

ASTRO forecasts



by Tina Mews

what's happening
in the heavens?

Aries

The intense Scorpio energy during the first three weeks of this month might revive issues to do with the right use of resources and how to create and share with others. You may want to free yourself of dependencies and choose to go your own way. This is a good time for growing in faith and trust. Focus on innovative strategies that support your greater vision from November 22 onwards.

Taurus

These can be ground-breaking times for Taureans. Challenge values and beliefs and identify where you might be stuck in a rut. Some conflicts cannot be avoided and force you to change and adjust your course of action. Consider the concerns of others and find out what motivates you.

Gemini

Listen to the 'Inner Elder' to find more clarity concerning the path ahead. Ponder on what it is that inspires you. When the focus shifts, your inner life experience informs your daily routines and the practical side of life. Flashbacks from the past may appear as messengers of the soul revealing emotional attachments that are falling away.

Cancer

During the first three weeks of the month, romance, children and creative self-expression are highlighted. It is an invitation to be more playful and have some fun. Channel your passion into projects that make your heart sing and nurture the 'child within'. It could be a good time for bold action and conscious risk-taking.

Leo

The focus is on home and family and building stronger foundations. It is essential that you listen to your gut feelings and pay attention to your inner processes. It may also spark off a time of reflection about your life's goals and direction. You have the energy and drive now to re-model your home environment in a way that supports you and your domestic needs.

Virgo

It is a favourable time for learning something new and broadening your horizons. Take care when speaking your truth as words might come out more strongly or even impulsively. It is a good time for rewiring your mind and shifting thinking patterns. Movement is required, so going on a short journey might channel the inner restlessness that you may experience into something exciting.

November

We are amid a major paradigm shift signified by the larger planetary cycles. From 2023 until 2025/6 the three outer planets Uranus, Neptune and Pluto will have changed signs calling in a new world era. Additionally, a new 200-year epoch was seeded at the December solstice in 2020 when Jupiter and Saturn conjoined at zero-degree Aquarius. Jupiter and Saturn together are known as the Great Chronocrators, meaning the 'rulers of the ages', and their coming together has been associated with significant social-cultural change. Even though Jupiter and Saturn meet every 20 years, their conjunctions take place in the same element for about 150 - 200 years and then shift into the next element. During the December solstice in 2020 they shifted from Earth to Air, initiating a time for civilization to express itself through air in all its permutations, for better or worse. Air can at once show us where we are connected as well as where we are disconnected. Every sign, every planet, and every element has two sides to it, a side that creates and supports life and a side that destroys. Air supports humanistic principles and the power of the collective (Aquarius). Ideas, connections, exchanges, and movements are the new 'currencies' after the more rigid but stable values of the materialistic and resource-oriented Earth Age.

Since July 18th, 2023 the axis of the karmic lunar nodes is moving through Aries and Libra, the signs representing war (Aries) and peace (Libra), hate (Aries) and love (Libra). The nodal axis marks the eclipse points and remains in the current polarity until January 12, 2025. While standing at the beginning of the Air Age, we are collectively experiencing a 'crisis in consciousness'. The old values are not fitting anymore as they lead to polarization, war and the traumatic cycle of hate, revenge and retaliation. Nevertheless, the astrology of 2024 -2026 suggests the potential for more inspiring developments. Jupiter, the planet of knowledge and wisdom will conjoin with Uranus, the cosmic awakener. They meet every 14 years with its symbolic task of challenging old frontiers and correlating with times of unexpected openings and new discoveries as well as cutting-edge technological advances, when quantum leaps occur in many areas of human experience.

The New Moon of November 13 provides us with an important impulse in this regard. It takes place in an exact opposition to the upcoming Jupiter-Uranus conjunction that will conclude on April 21, 2024. We can only hope that new perspectives on how to deal with old problems might suddenly emerge out of the collective consciousness. In the past, the Jupiter-Uranus conjunction has coincided with many liberating social, cultural and philosophical revolutions. The last Jupiter-Uranus conjunction in 2010 coincided with the Arab Spring.

The New Moon is conjunct Mars in Scorpio and opposite Uranus in Taurus, an explosive combination of energies that signal tendencies towards impulsiveness and rash actions but may

also provide us with the resolve to move into a new direction. Those who have their birthday around the 12th - 16th November or the 10th - 14th May, might feel this tension in their personal lives. The evolutionary intent of Scorpio is a penetrating, feeling-centred self-analysis and confronting those inner parts that need to be integrated and healed. Scorpio's message is about contemplating our depths, facing our fears and whatever else has been buried inside. Mars entered Scorpio on October 12 and will remain until November 25, when Mars enters the visionary realms of Sagittarius. It is a powerful position for the red planet. In Scorpio, Mars retaliates and has strong convictions but also great courage and healing power once the intense energy is directed into positive channels. Like in the ancient Greek legend of the Hydra, a gigantic nine-headed water-snake monster who could not be defeated by cutting any of its heads off as two more would grow instantly in its place. Only by lifting the monster right out of the muddy waters into the Air could it finally be conquered.

On November 18, the Sun and Mars will conjoin in the late degrees of Scorpio and initiate a new two-year cycle of action and assertion, bravery and (blind) courage as well as the use of control and power. Sun and Mars relate to our will power and may kindle the instinctive desire to do whatever is necessary to free oneself from unwanted dependencies. This cycle, which begins with this conjunction and lasts a good two years coincides with a time when the world is witnessing the terrible effects of unredeemed transgenerational and cultural trauma. The Sun-Mars conjunction forms a close trine with illusive Neptune in Pisces. Mars energy can be very ego-centric and confused, conditioned by past frustrations. In combination with Neptune, we might not be able to see the whole picture.

We are in Scorpio season until November 22 when the Sun enters Sagittarius, the sign where we seek new understanding and a broadened perspective. The Full Moon in Gemini opposite the Sun/Mars conjunction in Sagittarius follows on November 27. This Full Moon highlights the need to search for a new path ahead. We may feel frustrated about old blockages and beliefs that keep us back from moving on. Saturn in Pisces is square the Full Moon demanding self-control, restraint and integrity. Full Moons symbolise turning points. We can choose to own our emotions and stir our energy away from old dramas by focusing on something productive.

• Navigation by the stars

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November 25th, 10am - 4pm, Lillifield Community Centre, 4505 Kyogle Rd, Wadeville. All welcome! Information and Registration: 0457-903-957 or email: star-loom@hotmail.com

Libra

Keeping your options open is Libra's way of surfing through life's ups and downs. This is a time when you are willing to work hard and focus on stabilising your financial security. Booms as well as busts are possible. Trust your instincts as a guiding light when having to make decisions.

Scorpio

Scorpions get an extra boost this season after having experienced a 2-year period of endings and new beginnings. The Sun and Mars conjoin in Scorpio on November 18 initiating a new chapter of activity and passion in your life's journey. Feel into it and avoid rushing. Know when your enthusiasm takes you too far, when you over - or underestimates yourself, others, a plan or a strategy.

Sagittarius

Make use of the weeks until November 22, when the Sun shifts into Sagittarius, for introspection and review. In some ways, a 29-year cycle is ending or about to end. Your energies are naturally shifting into something different. Pause for a moment and feel into the flow. Notice what you can leave behind.

Capricorn

The focus is on creating networks and strengthening ties with others. This could be on a personal or professional level. Collaboration with like-minded individuals can be highly productive during this time. On the other hand, a clash between group needs and personal needs may affect some friendships as you are juggling numerous goals and commitments.

Aquarius

The current energies might stimulate you into developing new business plans and goals. Regard it as a period of reorientation towards the future when you can draw from past experiences while envisioning the path ahead. Take a step at a time. There is a need for caution and considerate judgement before making major decisions as not everything will be revealed yet.

Pisces


This is a time for big ideas. Nevertheless, it may be wise not to plan too far ahead as the vision has yet to clear. Know what is fact and what is fiction, what is attainable and what is not. A lot of courage, wisdom and perseverance is needed to manifest a dream.



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Growth of new life

by Marilyn Devlin

I feel a shift – which is exciting. It’s been a big year. We’re back in the home space of my dear friend Scorpio... nothing is surface for him. The answers always lie deep.

I won’t forget 2023 – how it brought me to my knees. How it challenged my mighty spirit to surrender.

As a native amped with lots of charge from that underworld god, I’ve conquered things deemed impossible for some. I’ve walked through fields burning wild... I’ve faced challenges and never given up.

There was a trust and knowing that lived deeply inside me... I knew its presence, its hidden face familiar. He came whenever I needed him.

I knew things way beyond myself... I sensed their presence... always there to help.

Some have said I achieved the impossible... I never allowed the threat to thwart me. I always found a way.

My body belied the true strength and courage that ran my whole system.

I trusted Life. I believed in goodness. I had great teachers. I was gratefully guided into the brilliance. The light that never wavered or dimmed.

I knew “I can”. I never hesitated from having a go. I allowed the land, our magnificent Mother, to feed me again and again.

I witnessed the subtle folk that lived behind the veil. Life is magical, it truly is.

Yeah, 2023... what a bundle it’s been. Stopped in my tracks...yes, that’s happened before, but never so consistently and never so long.

I felt I was shrinking... being washed away. I’d previously had years of that with the infamous Neptune opposing my Sun. I’ve been drifting away for years. But 2023 took the cake.

Would I make it out of here... would I get to the other side? Strangely, I never lost that faith.

We’re vulnerable. Very vulnerable. No matter how strong and accomplished we think we are... how smart, how clever, how informed.

We’re totally reliant on this breath arriving in our body again and again on a moment to moment basis.

It’s great to be alive... despite the ups and downs... the problems, the challenges... a world gone mad.

We’re always moving, changing, evolving or devolving in some way. Then there are times when extra demands are insisted. When we’re asked to take a more significant step. Events become critical... a new way needs to be taken.

These last few years... and this one in particular are those kind of years... we need to make a leap.

The Taurus/Scorpio Full Moon eclipse in the last days of October... was the final in a series began in April 2021. The next cycle won’t be for another 18.65 years.

Eclipses have a longer window of influence... this Full Moon Eclipse will be influencing us until the end of the year.

Taurus/Scorpio is all about resources. What are our resources? What are the treasures we carry inside us? What resources can we depend on to carry us through?

Taurus/Scorpio is also about values. What are the values that guide us through life? What is the rock we stand on? What’s our truth... our guiding Star?

I talk about challenges... and of course we’re all familiar with them. But amidst the challenges... the magick and beauty is always there. We breathe it in... we see it all around us.

There’s so many jewels, so much wisdom and knowledge. We seek clarity. We find quiet spaces to rest, to acknowledge and give thanks.

One very short life... before you know it, it will be over. Make the best of it.

November also opens with Beltane... what a lovely way to enter the ending months of this pivotal year. The ancient celebration of abundance, fertility, purification and the growth of new life.

Celebrating Life.

Nimbin Trivia Time

by Eclectus

Questions

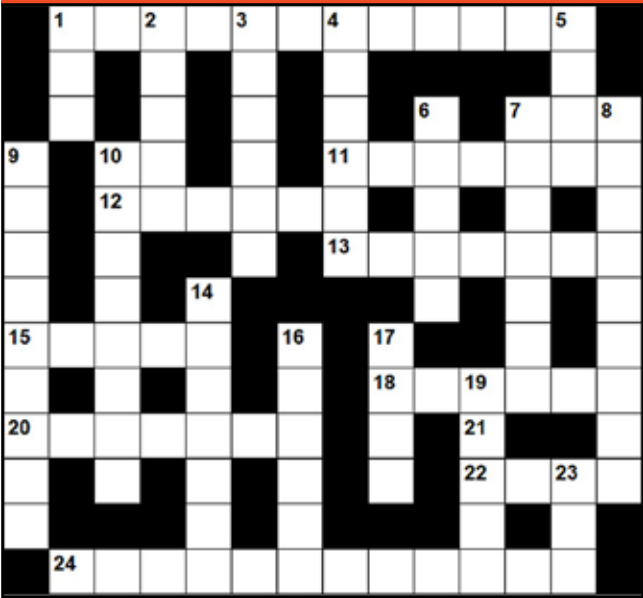
1. From the 1920s to the 1970s this European country was in the grip of an authoritarian Catholic regime which had seized power in a coup d’état. On 25th April 1974, a military coup led by left-leaning officers overthrew the repressive regime aided by a spontaneous civil resistance movement. A new restaurant was due to open in the capital and the proprietor had ordered an abundance of carnations to welcome diners. Finding the streets full of soldiers and tanks, the restaurateur instructed a waitress to take the flowers into the street and give them away. She saw the soldiers outside and offered them the flowers. As the people took to the streets in celebration, the theme caught on and soon gun barrels, tanks and military uniforms were all wearing carnations. As a result, the uprising became known as the Carnation Revolution and is still joyously celebrated today. Can you name the country? Image courtesy www.freepik.com
2. Who proclaimed that “I would walk five hundred miles, And I would walk five hundred more, Just to be the man that walks a thousand miles, To fall down at your door.”?
3. Euston, Euroley and Uralla are all towns in which Australian state?
4. Is the current world land speed record closer to 800 kph, 1,000 kph or 1200 kph? Take a bonus point if you can say what decade it was set.
5. Besan is a South Asian culinary ingredient, a flour made from which grain or pulse: chickpeas, horse lentils or yellow pigeon peas?
6. Stig, tig, mig, and stick. Three of the four are types of the same thing. Which is the odd one out?
7. Is a Spanish galleon a gold coin, a warship or a wine bottle?
8. Ron Howard’s multiple Academy Award winning 2001 movie, A Beautiful Mind, portrayed the troubled life of Nobel Economics Laureate, John Nash. Name the actor who plays Nash. Take 5 bonus points if you can name the field of economics for which Nash’s work was recognised.
9. If one is feeling labile, what, exactly, is one feeling?
10. Australian sister and brother Minjee Lee and Min Woo Lee recently won championships in the same sport within a week of each other. Can you name the sport?



- Answers
1. Portugal.
 2. Craig and Charlie Reid, Scottish rock duo The Proclaimers in their 1988 song “I’m Gonna Be (500 Miles)” which topped the charts in Australia, New Zealand and one other country. But more of that next month.
 3. New South Wales.
 4. The current record of 1223.657 kph was set by Andy Green in Thrust SSC on October 15, 1997. It was the first supersonic record set by a wheeled vehicle. Thus ends this brief obsession with land speed records.
 5. Chickpeas.
 6. The Stig is the mysterious unknown racing driver who sets lap times on the television show Top Gear. The others are all welding methods.
 7. The galleon is a warship first developed as an armed cargo ship in the age of sail. They dominated naval warfare for the 150 years prior to the Anglo-Dutch Wars of the mid 17th century.
 8. Russell Crowe received an Academy Award nomination for his portrayal of Nash who was awarded the 1994 Nobel Prize in Economic Sciences for his work in game theory. Just another troubled Aspy genius.
 9. When feeling labile, one is experiencing easily aroused, strongly expressed, spontaneously changing emotions.
 10. In October, Minjee Lee won the Ladies Championship in South Korea and Min Woo Lee won the Macau Open.

Nimbin Crossword

2023-II
by Novata



Across

1. Small crustaceans and fish larvae (12)
7. Mandarin word for tea (3)
10. Have an existence (2)
11. Rock produced by the action of fire or intense heat (7)
12. Any handsome young man (6)
13. Fail to fire or detonate (7)
15. With a prominent, hooked nose (5)
18. Australian crane, well-known for its mating dance rituals (6)
20. Heard or perceptible by the ear (7)
22. The countries of Asia (4)
24. Arranges in alphabetical order (12)

Down

1. Means of enlightenment through meditation and intuition (3)
2. Killed intentionally and with premeditation (5)
3. Adding alcohol to beverages; spiking (6)
4. Form of socialism featuring racism and expansionism, and obedience to a strong

- leader (6)
5. Divine transformation and resurrection of the pharaoh after death in ancient Egyptian mythology (4)
6. Acute but unspecific feeling of anxiety (5)
7. Supplement to alter an already executed will (7)
8. State of being in control, superiority or commanding influence (9)
9. Pin to attach papers to a bulletin board or drawing board (8)
10. Deeply eroded barren land (8)
14. Small vessel with rim curved to fit the eyeball, for cleansing it (7)
16. Manufactured in standard sizes to be shipped and assembled elsewhere (6)
17. A video game console (4)
19. Divisions of play in cricket when six balls are bowled by one player (5)
23. Abbreviated synonym for dodgy (3)

Solution: Page 34

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Applications close: 19th November

Guardians of the Border Ranges

by Holly Tutin

Ladies and gentlemen, fans of fantastical adventures and all who have eagerly awaited the next chapter of this beloved story, the moment has arrived!

The Adventures of Ezekiel is back with a new name, 'Guardians of the Border Ranges', and a brand new season filled with enchanting tales and thrilling mysteries.

If you joined us for the launch of Season One last year, you know the magic that these stories hold. You're invited once again to embark on a journey through the vivid world of Ezekiel and his extraordinary companions. And if you have been anticipating Season Two, your patience is about to be rewarded.

For the kids out there who love dress ups, feel free to come along dressed as one of our two main characters... a bee or a wolf!

The launch will be held on Sunday 3rd December, 11am - 2pm at the Nimbin Bush Theatre Café.

What to expect at the launch party

Live music: Enjoy the soulful tunes of Sarah Stando, setting the perfect atmosphere for a day of fun



for the whole family.

Face painting: Let your imagination run wild as Fiona, a talented local artist, transforms the kids into characters of their own!

Stilt walker fun: Witness gravity-defying acts as stilt walker Anna and whimsical sidekick Jax bring the story to life.

Kids photo booth: Dress up and capture unforgettable memories in our enchanted photo booth. Wolf ears and

tails are available to borrow for a fun photo opportunity.

Enchanted stick making: Create your own magical sticks to accompany you on your own adventures.

Author reading and Q&A: Get a sneak peek into the exciting new season as the author shares stories and answers your buying questions. Hint: The Chapter I'll be reading is called 'Bee-Friending the Wolf'!

Comps and prizes: Test

your knowledge of the story or show us your best colouring skills and win exciting rewards!

Free tarot readings: Explore the mystical arts and receive insightful readings from a talented practitioner.

Delicious food: Savour the delightful dishes from the Bush Theatre Café

This is a family-friendly event filled with something for everyone. Bring your friends, family and fellow adventurers to join in the celebration.

CDs will be on sale on the day or you can check out: hollytutin.com for a link to purchase your digital copy on Audible, iTunes or Google Play.

Copies of Season One with our old title will also be on sale at a discounted price if you'd like to pick up a bargain.

Guardians of the Border Ranges: Season Two promises to captivate boys and girls from ages 4-12 and parents too! Whether you're an existing fan or new to the world of Ezekiel, this launch party is an event you won't want to miss.

So mark your calendars, spread the word and be prepared for a magical day of adventures and celebration.

Can't wait to see you there!

Stories of elsewhere

by René Norwie

From time to time we all feel the need to shoot the breeze, chew the fat, talk turkey, and flap our lips.

We feel the need to get beyond the everyday small talk, to have a proper conversation, and get to know someone a bit better. We do this quite naturally by sharing stories of our past and present exploits and misadventures, finding connections in our similarities and uniqueness.

At Nimbin Storytellers we are trying to do just this; getting to know each other a bit better and finding connection in our community by sharing our stories.

Once a month we get together for a Story Group to workshop and tease out stories we've been tinkering with. It is also a great casual opportunity for anyone who is curious to dip their toes in and test the waters with a friendly group of locals who share a love for oral storytelling.

Then at our bi-monthly storytelling nights, tellers from in and around Nimbin get up on stage and tell a lived story from their life. Most tellers have no previous stage experience but that doesn't detract from their storytelling in the least.

Very quickly you get the



feeling that they are speaking to the audience as if they are telling their story to a group of friends. And by the end of the night we can't help but to feel buoyed and a bit more connected to this extraordinary community of ours.

That's very much what it felt like on Saturday, 7th October, when we came together at the Nimbin Bowling Club to hear six locals share their personal stories on the theme 'Elsewhere'. We heard tales of walking into a Mexican exorcism on the promise of a healing massage (Emmy Jett); how the gift of music keeps a father and daughter

close across time (Aline); finding greener grass when we follow our dreams for something better (Gwilym S); witnessing the horror that the Timorese people lived through in their struggle for independence (Marie Therese); getting the fright of a lifetime at the foot of Mount Vesuvius (Leanne Logan); and of a winding journey from New York to an enchanted corner of Tuscany.

We were also treated to some beautiful bluesy folk music from local musician, Andy Walker.

Recordings of these stories are available to hear again at: www.nimbinstorytellers.com/listen

Our last Storytelling Night of 2023 is on Saturday 2nd December at the Nimbin Bowling Club where the theme for the evening is 'Returns'. We'll hear tales about retracing your steps, bouncing back, coming full circle, and returning home.

For 2024 we have some great themes lined up to inspire more memorable true stories. They are: Endurance, Enchanted, Crossroads, Courage, Rebirth, Fear, Love & Laughter. Come along to experience lived stories told live.

Details of upcoming events are on our website and Facebook, just search "Nimbin Storytellers".

Tuntable Falls school family camp 2023



by Ginger O'Brien

Tuntable Falls Community School's family camp is a celebrated tradition that was revived in Woody Head to complete term 3.

Ever since the school's inception in 1981, family camps have always been my fondest memories.

As a student at the school in the 1990s we would travel to a remote campsite for seven days at the end of each term with our families and extended school family to learn on the land.

Even though there was a staple diet of porridge, rice and dahl, the camps were still the highlight of our schooling.

Fast forward to 2023 and our family camps are better than ever. Our parent-led camp committee organised delicious and nutritious meals and the load of

cooking and cleaning was shared between all the parents to ensure everyone helped, as well as had plenty of downtime.

There was a deep sense of community living demonstrated throughout the week, as 85 parents, babies, children, teenagers and grandparents all collaboratively supported each other, reminding us all that we have found our tribe.

As a community school we strive to support all our families, and this year the school pre-booked the group site for all the single parent families to be central to the action and the camp kitchen.

Breastfeeding mothers are also exempt from cooking and cleaning throughout the week. These somewhat small offerings mean the world to our parent cohort.

We believe it takes a village to raise a child and any opportunity to model this to our future leaders is showcased.



Regional finals win in tournament of minds

by Jane Mari

During term 3, a team of seven Nimbin Central School students from years 9 and 10 – Eden Freeman, Kaara Stephens-Smith, Winter Matheson, Arien King, Mischa Gringnon, Domineeq Milton and Jarrah Lumley – participated in the wonderful, challenging event, Tournament of Minds.

The students chose to work on a challenge in the Arts discipline and spent a month building an immersive 3D artwork, soundscape and performance piece.

At the end of August, they participated in the Regional



Finals on the Gold Coast and came first in the North Coast Division.

The team were then invited to participate in the State Finals in Sydney on 10th September.

They had a fantastic weekend exploring Sydney and enjoyed visiting some iconic sites.

On Tournament Day, each

team had three hours to work on a new challenge before presenting a performance in the afternoon.

The challenge for the day involved creating musical instruments from simple objects and our students showed amazing creativity to make a bagpipe out of materials

including a recorder and a plastic bag.

The Tournament of Minds draws on students' creativity, teamwork, spontaneous thinking and communication skills.

Our team did exceptionally well in showcasing these abilities throughout the competition and were great representatives for both themselves, Nimbin Central School and our whole Nimbin community.

A big congratulations to everyone involved including Science teacher Bronwyn White who worked with, accompanied and helped to inspire the students to achieve success.

Dance into movement classes for pre-schoolers

by Keely Jones (educator)

At Tuntable Falls Early Childhood Centre the pre-schoolers are very fortunate to have a weekly movement class with Miriam Torzillo (EdD Dance).

In the classes she inspires the children to explore different ways of moving their bodies to tell stories, explore feelings, work together as a group with awareness of each other, and be provoked by different styles of music.

In our first week of Term 4, Miriam came for a special visit to preschool, bringing with her some of her movement group from Lismore.

Miriam and three young-at-heart older women came

out to Tuntable Falls and performed a choreographed routine they had been rehearsing together.

The pre-schoolers watched quietly as the women performed.

Inspired by their movements, the preschoolers and educators were then invited to join in and together we created a 'forest' with our bodies.

We then co-created a dance sequence with original movement ideas and input from the children and the adults.

It was a wonderful creative process which brought so much joy to everyone involved.

We then enjoyed a delicious morning tea together, which was a great



opportunity to get to know our new friends over some scones and cake.

We are already planning an excursion to reciprocate the visit to continue dancing and collaborating with our new friends in Lismore.

Tuntable Falls Early Childhood Centre is open Tuesday, Wednesday, Thursday from 8.30am to 4pm during school terms.

For enrolment enquiries please call 6689-1179 or 0493-165-302.

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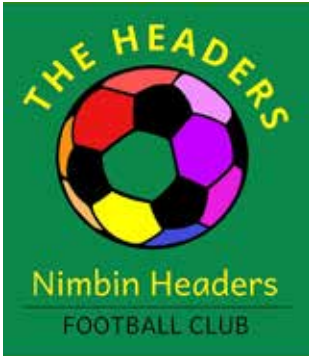
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Nimbin Headers Summer Socials



by Kate Dillon

The Headers have again delved into social football in the off-season, only this time it has been organised by a key group of enthusiastic players

who were inspired by the long-awaited lights at the Headers fields. With some support from the committee, the organisers have brought the idea of this competition to life. Tuesday 31st October marked the fourth evening of the Nimbin Headers Summer Socials Competition, with ten teams registered for a six-a-side competition. There has been a fantastic mix of new and returning faces attending, with particular emphasis on encouraging new players to become familiar with the

club, the game and to get in and have some fun. The competition will run all the way until early February (with a break over the Christmas period) and players of all levels are enjoying matches on a Tuesday night at the fields. Registrations for teams filled quickly, however registration for individual players for established teams will remain open through the season, as people come and go over the Christmas period. Spectators are welcome to enjoy these fast-paced games, with five games per evening, kicking off at 6pm and 7.10pm.

Volunteer roles at the showgrounds



by Dave Fawkner, secretary

After a successful show in September the Nimbin A&I Society will be holding a get-together BBQ for its volunteers from midday on Sunday 12th November. As a not-for-profit, the A&I Society would not exist without the contribution of volunteers. These include the committee, the dedicated crew who turn up every Wednesday to maintain the grounds, buildings and equipment, and those who volunteer for particular jobs such as processing MardiGrass campers or setting up the pavilion for the show. All past and present volunteers, along with anyone who is interested in getting involved, are welcome.

Navigating obesogens!

by Tom Jones

Obesogens are chemicals that can lead to weight gain and obesity by interfering with our body's metabolic processes. These substances, found in various consumer products and even in our food, can disrupt our hormonal balance, posing a threat to our overall health. Obesogens operate by activating cellular systems that lead to an increase in fat cells or promote fat storage. Some even disrupt our appetite control and pleasure-driven eating habits. This interference with our metabolic processes can have far-reaching effects on our organs, including the brain, pancreas and liver.

Exposure to obesogens during pregnancy and early life can have lasting effects on our health. It's crucial to be aware of the sources of these chemicals to minimise potential harm. Especially fluoride.

Were you aware that the CDC recently admitted that fluoride lowers the IQ of a child? They have attempted to cover that up, but luckily people like us know where to look!

Highly processed foods, prevalent in the modern diet, often contain artificial ingredients that serve as obesogens. These additives, like sweeteners, flavor enhancers and preservatives, can be found in a wide range of products, from fast food to seemingly healthy options like protein bars.

Eat meat. Meat contains everything you need which means you most certainly don't need to eat protein bars!

The consumption of highly processed foods has been on the rise, contributing to the increasing rates of metabolic-related diseases.

Accessibility to fresh, unprocessed food can be a challenge, especially for those with limited resources, exacerbating health disparities.

How do these obesogens infiltrate our food?

Obesogens can find their way into our diets through various channels.

High-fructose corn syrup is one of them. Stay clear of it at all costs. It is not naturally forming and is created by man.

Most obesogens in our diet are artificial chemicals intentionally added to highly processed foods.

Artificial additives like MSG, aspartame and saccharin, commonly found in low-calorie and diet products, have obesogenic effects. Preservatives like BHA



DISCOVER FITNESS

and parabens, as well as certain emulsifiers, can also contribute to this phenomenon. Additionally, contaminants from packaging materials and environmental pollution, such as BPA and PFAS, can infiltrate our food.

Heavy metals, although some are essential in small quantities, can become toxic when accumulated in the body over time. Arsenic, cadmium, lead and mercury are among the most concerning. They can lead to a range of health issues, from organ damage to increased cancer risk.

While it may be challenging to completely avoid obesogens, there are steps we can take to reduce our exposure:

- Educate yourself about food additives and read labels.
- Prioritise whole foods like fresh produce, beans, and whole grains.
- Opt for organic fruits, vegetables, and animal products to lower pesticide and chemical exposure.
- Minimise use of plastic and opt for safer alternatives like glass or stainless steel.
- Be mindful of your water source and consider using a quality filter.

However, not all metals are harmful. Essential metals like zinc, iron, copper, and magnesium are crucial for our overall well-being. These metals play vital roles in our immune system, metabolism, and overall bodily functions.

Understanding obesogens and their impact on our health is a crucial step toward a healthier future.

By making informed choices about our diet and lifestyle, we can reduce our exposure to these harmful chemicals and pave the way for a stronger, more resilient body.

Stay strong, stay informed and STOP drinking the tap water.

Email me at: charliejones5891@protonmail.com

Nimbin Crossword Solution

From Page 31

	Z	O	O	P	L	A	N	K	T	O	N	S	
	E		F		A		A					A	
	N		F		C		Z		A		C	H	A
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Prizes for art and craft

Kyogle's Summerland Giant Pumpkin & Watermelon Festival Still Life Painting Prize 2024 is now open.

This year's Still Life Painting Prize pays homage to Margaret Olley, Australia's most respected painter of Still Life artworks, who spent the earliest years of her life as a resident of Horseshoe Creek, Kyogle.

The organising committee are investing in the talents of local artisans by funding substantial prize money in each age section of the Art prize; Senior for adults, intermediate (High School) and Junior (Primary School).

Prizemoney for the Junior is 1st: \$100, 2nd: \$75, 3rd: \$50, and there will also be three encouragement awards.

The Intermediate Prize money is 1st: \$200, 2nd: \$100, 3rd: \$75.

The Senior Section is 1st: \$500, 2nd: \$250, 3rd: \$100. This is definitely a worthwhile competition for artists to enter. All the details are on the entry form.

Entry forms are available from the Nimbin Artists Gallery, Roxy Gallery, Clay Corner, Kyogle Crafts, Kyogle Farmers Market or via our Facebook page: Summerland Giant Pumpkin & Watermelon Festival, or contact Caroline on 0459-401-568.

Please return completed entry forms by 15th December to the Gallery, Clay Corner or PO Box 795 Kyogle 2474 to be accepted into the competition.



Paying homage to Margaret Olley. The Summerland Giant Pumpkin and Watermelon Festival will be held in Kyogle on 20th January.



Craft competitions

A woodworking competition and soft craft competition will be held in conjunction with the Painting Prize.

Soft craft is any item made of fibre. They can be sewn, knitted, woven, crocheted, soft toys, rugs, wall hangings, quilts.

Woodworks will be judged on timber selection, craftsmanship and technique by an established timber craftsman.

Each craft competition will have Senior and Junior sections featuring substantial prizemoney. This year there will be three prizes awarded



in each age section of each.

Craft Prizes Senior – 1st: \$500, 2nd: \$250, 3rd: \$100. See entry forms for further details.

To acknowledge the depth of talent of our artist display, this year's entries in all three categories will be displayed as an exhibition at the Roxy Gallery from 18th January until 11th February, 2024.

Natural Law

by Helene Collard

Healing is about opening doors. Sometimes it's doors that have been closed for a long time. Behind those 'long shut' doors are painful memories, that we needed to create distance from, and/or just couldn't face.

Under these circumstances, we reorganise our life and the way we see the world, according to this door being shut. We create a narrative and assume an identity, that further reinforces the need for the door to remain closed. We feel safe, as long as this door remains shut.

Sometimes, we've lost touch with what is even behind that door, but every time we get near it, we feel heat, and the discomfort is enough to make us turn the other way.

The Reiki healing system has a very clear guiding framework, it asserts that 'one must ask to be treated' or that 'permission and consent must be obtained before treatment occurs'. I've been talking to my students about going deeper with permission and consent. Beyond the implied consent of someone making an appointment, and showing up, there are many ways I implement consent along the way.

For example, during our



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

consultation, even if I sense you are standing at a 'closed door', I will never open it for you. Healing happens in your time and in your way. Simply acknowledging a closed door is there, is a beautiful step. Another way I extend consent is to ask 'what do you give permission for the energy to work with today? What are you needing most?'

This 'feminine' Reiki approach asserts 'the guru is within' and thus sessions are geared towards listening deeply, channeling the healing energy and following your lead. Over time, this therapeutic approach builds strength and empowerment. It flexes

the belief that you are the expert in your own healing journey and prepares you as the 'leader' to open doors in your time.

Which approach feels more empowering for you? Someone identifying your doors and opening them for you, in a time they choose? The Reiki approach sets you up on a path to empowerment. It's not the quickest method, but is shorter always better? What would be more integrated and provide long-term benefits?

Life will always present us with challenges, and the accompanying agitation is there to propel us to 1) create, and 2) destroy. The more accepting we become of the discomfort that is inherent in major growth, the better we can seek the right support to nurture us within the 'cocoon', so we too can emerge, beyond our wildest imagination from a caterpillar, to the radiant butterfly.

It's time to bring something to completion. Open the door and feel the immense release, and the new and wonderful space, that will change a lot.

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

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158 MORAS ROAD, ROCK VALLEY
4 BED | 2 BATH | 2 CAR | 62 ACRES
POOL | SHEDS | DAM



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94 HUTCHINSON ROAD, NIMBIN
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DAMS | CREEK | LARGE SHED



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SOLAR & BATTERY | BUSH BLOCK | POOL



\$550,000
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5 BED | 1 BATH | 1 CAR | 1,277 SQM



\$645,000
1/4 WALLABY ROAD, STONY CHUTE
4 BED | 1 BATH | 2 CAR | 8.2 ACRES
DAM | VEGGIE GARDEN | OFF GRID
COMMUNITY SHARE



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INNOVATIVE RAMMED EARTH STRUCTURE
OFF GRID



\$865,000
11 SILKY OAK DRIVE, NIMBIN
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7 ROUS ROAD, GOONELLABAH
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SOLD
1/28 SUNRISE CRESCENT, LENNOX HEAD
SOLD



SOLD
132 GABAL ROAD, LILLIAN ROCK
SOLD

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Sundai
0413 751 184

AGENT OF THE YEAR
| 2020 | 2021 |

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



NEW



26 Alternative Way
Nimbin 872m2
\$355,000 Agent: Samara

NEW



20/78 Cecil St
Nimbin 2000 sqm
\$695,000 Agent: John

NEW



4 Kenzi Rise,
Nimbin 4285sqm
CONTACT AGENT Agent: Samara

COMING SOON



73/265 Martin Rd,
Nimbin 2.5 acres
\$820,000 Agent: Jacqui

NEW



3 Tareeda Way
Nimbin 783sqm
\$650,000 Agent: Jacqui

NEW



35/4505 Kyogle Rd,
Wadeville 5 acres
\$430,000 Agent: Jacqui

NEW



Lot B 1233 Jiggi Rd
Georgica 100 acres
\$1,000,000 Agent: John

NEW PRICE



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

SOLD



165 Gungas Rd,
Nimbin 4324sqm
CONTACT AGENT Agent: John

SOLD



9/564 Byrill Crk Rd,
Byrill Crk 10000 sqm
CONTACT AGENT Agent: Sundai

NEW PRICE



29 Hunter St
Lismore 620sqm
\$565,000 Agent: John

SOLD



1316 Nimbin Rd,
Goolmangar 5 acres
CONTACT AGENT Agent: Samara

FEATURE PROPERTIES



97 Endries Rd, Tatham

0 0 0 200 acres

Price - \$1,195,000

200-acre property near Casino, Lismore, & Evans Head, offers an opportunity for farmers or those seeking an escape from urban living with a building entitlement & infrastructure in place. With an unequipped bore with a 19-megalitre irrigation license, stock-proof fencing, power infrastructure, & dual road frontage. Fertile soil types make it suitable for various agricultural pursuits, 2 flood-free building sites ready for construction.

Agent - Samara Burcher

1511 Cawongla Rd, Larnook

3 1 4 100 acres

Price - \$CONTACT AGENT

PEACE & QUIET

Set on 97 acres 750 metres off the main road, this beautiful Bio Secure farm offers a quiet life with rich and fertile land. Currently home to an established alpaca farm used for both breeding and selling high quality Suri Alpacas. Water here will never be a worry with a 36 metre bore and solar pump providing an endless supply of quality water fixed to 3 tanks (water storage approx. 130,000 litres). Full solar system set up with 32 solar panels and 8 SunGel batteries. Switch over to mains or stay off the grid at your choice. Relax on a summer's afternoon by the natural, freshwater swimming pond 7 x 6 metres and 1.8 metre deep at the house. Perfect opportunity to create your own hobby farm with great soil, abundant water supply, practically new fencing throughout the entire acreage. 8 fully fenced predator proof paddocks, 6 with yards, shelters shade & troughs. The sweet 3 bedroom 1 bath home is perfect as is, otherwise a perfect little DIY project for the keen renovator. Agent - John Wilcox/Sundai Harrison