liturgical vestment with sleeves (3)

3. Japanese martial art similar to judo (6)

4. Stout-bodied insect with large membranous wings (6)

5. Popular plastic supposedly woman-shaped doll (6)

7. Feeling uneasy and self-conscious (7)

8. Horrified (7)

10. Not typical, usual or regular (10)

11. Chief island of Hawaii (4)

14. Short sleeveless outer tunic emblazoned with a coat of arms (6)

15. Succeeded at easily (4)

17. Become awake or conscious (5)

18. Severe, often fatal disease in humans and other primates, largely in Africa (5)

20. Former capital of Japan, from 710 to 784 (4)

21. Korean spirit-based alcohol, usually 20% alcohol (4)
- Solution: Page 38

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THE NIMBIN GOODTIMES

YOUR COMMUNITY NEWSPAPER

A 'Rad' for Our Kids



Our Kids, the local charity that raises funds and awareness for the paediatric units in the Northern Rivers, relies on the community to host events and functions to assist.

The Rotary Club of Ballina on Richmond are long-time supporters of Our Kids and their sister charity Our House. Late last year, in support of Our Kids, the Club held their Annual John Huegill Memorial Charity Bowls Day at Cherry Street Sports Club, an event, which has been running for over 25 years.

The funds raised from this day have always gone towards purchasing specialised equipment for local hospitals, and last year was no exception.

Funds raised from the bowls day bought two Radical-7 Pulse CO-Oximeters. These are devices that can be used bedside, handheld, or as transport monitors. One of the functions of the "Rad 7" is to measure the amount of oxygen in a child's capillaries.

"Ballina on Richmond Rotary has always been mindful of the need for special equipment in regional hospitals, so we love to assist," Ballina on Richmond Rotary Club member, Col Lee said.

"This is done through fundraising and working with local hospitals and organisations to purchase specialised equipment that benefits both patients and hospitals," Col said.

Recently, with Covid-19 restrictions lifted, Our Kids was able to demonstrate to Ballina-on-Richmond Rotary members how their fundraising efforts impact kids in hospital.

"It is wonderful that we could show Rotary members the Lismore Base Hospital Children's ward, and how their fundraising affects so many families in our region," Our Kids Fundraising Co-ordinator, Rebekka Battista, said.

For more information about Our Kids please contact the office at: info@ourkids.org.au

Support circus skills for kids

Spaghetti Circus' passion is empowering creative, confident, healthy kids.

From their home at Mullumbimby showgrounds, the little-circus-that-could trains more than 220 young people in their circus school every week.

Despite being a small, not-for-profit organisation, Spaghetti Circus is committed to providing an annual Scholarship Program to ensure young people can access the joy of circus irrespective of their circumstances.

"In 2022 we supported 67 places though the program, many of whom are flood affected families, and we're committed to raise funds to achieve that again," said Spaghetti Circus General Manager Alice Cadwell.

"Our fundraising campaign is asking for donations to provide free and discounted places for kids in our circus school. Awarded on a needs basis, places are either partially or fully subsidised for one or multiple terms," said Alice.

A 2022 study by University of South Australia of 54 young people found that



Photo: Jeff Dawson

participating in circus activities improved stress levels, self-esteem, confidence, and socialisation – and calculated that for every \$1 invested in youth performing arts, \$7 could be generated in social return (*The Power of Youth Arts*, December 2022, Patternmakers and Australian Theatre for Young People).

"Giving back to community and young people is our passion and we are committed to supporting all kids to access circus no

matter their circumstances.

"Your help will allow us to continue this important program so that *all* kids can experience the joy of circus," said Alice.

"With the region hit hard by economic pressures and still in flood recovery, there's never been a more relevant time to support Spaghetti Circus in growing strong, confident, creative and compassionate young people."

To donate any amount (all donations over \$2 are tax deductible) to the Spaghetti



Photo: Carnival Cinema

Circus Scholarship Program go to: www.spaghetticircus.com



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New top-notch skating facility

Byron Bay's brand new and totally epic 10-foot skate bowl and ramps (pictured) are primed and ready to ride.

After nine months of construction, Byron Council is excited to welcome the community to Jarjumirr Park – its brand new and fully-awesome, competition-level skate park in Byron Bay's Sandhills Estate.

"Skaters have been waiting for many, many years for this skate park, and we are very grateful to the NSW Government for supporting this project," Byron Shire

Mayor, Michael Lyon, said.

Jarjumirr Park – Byron Skate Park received \$2.05 million from the NSW Government in funding support, with an additional \$600,000 from Byron Shire Council.

The skate park has been designed by CONVIC, recognised as a world leader in the design and delivery of skate parks. It is an all-abilities facility that is available for people of all ages to enjoy.

"It's important for our community to recognise the

critical role the Bundjalung of Byron Bay Arakwal people and Tweed Byron Local Aboriginal Land Council played in enabling this project to be delivered for Byron Shire on this land," Mayor Lyon said.

"Not only will this be an area for our kids and young people to be active and connect with their community, it will be an important place for learning about cultural heritage too.

"To everyone in our community, some who have been campaigning for this

for more than 30 years, and to former Mayor Simon Richardson, thank you for your patience – this is everyone's place, so enjoy it and look after it," he said.

Skate park activation including skate etiquette, skate safe workshops, and Friday night Jam sessions will be running over the next three months.

An official ribbon-cutting ceremony is scheduled for later in the year.

Mayor Lyon said, "I am not a skater, but my kids will love this."

Interactive historic museum

by Jazmine Shearer Dunmore (Class 8 student)

At Coffee Camp Public School, we just finished our first Project Based Learning unit. All students worked hard towards answering the driving question: *How can we as historians create an interactive museum that teaches others about people in the community over time?*

The students created an Interactive Historic Museum displaying our beautiful local history and featuring aspects of our national history. Classrooms were transformed into a museum with different lighting, videos and games.

Although it was a small museum, the audience (our lovely parents and some community members) walked around the museum without being prompted for more than 90 minutes, exploring the displays.

The Year 1 and 2 students researched our local history, dividing the timeline into four Eras: before 1882, between 1882 and 1908, between 1908 and 1973, and after 1973 as these dates represent major changes in our community. This beautifully aligned with the Aquarius Festival 50th Anniversary celebrations.

The students brainstormed which people might have influenced our local history and came up with family members, local Elders and community members who often reside in the main street of Nimbin.

Cindy Roberts and Gilbert Laurie came to the school and shared their personal and dreamtime stories. Sue and Rebecca Charters shared stories from Bill Charters life and Sue's memories of Nimbin before it was transformed in 1973, and finally Tahne's grand-dad Neil Pike shared stories about life in Nimbin after the Aquarius Festival.



Cindy Roberts with Year 1 and 2 students

They discovered the history behind the town Coffee Camp and will now always see Coffee Camp as a place where loggers rested and boiled a billy on a campfire in order to continue their journey to Lismore, following their logs floating downstream in Goolmangar Creek.

The museum displays were interactive, using the app Scratch to record their voices and sounds fragments. The students created a light tunnel showcasing portraits of significant people, featuring a clay bust of Johnny Allen, Uncle Gilbert's crocodile Hector, The Nimbin Rocks, a 100 dozen pies and even a 1960s streetscape of Nimbin with a movable car.

Students in the senior room looked nationally at the people who shaped Australia as it is today. They looked at the pearl divers, German wine makers as well as the people who came to Australia during the Gold Rush.

Students thought hard about how they could make their information interactive with the Makey Makey kits,

which form a circuit to play back sounds and coding their own games.

They recorded difficult and lengthy texts beyond their normal syllabus requirements, wrote their own scripts and recorded short movies using a green screen displaying fragments of history, and used their imagination to create a visual of our local clever men, Nimboing. The students kept adding more ideas and wanted to go on forever and create more.

The students still talk about their project and continuously reiterate information they have learned in their daily conversations. This tells me that this project was a success!

At the moment, everyone at Coffee Camp is working hard to become a travel agent promoting sustainable holiday destinations in our beautiful country, Australia!

If you want to see the digital version of our museum, please follow the link: [Week 3 T2 Coffee Camp Public School Bulletin](#)

At preschool, playing is learning



by a parent of the school community

Driving up Tuntable Falls Road on our way to Tuntable Falls Community School, my 6-year old daughter pipes up, "You know, Mum, I don't really learn at school. We just mostly play."

Raising an eyebrow, I enquire further about this unprompted revelation, "Really? So, you just play all day, huh? What have you been playing with during Investigations?"

My daughter proceeds to tell me all these fascinating facts about bugs, their Investigations topic for Term 2.

She tells me about how they smell with their antennae, that beetles have hard shells to protect their

delicate wings, how they breathe through teeny tiny holes along their bodies, and that bug eyes look like big 'globs' on their heads to us but that they are actually made up of thousands of microscopic eyes all squished together on these 'globs'.

There is a moment of silence, and then she says, "I guess I am learning a lot."

Ishta Wilson, the Year 1&2 teacher, explains Investigations as "play-based learning inspired by curiosity, wonder and each child's own ideas, interests, and imagination."

"Through these intentional investigative sessions, children are supported to learn through a dynamic, open-ended creative learning environment that supports active investigation, meaningful play, and deep

engagement.

"During each Investigations session, the children are supported to talk, and write about their ideas, discoveries, and the skills and materials that they are using."

The conversation I had with my daughter was such a delightful insight into how she experiences being in Year 1.

I could not have wished for a more positive association with school and learning than this for my children.

How lucky are these kids to be able to build their knowledge, and their numeracy and literacy skills through play in the classroom, then venture out into the lush green playground and creek for recess and lunchtime adventures?

As a parent, I am so

incredibly grateful to have found a school that cherishes childhood, gives kids the space and environment to be kids (sometimes muddy and often barefoot kids), while skillfully guiding and supporting their academic learning.

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Natural Law

by Helene Collard

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.

Namaste: The Spirit in me sees the Spirit in you



A major breakthrough has occurred, and new wheels are slow, yet steadily in motion.

The Australian native Banksia seeds rely on fire to germinate. The intense heat of fire opens the hard seed pods, to release the seeds onto the soils surface. In time, when adequate rainfall has occurred, the seeds can germinate. Otherwise, they will prove to be a sound food source for animals.

Recently, just like the Banksia seed pod, we too have been through the intensity of such a fire. As a result, something hard within us, has cracked open. Some may have experienced a deep release of emotional and mental pain.

Long-buried seeds have been released to the soil's surface, and now finally receive the life-giving light and warmth of the sun. These seeds needed the intensity of the fire to break-free. These seeds have not been on the soil's surface for a long time. Generations.

Deep ancestral healing has and still is occurring. Know that you have the opportunity now – in fact you are being summoned – to cut the cords of your past and those of your ancestors;

the stories that replay over and over again, that keep you limited and small; the stories that stop you from feeling free.

Author Chimamanda Ngozi Adichie talks about the danger of the single story. What story do you replay, that does not allow the outcome to be any different, or include hope that change is not just possible, but inevitable? What story do you staunchly hold, and feel threatened if someone suggests something otherwise?

Continue to nurture these seeds, and call upon your ancestors to assist and guide you. So when the rains do fall, the seeds are primed to strike, and grow into something that represents the strong and healthy aspects of your ancestry.

I'm looking for people wanting to heal-transform-change-grow with my 12-session Transform with Reiki healing package. If you are ready to commit and give permission for change, contact me for more info.

Visit: www.yemayacentre.com.au to see what's on. For the Highest Good of All, Helene

Headers Minirooms Grade 6

by Lewis King

This year I have taken on the role of coaching our youngest team at the Headers, the sensational 6s.

In the beginning we had six players signed up, just enough for one team, but that number quickly grew to an impressive and slightly hard to manage figure of 12 little humans.

Considering there are only four players on the field during games, having eight players on the bench seemed a little excessive, and not what the kids signed up to do. So we have now formed two teams.

Leon Kindermann will bring his extensive knowledge of the game and many years of experience playing for the Headers to the coaching role for our newly formed 6s team 2.0.

Playing a team sport has so many benefits for children, not just physically but socially and emotionally as well.

Respect, discipline, patience, perseverance, building self-confidence and teamwork are but a few of the values young players learn.

It is great to see friendships forming and strengthening among the players,



Kiro, Marley, Skylah, Wynter, Aedan, Lewis (Coach)

and their football skills are slowly but surely improving, although they do sometimes forget which way they are going and score into their own goal.

Which is totally fine, it's all about having fun and learning the game at this stage. We're not keeping score... yet.

Support the Headers

As a long-term player, volunteer, coach and member of the Nimbin Headers, I encourage you to come and get involved in this fantastic community-owned and run sporting organisation in any way you can.

Whether it's buying raffle tickets,

helping out in the canteen, becoming a player or a coach, or just coming down to support one of the teams and buying some food, there are many ways to be a part of this incredible sporting club.

We could also use a few more players aged between 5 and 7 to fill out our two Grade 6 teams, if you know any young kids who are keen to kick a ball, please enquire at the club or come down to Minirooms training, 4.15-5pm every Tuesday.

Go you Mighty Headers!

Facebook: [Nimbin Headers Sports Club Inc](https://www.facebook.com/nimbinheaders)
Email: nhscc@ffnc.net.au

The Handful Diet



by Tom Jones

This month we are continuing the crash course on nutrition with energy balance and how to calculate your energy needs.

Firstly, nutrition is food, food is calories and calories are energy. The different macronutrients all have different energy values with protein and carbohydrate giving you four calories per gram and fat giving you nine calories per gram. Here, when we say calories per gram try and think of it as units of energy per gram. Each one of those units, whether proteins, carbs or fats, has a specific role and function and also provides 'energy' to make your body and brain function.

In the very reduced

explanation, you could say that the role of protein is to build and rebuild the body, carbohydrates are there predominantly for fast use energy (sucrose), brain function (glucose), organ function (also glucose), with fats being used for energy, brain function (dietary dependent) and the maintenance and protection of our endocrine and central nervous system. All three, as you can imagine, are pretty critical if you want to be a fully functioning human being!

As a side note, alcohol needs to be addressed as often it is misunderstood. It is a macronutrient as it creates energy however it is not essential and the actual benefits to the human system are limited. Benefits include making ugly people more attractive, and that it is a psychoactive substance.

The downfalls are that the human body does not have a mechanism to actually store it (hence why it is called 'dead' calories/energy), which means that it has to be got rid of as soon as possible. This process switches off all other mechanisms for burning fat or building muscle. It is said that it increases GABA levels

in the brain, which in the long run cause depression.

Another point to consider if you enjoy a tipple or two, is that an effect of alcohol is that it actually *increases* cortisol production when you are *not* drinking which means that you can become more stressed out which will in turn leads you back to alcohol, as physiologically it can be used as a 'relaxant' when one is feeling stressed out.

A vicious circle if you ask me and something to certainly be aware of.

So how do we calculate how much energy we need and how do we know what to eat? There are many ways to skin that cat and some are more complicated than needs be. I like to start simple and go from there.

'The Handful Diet' is a great place to start and is super easy. A palm size of protein of choice (same thickness a hand), two hands cupped together of green veggies for your all-important fibre, a golf ball size of starches (i.e., rice/potatoes/pasta) and a thumbs length of fats. An example for the fats would be a knob of organic butter the size and width of your thumb, half is used to cook the protein and the rest is to cook the veggies in or to make a dressing. As you

can see, a simple, yet effective place to start.

From here you would need to start monitoring your bodyweight to see what happens. I dislike the scales as much as the next person however they are simply a tool and if you do have scale-phobia remember this: it is simply a measure of you versus gravity, nothing more, so fear not.

Monitoring of your body is a beautiful thing and should be embraced! It is after all your body and you do have a right to love it. It's your oldest friend and if you give it a bit of love it will never be your worst enemy.

Understanding it a little better goes a long way in improving your health but it also enables you to perform damage control when you need to. Taking time to listen to how you feel after a meal is a good start. Maybe start making a note in your phone how you feel every time you eat something and trying to clock when you feel bloated or bad. This is a key part in the start of the journey to working out what's good for us and what's bad.


If you want a helpful hand, email me: charliejones5891@protonmail.com to access a Habit Tracking program for free.

It may change your life!

Nimbin Crossword Solution

From Page 35






Mr BOBCAT

6689 0044
0427 946 823

- 4-in-1 bucket
- trencher
- auger
- excavator
- 5 tonne spreader
- 8 tonne tipper





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by Jagad Samuel

The events of the Aquarius Festival held at Flourish Sanctuary proved to be a resounding success, leaving attendees with a profound sense of positivity and connection.

Over the course of eight enlightening days, participants immersed themselves in a diverse range of events, fostering spiritual growth, education, and fun.

The events showcased a vibrant program designed to promote the original Aquarius values, including alternative health and healing, sustainable energy and agriculture, political awareness, artistic expression, community building, and spirituality.

Kicking off the festival at Flourish on Sunday, 14th May, the elders and guests of Widjabul Wia-bal country opened the proceedings with a heartfelt Acknowledgement and Acceptance to Country as well as a blessing for Flourish and everyone present.

The sense of unity and respect for the traditional owners resonated throughout the event.

This was followed by Sarah Schmiedler's workshop on activating our innate self-healing abilities which encouraged participants to rewrite their life stories, igniting a powerful sense of personal empowerment.

Gigi Indigo then led an engaging discussion on living a high-frequency, healthy lifestyle, providing valuable insights into holistic well-being.

The evening closed with Shivam Rath's captivating Mantra Hop music concert, creating an atmosphere of spiritual harmony

that reverberated through the sanctuary.

Monday 15th May centred on Alternative Energy and Agriculture. John Button's presentation on regeneration and the greening of sacred Arunachala shed light on sustainable practices and inspired attendees to embrace ecological responsibility as a spiritual path.

Karina Miotto followed with a workshop that highlighted the connection between spirituality and environmental stewardship, empowering participants to make a positive impact on the planet.

Politics, Democracy, and Disaster took centre stage on Tuesday. Rich Latimer shared his invaluable experiences and wisdom derived from co-ordinating emergency services during floods, emphasising the importance of building resilient community networks.

Julian Robinson presented Social Dharma, a framework for applying spiritual values in community development projects, drawing upon his extensive fieldwork and retreats for conscious community creation.

The evening concluded with a radiant and uplifting mantra music concert by Gary Dozier and Kathryn Riding, reaffirming the festival's celebration of life and divine energy.

Art and Artists were celebrated on Wednesday, with a morning meditation session led by Matarishvan from the Yoga Ecology Centre with a focus on fostering creativity and inspiration.

This was followed by Mac McGauley's talk on bringing

meaning and depth to life through artistic mediums such as pottery, stained glass, architecture, and building struck a chord with attendees.

Matarishvan returned in the afternoon to guide a workshop on creating mandalas, a profound experience that united creativity and spirituality. In the evening Mata ran a Havan.

Thursday was dedicated to Community. We started with Julian Robinson's session on mindful communication and conscious community development to foster deeper connections among participants.

The Hackett Family, represented by Toni, Steve, Taliesin, and Jordan Hackett, facilitated an engaging workshop on Family Life Partnering, sparking meaningful conversations about community bonds.

The evening was enlivened by Jazmin LJ Tassell's Biodanza class, a simple yet uplifting system of movement and music that embodied the spirit of unity.

The festival took a reflective turn on Friday with a focus on the Day of the Dead. Tim Wu gave a fascinating talk on the Taoist perspective of the cycles of life and death which provided profound insights into the human experience.

A panel discussion with Tim, Jagad and Saskia Kouwenberg explored the intersection of death, spirituality and social change, allowing for a deeper exploration of this important topic.

The evening closed with Shunya and Friends, who played their original music with chants, creating



a captivating soundscape that resonated with festival-goers.

Finally, on Sunday 21st May, the Day of Renewal, Haqiqa and Huseyn of the Nur Aski Jerrahi Sufi Tariqat led a moving Islamic service, guiding participants through the Adhan (Call to Prayer), the Ayat al Kursi chant, and a spiritual prayer of protection.

This was followed by a Zhikrullah ceremony, a traditional practice of Divine Remembrance, further ignited the fire of love in attendees' hearts.

Throughout the festival, Flourish Sanctuary was pleased to host esteemed VIP guests Philippe Petit and Judith Friedman at the exquisite five-star guest house Black Sheep Farm that is part of the land.

Additionally, the retreat accommodations welcomed a multitude of guests from around the world, further enriching the festival experience.

The success of the Aquarius Festival would not have been possible without the extraordinary efforts of Julian, Jazmin, Toni, and Seiko. Their tireless work in both the lead-up to the festival and throughout its

duration contributed to its seamless execution and the shared positive experience of all attendees.

Flourish Sanctuary was proud to provide a unique contribution to the Aquarius Festival which proved to be an enlightening and transformative contribution that fostered a sense of unity, education, and joy among all who participated.

The rich program of events, ranging from spirituality to healing to community development, exemplified the sanctuary's commitment to providing enriching experiences.

Over the coming weeks, talks from Flourish's program will be played on the Jagad Hour (7-8am Mondays on Nim-FM (102.3), and more information on the events will be released on Flourish Sanctuary's website: www.FlourishSanctuary.com.

Flourish Sanctuary is a Social Dharma retreat, which extends on the ideas presented at the Aquarius Festival, eagerly looks forward to hosting future events and invites all interested individuals to join them on this remarkable journey of growth and exploration.

For more information & Uri's latest listing scan the QR code with your smartphone

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| <div> <div>EXPRESSIONS OF INTEREST</div> <p>75 TUNTABLE FALLS ROAD, NIMBIN 6 BED 2 BATH 2 HOUSES 3 TITLES 157 ACRES TOWN WATER</p> </div> | <div> <div>\$800,000</div> <p>42 BASIL ROAD, NIMBIN 3 BED 1 BATH 2 CAR 5,000 SQM DECK, SOLAR & MORE</p> </div> | <div> <div>\$900,000</div> <p>3850 KYOGLE ROAD, MOUNT BURRELL 6.4 ACRES OFF GRID LIVING 6.6KW SOLAR TRACTOR, FURNITURE, + MORE 2 X DAMS PERMACULTURE DESIGNED</p> </div> | <div> <div>UNDER CONTRACT</div> <p>663 JIGGI ROAD, JIGGI UNDER CONTRACT CONTACT URI FOR MORE PROPERTIES</p> </div> | <div> <div>UNDER OFFER</div> <p>574 BLUE KNOB ROAD, BLUE KNOB UNDER OFFER CONTACT URI FOR MORE PROPERTIES</p> </div> |

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0423 280 278

|

uri_ross@atrealty.com.au

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SUNDAI SHINES BRIGHT AS NIMBIN'S NEWEST RISING STAR



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by Sundai

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