

**Aries**  
You are about to enter a cycle of cleaning out the past including old fears and attachments that hinder your further growth and development. Over the next 2-3 years, you may require more time for yourself and your spiritual development. Less rushing and more relaxing might be the change that is needed.

**Taurus**  
Friendships and alliances will be tested during the next 2-3 years. Only those that have enough substance will survive this process of scrutinising. It is not the time for maintaining shallow connections and aiming for superficial socialising. It is true commitment that you are yearning for, and this will nourish your soul.

**Gemini**  
With Saturn transiting your solar 10th house during the next 2-3 years, you will find that through knowing your limitations you will gain real freedom. Examine where you stand in the world and where you want to go from here. Ultimately, this is a time for reaping the harvest but also for reorientation.

**Cancer**  
During the next 2-3 years you will be questioning your spiritual outlook and the goals that you have been working towards. It is a good time for examining your course of action into the future. Your philosophy of living might be quite settled by now but it is helpful to keep an open mind and be ready to change and adjust.

**Leo**  
During the next 2-3 years you might be forced to examine some of your deepest desires and attachments. These include your relationships, your shared finances and your need to be in control. This is also a period when you might get more interested in topics to do with death and dying and your own mortality.

**Virgo**  
During the next 2-3 years you could be forced into defining and examining yourself through your closest relationships. You might be struggling with the demands of your partnership and feel the pressure on your own time and energy more than before. Clarify expectations and work through agreements that suit both of you.

## March

**D**uring March a major chapter in our collective evolution will begin when Saturn and Pluto, two slow-moving outer planets, are changing signs. **Saturn, Lord of Time and Dweller on the Threshold to the incoming Age of Aquarius, enters the fluid and eternal realm of Pisces on March 7.** Saturn will be co-present with elusive Neptune, the modern ruler of Pisces, for the next five years sensitising our awareness of a multi-dimensional reality. Their combined journey through imaginative Pisces heralds a period of spiritual and artistic renaissance weakening the boundaries between the revealed and concealed worlds. Nevertheless, boundaries between fact and fiction, truth and deception may dissolve even further adding to an all-pervasive feeling of uncertainty on our journey into the future. Saturn was last in Pisces during 1993 – 1996.

**Then, just two days after the equinox Pluto, Lord of the Underworld, enters Aquarius on March 23, first time since 1797, marking a massive shift in our collective consciousness.** Pluto's passage through Aquarius represents the birth of a new generation and will, **over the next 20 years,** reshape human relationships on a fundamental level. Aquarius stands for the common man and woman, hands the baton of power back to the people and revolts against hierarchical structures, top-down control and elitist values. At its best, Pluto in Aquarius invokes self-responsibility, self-determination, the freedom to experiment and the desire to serve and contribute to humanity. It is now up to everybody to participate in co-creating a new future together and envisioning the incoming new age instead of having disempowering ideologies imposed upon us by a selected few.

**Then Mars enters emotional Cancer on March 26th after having been positioned in Gemini since August 2022.** On average, Mars spends about six weeks in a sign. The cosmic warrior's seven-month stay in mental Gemini has contributed to much anxiety, rushing, shoulder injuries and accidents. To sum it up, during March all planets are in forward motion and will remain direct until the very end of April. It signals a time of endings and new beginnings when it is favourable to seed fresh impulses and prepare the path for future developments while an old era is coming to an end. Whatever we plant now as an idea or start as a project will require our careful attention and nurturing for some time to

come so that it may manifest, sprout and flourish.

**The Full Moon in Virgo on March 7 eventuates just minutes before Saturn changes signs.** The Moon is opposite the Pisces Sun and highlights the need for grounding our spirituality (Pisces) into the here-and-now (Virgo). Pisces is the last sign in the zodiac and prepares us for the next cycle starting when the Sun enters zero degree Aries at the equinox on March 21st. Pisces represents the limitless transpersonal dimensions that connect us with our intuition and inner voice. Virgo separates the wheat from the chaff, uses logic to determine the essential from what can be cast out. Nevertheless, Mercury is in Pisces until March 20th, enhancing our perception and creativity but making it more difficult to distinguish reality from fantasy and draw clear boundaries.

**On March 12th, Jupiter and Chiron conjoin at 14-degree Aries initiating a new cycle of spiritual healing.** Jupiter and Chiron both represent the archetype of the mentor or teacher. Their message is to have faith in our own healing abilities. The ancients believed that most if not all causes of illness are of a spiritual nature. Chiron's medicine is the gift of new, electrifying insights that assist with integrating and accepting the pains of the past. This conjunction is an invitation to cultivate positive beliefs by expanding our philosophical and spiritual awareness.

**The New Moon in Aries on March 22nd occurs only a few hours after the equinox.** Sun, Moon, Mercury, Chiron and Jupiter are all in Aries. The New Moon forms a square aspect with Mars, the ruler of Aries indicating that it takes some effort to cut through the fearful strings of the past and move into the future with courage, confidence and enthusiasm. We are reminded that keeping the peace does not hinder decisive action.

- **Navigation by the stars for 2023**  
Plans, directions, concerns for 2023; contact Tina on 0457-903-957; in person, zoom or skype consultations; email: star-loom@hotmail.com  
Gift vouchers available.
- **'Relationship factors in the natal chart: Venus, Lilith, Mars and the 7th house';**  
February 24th, 2023, 10.30am – 4pm  
Lillifield Community Centre,  
4505 Kyogle Road, Wadeville 2474.
- **'Astrology basics: Sun, Moon and inner planets'** starts March 2nd, 10.30am – 1pm,  
Thursday mornings for six weeks  
Lillifield Community Centre,  
4505 Kyogle Road, Wadeville 2474.  
All welcome.  
Information and registration: 0457-903-957  
or email: star-loom@hotmail.com

**Libra**  
During the next 2-3 years you are in a cycle of preparation for a future harvest. Put everything into order, prune where it is needed and conserve your energy. It is an excellent time for starting a new routine to improve your health and well-being including a more structured and productive use of your time.

**Scorpio**  
During the next 2-3 years your perception of self, including your expression of 'ego', your innate uniqueness, will be tested. You may feel like having wasted your talents and creative potential and might search for a more realistic application of your inner potential. It is a lesson in learning to truly love yourself.

**Sagittarius**  
During the next 2-3 years much of your focus will be on home, family and your domestic life. Home renovations or a thorough re-organisation of your domestic affairs might play a big role. It is also a time for inner work, getting in touch with your soul and exploring the foundations of your inner world.

**Capricorn**  
If you ever have dreamt about writing something of substance, the next 2-3 years might be the right time for doing it. Styles of speaking and ways of listening become more important now. How do you disseminate information, what is allowed to get in and what is blocked out? Examining your value judgements for concepts that are flawed or unrealistic.

**Aquarius**  
Over the next three months you will get the first impressions of what Pluto's journey through Aquarius might mean to you. 'The Lord of the Underworld' will dip in and out of your Sun sign until the end of 2024 but then will remain for about 20 years. See yourself as an agent of change. Taking on this task for the good of all means that you have to be in touch with yourself including your subconscious urges, irrational impulses and control issues.

**Pisces**  
Saturn entering your Sun sign for the first time since 1993-1996 marks the beginning of a new 29-30-year cycle of internal growth. It is not a good time for starting a big new project out there. It is more a time of inward reflection and examining those parts of your psyche that haven't found an adequate expression yet.



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# Respiration

by Marilyn Devlin

It's been a time. I remember writing for January: '2023 – Who are you?' She slipped in incognito. Causing massive surges as she slid through the timeline: She's invisible, yet is propelled by mighty forces. She prepares the ground for seeding. And this is no regular seeding... these birthing seedlings will flower a whole new way of being on planet Earth.

It will take time. And so in comes Saturn... in Pisces. Welcome to Water World. Most humans love the ocean... it has a powerful pull on something inside us. A place that maybe remembers the origins of our beginnings.

Water is powerful... we depend on it for our life. We can't live without it... and we cannot control it. We will be guided by its movements and mood.

And yes, I'm very aware of our local relationship with this very element. The recent local flooding rains... activated the collective trauma. It's real and was present in our united field.

We need to explore our relationship with the power of water... move in closer, listen and be guided. These are very big times. Old ways coming down... is a lot for all of us. Evolution will not be stopped by anyone.

Starting in little ways... how can we understand her more, her ways, her needs. What she asks of us. This powerful force will be strong in our collective over these next few years. We need to adapt.

The ways we've been living... bit by bit are gurgling down the drain. Gone forever. There's no retrieving them. Say goodbye... feel the gratitude for everything you've been able to experience... we experience and we move on. We're only here on our fabulous Earth for a short visit. Make the most of it.

Yes... and there's having a body, being a whole person, living in the world we've created. We're sensitive beings... and really pretty fragile. We have limited vision and intelligence... but we also have everything we need to thrive.

Some things are hard... they just are. It can be difficult to move through lots of change. Having to let go, walk away from what you knew. Live in uncertainty... not knowing what's next.

What is it that propels us... consciously or unconsciously, to keep moving, keep exploring and expanding. We live on a planet surrounded by others, spiralling through cosmic space. Nothing is still.

Saturn... Lord of time and Karma... slips into Pisces' Water World on March 8th. International Day of Women. Reminded me of the astro chart I did for the opening of 2023... the chart glowed a potent Feminine presence, magick and power. All these significantly placed Goddesses.

That I'm sitting here writing this is yet another manifested miracle. Jeezus... my first two months of 2023... took me where I hadn't been before. New limits of stretching. Many times I said out loud... 'I can't do this...' 'I can't do this...' it's way beyond my capacity'. 'I can't do' had never been a part of my vocabulary.

But I did. And yes I'm now in recovery. There may've been an easier way... if there is I will learn. I feel I'm resting in a waiting station. Who knows what's building inside us... renewing our resources, clearing our channels. Transforming us into more of ourselves. How exciting.

March is a big month... always is with the Autumn Equinox here in Oz. It's the new astrological year. It's Spring Equinox in northern parts. The added presence this year is the two major movers and shakers of our times Saturn and Pluto... changing signs.

This is big news. And will create an impact. We're likely to feel this vibration reverberate through our Earth and lives.

Wishing you love, peace and much happiness. There will be change, it's unavoidable. We are super strong... able and willing to adapt. We are built to create... to provide for our self and all we need.

## Nimbin Trivia Time

by Eclectus

### Questions

- Who is this big, buff young dude with the steely gaze? And who sculpted him? (Image courtesy of artnet.com, Photo by Annie Slizak, Creative Commons)
- Who was recently chosen to represent Australia at Eurovision?
- Australian Molly Picklum has just won a hard fought victory in the final of a world championship event, overcoming a compatriot, two time world champion in the semi final. She is now joint leader in which sport?
- Is the Basenji a bird, cat or dog?
- The Clementine is a citrus fruit, true or false?
- Who wrote the Booker Prize winning Schindler's Ark in 1982, later published as Schindler's List and rendered into a successful, multi-award winning film by Steven Spielberg in 1993?
- Was the February Nimbin GoodTimes headline about native title, flood reconstruction or medical cannabis?
- If we look around, we can see green birds, green insects, green reptiles, green fish and even green slime moulds. But where are the green mammals? Are there any?
- What adorns the Australian 10 cent piece besides our recently departed monarch (who wasn't too bad, as monarchs go – she reportedly detested Thatcher, just one of her myriad prime ministers)?
- Which iconic Nimbin festival is about to celebrate its 50th anniversary in May?



- ### Answers
- David by Michelangelo. At more than 5 metres tall, he's been hanging around for 500 years, wisely keeping an eye out for the Medicis.
  - Synth-metal band, Voyager.
  - Surfing.
  - The Basenji is a hunting dog from central Africa.
  - True. The Clementine is a tangerine (a hybrid of the mandarin and the sweet orange) from Algeria.
  - The profound, prolific and irrepressible Thomas Kenally.
  - "Rally asks NRRC the hard questions" by Miriam Torzillo reported on the reaction to the slow and inadequate government response to the severely traumatizing flood events of 2022.
  - There are, sort of. The sloths (Choleopus spp and Bradyopus spp) carry the green banner proudly. Well, they can't really move quickly enough to avoid it but evolution has a plan to make sure they blend in! Sloth hair is designed to host a rich and diverse ecosystem which includes blue-green algae (Cyanophyta) giving them a green hue to avoid greater threats.
  - The improviser's improviser, the Lyrebird.
  - The 1973 Aquarius Festival will celebrate its 50th anniversary in May.

### Fundraiser features trivia and more

Nimbin School of Arts will feature a special one-off community fundraiser on Saturday 11th March. The evening will include a trivia comp (tables of 6), plus artwork auctions and raffles, music, dinner and dessert.

All proceeds will go towards replacing the stage lighting that was recently stolen.

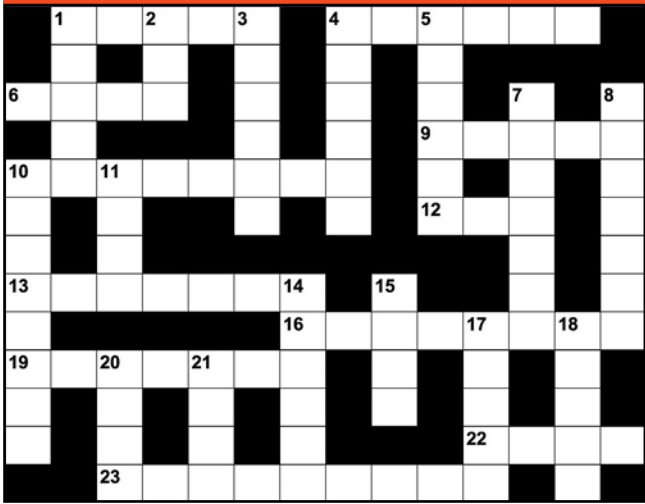
Please come and support this important hall fundraiser. Tickets are \$10 at Perceptio Bookshop. BYO, corkage \$5. Doors open at 6.30pm for dinner.

For more information, phone 6689-1577.

## Nimbin Crossword

2023-03

by Novata



### Across

- First month of Autumn (5)
- Attached a ring to the foot, for observation purposes (6)
- Feel physical pain; pine (4)
- Echo of a pulse of microwave radiation used to detect and locate distant objects (5)
- Suffers from intense heat (8)
- Get to know or become aware of (3)
- Excellent and delightful in all respects (7)
- Nocturnal burrowing animal of African grasslands, feeds on termites (8)
- Light informal conversation for social occasions (7)
- Tangerine and grapefruit hybrid (4)
- Women's tights consisting of underpants and stockings (9)
- Programmer who enjoys the challenge of breaking into other computers, or to steal or destroy information (6)
- Tastelessly showy, unrestrained by convention or propriety (6)
- Iridescent internal layers of mollusc shells (6)
- Textual matter added on to a publication, usually at the end (7)
- Restraining manoeuvre (7)
- The Catcher in the Rye author (8)
- Annual award for outstanding achievements in television (4)
- Likely to attract attention (6)
- Post meridian in Australia (4)
- Not clearly understood or expressed (5)
- Criticise severely (5)
- Come upon, as if by accident (4)
- Any place of complete bliss, delight and peace (4)

### Down

- Largest and showiest of parrots (5)
- Chief ingredient of black bread (3)

Solution: Page 38

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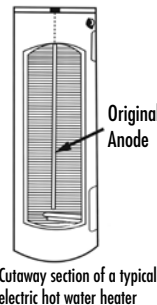
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# New year begins at Nimbin Central School



Hello everyone. My name is Sally Thompson, and I will be the principal while Cath Marshall is taking leave. My career spans over 25 years beginning in Western Sydney. Following that I then headed north to Port Macquarie, then out to Norfolk Island, before coming back to the Port Macquarie area for my daughter to complete her HSC. Once she had finished, I was then able to choose the school I wanted to lead, and it was then that I saw the advertisement for Nimbin. I am a music teacher, and while I miss the classroom very much it is in the leadership of a school where I can truly make a difference in the lives of young people. Thank you for making me feel welcome



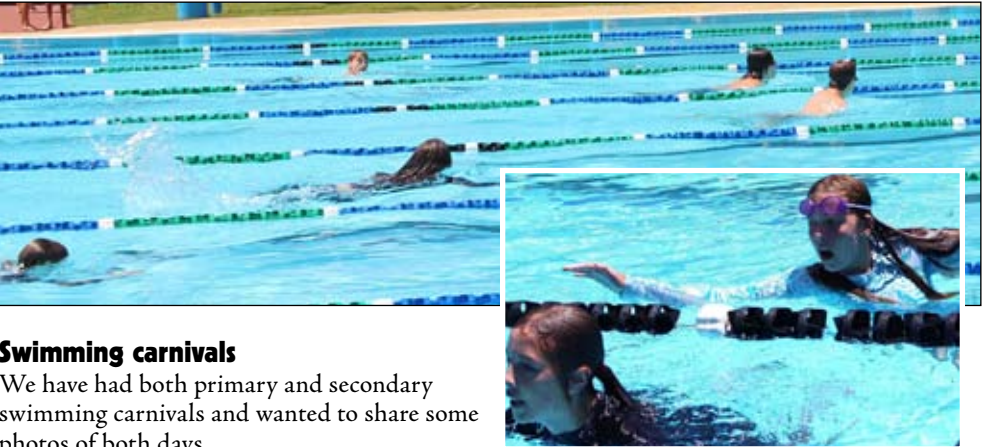
**Meet and greet**  
It was wonderful to welcome our families into the school again and have so many people



attend our meet and greet barbeque breakfast. Thank you to the families for calling in to say hello to our staff. We look forward to working with you this year. Nimbin Central School would like to celebrate the important and ongoing active role of our Parents & Citizens Association. We acknowledge this important partnership and their commitment to building a sense of belonging within the school environment for our new Kindergarten students. Boogulbah (thank you) from our Kindergarten students and their families for the generous donation of their new school hats.



**2023 Student Leadership Team**  
On Tuesday 21st of February we held our annual induction ceremony at Nimbin Central School to welcome our new School Captains and the twenty-five SRC students from Years 6-12. We would like to congratulate our 2023 Senior School Captains: Savannah Trezise and Benson Arundale, and our Senior Vice Captains: Ruby Robinson and Ellen Adlington along with our Primary Captains: Jak McKenzie and Lucy Cudmore.



**Swimming carnivals**  
We have had both primary and secondary swimming carnivals and wanted to share some photos of both days.

## Creating our own softie toys

Tuntable Falls Early Learning Centre  
One of the skills we enjoy and focus on at Tuntable Falls preschool is sewing-both hand sewing and using the sewing machine. During the children's years at preschool they spend time with educators doing different projects to develop these skills such as finger strengthening activities, hand-eye coordination activities, and threading and simple sewing projects. Before the pre-schoolers head off to kindergarten they then work on a 'softie' project. This is something that the children really look forward to. On the first day back at preschool this year a couple of the children asked when they could start their softie. (We even made a practice little one in a couple of hours which they focused on until it was finished). Making a softie involves the children doing a drawing of something that we can bring to life. It might be a dinosaur, a mermaid, a robot or a completely made up creature of the child's imagination. This drawing is enlarged on the photocopier, retraced in full size and carefully cut out by the pre-schooler. Fabric is then chosen and the pattern laid out and cut out, usually with the help of an educator. The pieces are then sewn together and stuffed with wool and any features added with hand sewing. The child is involved in every step of the process and supported by one-on-one time



with an educator. They then have a unique keepsake of their time at preschool made with their own hands, along with some wonderful skills they can continue to build on and take with them hopefully through life. This is just one aspect of the unique programme and environment we are lucky enough to enjoy and grow in at Tuntable Falls Preschool. Enrolments are open for 2.5 to 5 year olds for this year. The preschool hours are Tuesday, Wednesday and Thursday 8.30am to 4pm. Any enquiries phone 6689-1179.

## Investigations

by Ishta Wilson

It is so exciting to be part of Tuntable Falls Community School, a school that not only embraces and encourages the curiosity of children, but also of the teaching staff. As the teacher of the year 1 and 2 class, this has allowed me to re-imagine our teaching and learning programs, and also our classroom environment. Learning inspired by curiosity, wonder and each child's own ideas, interests and imagination is the foundation of the play-based learning, *Investigations*, being implemented in 2023. Through these intentional investigative sessions, children 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. During *Investigations*, there are multiple areas where the children can choose to go. These include: dramatic play, small world play, construction, collage, science and nature, tinkering, painting and drawing, sensory play and reading. Opportunities to authentically engage in literacy and numeracy are embedded throughout



the areas. Each day, there is a *reporter* and a *photographer* who gather specific information from the kids' investigations to share and to use in other learning sessions throughout the day. The reception from the kids so far has been wonderful. They have been dismantling toy helicopters: "there are a lot of screws, propellers and a chip. There is a cog that moves the propeller," says Arlo. Experimenting with seeds, water, vinegar and salt, and soil: "The seeds floated in the vinegar," said Lali-Mae. "I planted corn, kale and peas," said Celestine. As *reporter* Charlie shared, "I enjoyed asking questions and finding out how different people felt about the investigations."



# Lowering the voting age

by Kashmir Miller

It is crucial that the young people who are most at risk from the climate crisis deserve to have a say in the liveability of our planet.

The Greens have recently announced their policy to lower the voting age in New South Wales, making it optional for 16 and 17 year olds to vote if they choose to.

This speaks volumes to me as someone who has been engaged in politics since I was 12.

A common phrase I heard was that we were “fighting for the future of our children” – to have safe water to drink and a healthy environment to play and grow in.

But those in government were

prioritising the loud voices of big money.

School kids have been taking to the streets protesting for climate action for years now, and their voices continue to be ignored.

These kids are engaged, informed, passionate and angry – and this should be celebrated.

I had the privilege to speak to many of these students when at 22 I was the youngest candidate running in Page for the federal election. They knew more about the current political climate than most adults you will meet.

Kids as young as 10 can go to jail in New South Wales; 14-year-olds can pay taxes.

It’s time we trust our young people, and give them a say in their future.



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## Happy Chinese New Year from Rainbow Ridge!

by Rosalie Shearer

Chinese language is a rich part of the curriculum program at Rainbow Ridge School for Steiner Education, and it was such a treat for the Class 4-8 Students to visit a Chinese restaurant in Lismore in celebration of the Chinese New Year.

Even though the school usually prides itself on being a lover of all colours, on this occasion the group was displaying all shades of red (and not any white), as is the custom for the Chinese when celebrating at this time of the year.

The Year of the Rabbit was a great discussion point as the group enjoyed reading about the different animals in the Chinese Zodiac presented on the placemats in the restaurant.

The Class 4/5 Students had the opportunity to go first and apply their



language skills in ordering two different dishes, greeting the chef and introducing themselves.

The class was spread over two large, round tables where the students got to share a variety of common Chinese dishes, practising their chopstick skills, and learning the cultural etiquette of when to start eating and how to leave your chopsticks when finished.

The Class 6/7 and 8's had

their Chinese New Year experience a week later at the same restaurant.

It was a busy time to visit during the Friday lunch rush, but the chef made a special effort to visit each of the tables, speaking to the students in Chinese and testing their comprehension skills further.

The older classes, on top of ordering their meals, had to speak a greeting especially suited for the Chinese New

Year and thank the owners for the delicious food and wish them good fortune.

The oldest and most respected person at the table had a special position to sit in and all the students waited patiently for that person to start their meal before they could start their own.

The trip would not be complete without a fortune cookie for everyone followed by a lively chat and comparison of what was foretold.

All in all, it was a fun and exciting way to deepen the students cultural understanding and bring their Chinese Language lessons into a real-world experience.

Thank you to Xi Xia, the language teacher for organising such a wonderful experience and the Mandarin Palace in Lismore for hosting and making such delicious food! Xie xie (Thank you).

# Boulder flood freak-out

by Kaelana

Torrential rain smashes tears running to soften that last blow.

It's endless; this... 'Kali Rage', repeating like a scratched CD. What IS IT? Climate Change?

Dislodging boulders smashing onto great rocks.

Steep slopes sinking, slipping; big trees tipping, skiing in sloshy frothy fast mud. Ripping, howling.

More crevices opening like skin cuts and gashes, spewing Mother Earth blood in more directions than powerful fire hoses!

I have stood way too long, hours, on the verandah at home, watching, shuddering ready to RUN!

There's way too many cracks 'n snaps, wallops 'n whacks, sounds I don't even know. WHAT'S HAPPENING? In full, darkened daylight,



this mountain is moving!

Not staying in my little unfinished cabin on its little concrete slippers. Some stumps under water! Mud. Mud Mud MUD!

Maybe it will wash

downhill, like a kid on a slide? Or one of these seven big trees could crush this place in on me. It may keep standing still? I just don't KNOW!

Driveway's gone, I cannot get to next door's who is obviously losing her home! Heard it all, then she texted me the photos!

"God!" Massive tree! Wasn't on much of a slope. "What a joke!" Then a landslide took out the side of her house! Her driveway's dropped outa sight, right on the edge of the ridge.

This is NOT rain! It's the ocean turned upside down. Even machine gun firing eases somehow. Feels like I'm a target.

What do the birds, the KOALAS do, in THIS? Where are you all?

Where am I? I could scream with all my might. No-one would hear me. 000 went

NOWHERE! No-one to know my neighbour needs help! Everything's useless!

Maybe the funnel webs will drown? And that's the first time I smile instead of frown.

*This writing was produced at the Blue Knob Writers Group, which meets regularly at the Blue Knob Hall-Gallery-Cafe.*



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# Free mental health support

Northern Rivers residents are reminded that free mental health support is only a phone call or web chat away, with in-person counselling also available.

Healthy North Coast Chief Executive, Monika Wheeler, said, "Healthy North Coast offers a range of free and after-hours services to support mental health and well-being for all ages, with a number of them made available through Australian Government and NSW Government flood recovery."

## Head to Health

Head to Health offers free mental health support over the phone or in person at the Lismore Head to Health hub.

Head to Health is a welcoming entry point for engagement, assessment and treatment for people seeking mental health advice and support.

Call 1800-595-212 weekdays from 8.30am to 5pm to chat to a team member who can connect you with support or visit: <https://hnc.org.au/head-to-health-helpline>

The Lismore Head to Hub is open Monday-Friday, 10am to 8pm and Saturday and Sunday 12 noon to 8pm at the Lismore Health Precinct, Southern Cross University Health Clinic, P Block North, Rifle Range Road, East Lismore. Drop-ins are encouraged, and you don't need a referral or appointment.

## Safe Haven community and wellbeing hubs

Located in Woodburn, Lismore, Mullumbimby and Murwillumbah, Safe Haven hubs are open to anyone seeking free mental health support, including their family, friends and carers.

Safe Haven hubs are open 12 – 6pm every day. Drop-ins are encouraged and you don't need a referral or appointment. Visit the Safe Haven website to learn more.

## Headspace

Headspace centres offer mental health support and advice for young people aged 12 to 25. All services are free or low cost. Headspace centres are located at the Lismore Health Precinct at Southern Cross University, Tweed and Grafton, and are open Monday to Friday, 9am to 5pm. You don't need a referral or appointment.

Alternatively, headspace can also support young people online or by phone, seven days a week between 9am – 1am.

## Strong Community Program

The Strong Community Program provides free specialist mental health support to Aboriginal and Torres Strait Islander people in the Northern Rivers, age 12 years and over.

Mental health and wellbeing supports include in-person counselling, mental health promotion in schools and outreach to communities in Cabbage Tree Island, Wardell, Ballina, Box Ridge, Woodburn, Lismore and neighbouring areas.

For in-person support, visit 133 Ballina Road, East Lismore. Contact Strong Community by email at: [NthNSWStrongCommunity@llw.org.au](mailto:NthNSWStrongCommunity@llw.org.au) or call 0456-447-790 or 1300 727 957.

## Immediate support

If you need immediate support:

- 24hr Mental Health Line: 1800-011-511
- Lifeline: 13-11-14
- Beyond Blue: 1300-224-636
- For children under 12: 24/7 Kids Helpline — 1800-551-800
- In an emergency, call 000.

# Nimbin Crossword Solution

From Page 35

M	A	R	C	H		B	A	N	D	E	D	
A		Y		A		R		A				
A	C	H	E		C	A		C		A		A
A				K		S		R	A	D	A	R
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N							A	A	R	D	V	A
G	A	B	F	E	S	T		V		A		A
E		U		D		C		O		G		I
R		M		E		H				U	G	L
		P	A	N	T	Y	H	O	S	E		S

# A home win in 30° heat starts the season



by Ruben Mack, president

Another season gets underway for the Nimbin Headers Sports Club, with BIG things happening this year.

With new recruitments coming in from other clubs, past players and some who are new to the area, the senior men may be able to field four teams this year. A club record.

The Men's 1st division side from last year has also entered the Anzac Cup, a small pre-season tournament which is great for getting game fit and learning to play together again, especially with the new additions.

Sunday 27th February saw us take a hard fought 2-1 win over a Bangalow side in 30 degree heat on home turf, a great start to the playing season.

We will face Casino on Sunday 5th March at 4.30pm at their home grounds, which will be a bit of a grudge

match as they knocked us out of the semi-final last year.

The Senior Women are looking at fielding two teams again this year; however numbers are a little low at this stage and they are actively searching for new recruitments.

In Junior football we're looking to nominate two teams this season: Grade 13 and Grade 15 (and maybe a Grade 16s team in the mix if we get more numbers) as well as a range of MiniRoo teams.

If you or anyone you know may be interested in registering for the Headers this season, please get in contact via our email, Facebook page or come down to a training session in the times provided below and register your interest.

Again we call on parents, players and other community members to help out our volunteer run club this season by coming to working bees, helping out in the canteen or with selling raffle



tickets, or assisting the coach at training or to set up and pack up the field at home games.

Please note that all players need to be paid up prior to being able to play. For those who are wanting to join but are experiencing financial hardship, please get in touch with the club and we may be able to help.

A small note regarding the field lighting project: our construction certificate has been approved and we have submitted all documents required for the second instalment of funding.

New lighting poles and lights have been delivered and stored on site ready for installation. We have power poles being prepared on Cecil Street for the upgrade of the transformer to handle the new load.

Weather permitting, we



are hoping to see work begin within the next few weeks and are hoping to have full field lighting on both fields installed in the next couple of months.

It's great to see this new transformation taking place down at the Headers. This will be a game changer for not only sport but also the community in general and we look forward to seeing what more we can do in the future as a club.

Go The Mighty Headers!

# Up the ante a bit

by Tom Jones

This month we up the ante. If you have been practising getting more steps in, then it is time to up the stakes and increase the heart rate a little more.

Before we get crazy, if you have any medical conditions, always check in with an appropriate health practitioner prior to going hammer and tongs. Keeping things simple and not over complicating your methodology for improving your health is important. Walk before you run and run before you sprint.

In saying that, if you are able and are of sound body (sound mind at this stage isn't too important!) then aiming to get your heart rate up should be on the weekly agenda.

Another one of those smart men once said, "Stress the organism and the organism will adapt", which is exactly what activities like sprinting do. Sprinting is one of God's ways of enabling us to naturally boost useful hormones such as testosterone without the need for big needles or medical intervention!

Hormonal health is paramount, and the more you look, heavy metals, food toxicity, pharmaceutical drugs, poisoned tap water, fake meats and much more, are wreaking havoc on our bodies due to

endocrine damage.

Hormones like testosterone are certainly not the most important, however they are up there. Testosterone controls social behavior and is also linked to adult neuro plasticity.

Culture may claim it is only important for men to have good testosterone levels; however this is far from the truth.

It also affects the sexual desire in women, bone density, muscle mass, strength, fat distribution, mood, energy and psychological well-being. All of which are critical to being a resilient human being, man or woman!

So how is sprinting (or moving as fast as you can) good for you?

Basically, the research says that short maximum effort sprints boost your testosterone production and improve the ratio of testosterone to cortisol. Both these things are opposing forces in nature, meaning the higher the cortisol the lower the testosterone, and vice versa.

Keeping your stress responses low is a great way to keep T-levels up! No matter whether you can or cannot sprint, the following is a list of things that anyone can do to raise your T-game:

- Avoid soy at ALL costs;
- Use purified water;
- Eat organic and avoid anything with



- pesticides;
  - Don't eat anything stored in plastic;
  - Use stainless steel or glass cups and food containers;
  - Avoid fragrances in personal care products;
  - Avoid anything in the ingredients that contains 'benz' or 'phen';
  - Avoid food coloring (red and yellow especially);
  - Don't use sunscreen, use zinc; and
  - Use an infrared sauna once per week.
- Our bodies were meant to be moved, so move we shall. You do not have to be Usain Bolt to participate but you do have to want to have a crack.

This month, up the ante a bit, maybe find a hill and run up it as fast as you can, or maybe sprint for the bus. Either way, warm up and don't pull a hammy.

As always, any questions or if you want help creating a fitness plan then email me: [charliejones5891@protonmail.com](mailto:charliejones5891@protonmail.com)





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## by Diana Gosper

**A** lot of Australians look forward to retiring and heading off with their family or partner for an extended road trip in their RV.

We all know at least someone who has packed up their knitting and scrabble set, fishing rod and favourite camping chair, but these days, people also want and need the comfort of charged electronic equipment such as laptops, TVs and the like.

Generally speaking, most modern caravans, RVs or motor homes have a 12 Volt or 24 vVlt battery system when they come from the factory. These systems are then charged by the vehicle's alternator while the engine is running, and often include a 230 Volt battery charger to maintain the battery when connected to the grid.

Herein lies the problem; in remote locations (like most National Parks) 230 Volt is not often available. Being stuck without an alternative power supply means they are forced to run a generator or the car's engine, which is the only way to re-charge the batteries. This of course ruins the peaceful benefits of parking and camping remotely.

With the incredible increase in the number of caravans and RVs on our roads, a lot of grey nomads are hoping to head off the road and enjoy a few stays in less populated camp areas, some of which do not offer powered sites.

Solar panels are the perfect way to keep batteries charged while camping. Solar (PV) modules are very quiet, don't smell or emit anything toxic, last for 20 years or more (with warranties that last 10 years minimum), require hardly any maintenance, and in this day and age are also quite affordable.

At the end of their life, solar panels make a great coffee table, quite the



Make a difference with Rainbow Power Company, your leading solar specialists. Call today to make an appointment on 02 6689-1430, email: [sales@rpc.com.au](mailto:sales@rpc.com.au) or just pop in to see us at 1 Alternative Way in Nimbin. (We also have a beautiful website at: [www.rpc.com.au](http://www.rpc.com.au))

talking point when guests come over.

We sell both 12 Volt and 24 Volt (nominal) solar panels to match your RVs battery voltage. Our panels come in various different shapes and sizes to suit most vehicles/installation areas.

For smaller vehicles, caravans and RVs we recommend movable or portable solar panels, where you park your vehicle in the shade to reduce heat and assure extra comfort, but you place the solar panel/s a few meters away in the full sun. The installation costs are minimal (if there are even any at all) and you don't need special costly and awkward framing.

As I said before, panels come in many various sizes to adapt to a lot of different storage areas. Some solar panels even have 'legs' to allow you to easily adjust the angle (legs can also be retrofitted). To get the most power out of your

panels you simply adjust the position/angle a few times a day, 'tracking' or angling them towards the sun.

If the vehicle is big enough then the panels can also be mounted to the car roof. While manual tracking is more efficient than roof top installations, experienced campers often opt for stationary panels, mostly for the pure ease and convenience and the peace of mind and security.

Keeping in mind that these people are on vacation or a long awaited trip, the less hassles and the less to think about, the better.

Because the solar panels will have to withstand strong head winds and constant vibrations, we do recommend professional installation. Note: we regret to inform that Rainbow Power Company does not provide this service for mobile applications.

To calculate your daily power usage you would need to sum up the equipment you want to run. Let us do the legwork for you, our "Get a Quote" form on the website (available for all our systems) makes this task quick and easy, and we are only an email or a phone call away to help if you can't navigate the form.

One thing to note: If you want to camp remotely and remain for a long time you need a larger system than those who will be driving more often (the alternator in the vehicle is a very powerful and effective battery charger).

Be advised that the Rainbow Power Company system examples can be configured up to three days autonomy (three days of cloudy or rainy weather with no solar production).

To determine the daily power usage you would need to sum up the equipment you want to run, our "Get a Quote" forms (available for all our systems) make this task quick and easy.

## by Helene Collard

Beauty is everywhere.  
Love is everywhere.  
Joy is everywhere. If  
only we would notice.

This March take time to smell the sweetness of the roses. Life is never all bad, even in the most harrowing times, there is light. If only we would notice.

Abundance and prosperity are yours, here and now. Just look at nature flourishing around you. Empty out what is old and outdated, and make room for what is just right, to come in. Spaciousness is your friend. Let old structures melt away. Build new structures for your future.

Dream your highest dream. No limits, no boundaries. Dream your highest dream. March is the time to vision your dream life, that is for the highest good of all. Balance the scales of your life. Each of us will need to adjust our scales in a unique way, to find balance. Some will need to make more room, others will need to take up space and others still, a bit of both. Find your sacred balance.

To have loving and reciprocal relationships is to be rich and prosperous. To have hands and hearts extend to you in your darkest hours, is to be



abundant. To live life in your own natural rhythm, rather than one dictated by external forces, or what you think you 'should' be doing, is to truly embody self-care and self-love. Do not be afraid to reclaim your natural rhythms. Trial, error and adjust. Trial, error and adjust.

To live life in this way, creates strong roots anchored deep in the ground. Your branches and leaves may flex in the storm, yet your roots will be secure and stable.

Stop and smell the roses,  
notice the beauty around  
and within. Then dream  
your highest dream.

For the highest good of  
all.

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John  
0428 200 288



Jacqui  
0439 15 6666



Samara  
0429 806 288



Grant  
0427 531 951



Sundai  
0413 751 184

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



NEW

98 Wallace Road  
The Channon 5 acres  
\$990,000 Agent: John & Sundai



NEW

248 Smiths Creek Road  
Kyogle 98 acres  
\$849,000 Agent: Sundai



NEW

29 Evelyn Way  
Nimbin 2579sqm  
\$395,000 Agent: Sam



NEW

254 & 253 Atkins Rd,  
Larnook 2 x 100 Acre Blocks  
\$CONTACT AGENT Agent: John & Jacqui



NEW PRICE

689 Stony Chute Rd,  
Nimbin 6 acres  
\$420,000 Agent: John & Sundai



NEW

9 Cecil Street,  
Nimbin 1042sqm  
\$799,000 Agent: Sam



NEW


14 Tareeda Way,  
Nimbin 870sqm  
\$340,000 Agent: Jacqui



NEW PRICE

500 Back Creek Rd  
Borabee Park 136 acres  
\$675,000 Agent: Sam



*Congrats!*  
**SAMARA BURCHER**  
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NO 1 AGENT  
FOR PROPERTIES SOLD  
NIMBIN  
OVER THE LAST 12MTHS  
AS PER  
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NEW

14 Sandy Point Road,  
Monaltrie 4059sqm  
\$250,000 Agent: Sundai



UNDER OFFER

5180 Kyogle Rd  
Cawongla 15acres  
CONTACT AGENT Agent: Jacqui

## FEATURE PROPERTY

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realestate@nimbinhills.com.au  
www.nimbinhills.com.au

## FEATURE PROPERTY



14 Upper Tuntable Crk Rd, Nimbin  
Price - \$1,450,000 Agent Sam  
56 Acres  
PRACTICAL PICTURESQUE HOME WITH PASSIVE INCOME!

\*Large enough for a serious farming pursuit, yet small enough for the hobbyist, this delightful acreage with 330 mature Avocado trees will satisfy all manner of farmers.  
\* Water is no issue at all on this offering with 69000L rainwater storage capacity at the house, 2x bores-one solar equipped, 79000L bore water storage, and another 2x 5000 Gallon Tanks to the shed, and a creek!  
\*This property's green credentials are also of note with the solar -system being a huge 15kw with Power Max panels & two Tesla Power Walls. On the equipment list are approx 4,000 avocado boxes, 7000kg molasses tank, and Cool Room included  
\*Refurbished vintage home with infinity swimming pool, the third bedroom is presented as a 'guest' or workers' space within the huge 20x10m packing/machinery shed which also houses a 2nd bathroom.



1044 Terania Creek Rd, The Channon  
Price - \$1.6m - \$1.7m Agent Sam & Jacqui  
153 Acres

ENTIRE TENANTS IN COMMON COMMUNITY FOR SALE - START YOUR OWN COMMUNITY  
\*extended family or with a trio of friends, this is a golden opportunity to live a sustainable lifestyle with the like-minded people of your choosing. If a Community isn't for you, then the three homes can offer a fantastic rental potential.  
\* mixed rainforest and hardwood and backing onto World Heritage National Park  
\* Bordered by Terania Creek, there are swimming holes and rapids a plenty. A waterfall near the top of the property is exciting and provides spring water to each home.  
\*Three, 2-bedroom, 1-bathroom, homes are positioned privately and away from each other. Each has its individual charisma and each is completely off-grid with stand-alone solar and compost toilets  
\*Only 57km to Byron, 31km to Lismore 10km to The Channon General store.