

ASTRO forecasts



by Tina Mews

what's happening
in the heavens?

Aries

Current imbalances in your personal relationships might initiate a very potent time of healing. Making your feelings heard is part of the process. Nevertheless, you could feel more vulnerable than usual during these times of great transformation. Be prepared for entering a cycle of new soul-growth accompanied by endings and new beginnings and a potential for metamorphosis in your relationship dynamics.

Taurus

A cycle of a heightened need for self-sufficiency and stability is ending. Now it is about creating the right balance between work and relaxation. The Full Moon eclipse on October 28/29th could mark important changes in your relationships - personal or professional - strengthening those that are solid and satisfying and ending those that do not align anymore with your purpose.

Gemini

Endings and new beginnings are taking place in your creative sector of the chart. It is the house of pleasure and romance but also children, pregnancies and the birth of new children. This cycle could be a powerful call to explore your creative gifts further and align yourself more deeply with your own heart energy.

Cancer

During this cycle, the focus is on home and strengthening your foundation. Endings and new beginnings might be taking place around your domestic affairs. Align yourself with your 'inner witness' and trust this process of renewal and regeneration that ultimately can heal wounds from the past so that you are able to move on with a newly found sense of purpose.

Leo

Communication plays a key role right now, especially the conversation you have with your community, neighbours and siblings. Make sure that you have understood the other person's view fully before drawing definite conclusions. The Solar eclipse on October 15 might mark important endings and new beginnings suggesting the need for gaining new perspectives and clarity.

Virgo

Endings and new beginnings might affect your financial reality and could challenge your sense of security. Your judgment of what is most important and where or how to invest your resources might suddenly change. Revisit your values and align with the person that you have become. The Black Moon Lilith and Venus are conjoined in Virgo for most of the month urging you to express more of your authentic self.

October

October brings an important turning point as we are moving through the second eclipse season of the year. A very potent Solar eclipse (a powerful New Moon) takes place on October 14/15th followed by a partial Lunar eclipse (a very potent Full Moon) in the early morning of October 29th.

Eclipses happen twice a year, when there is an exact alignment between Sun, Moon and the Earth. Energetically, they function as portals that can open new pathways and perspectives. Nevertheless, in the days prior to an eclipse we feel like being in shadow, unable to see the complete picture. Eclipses are harbinger of change and often coincide with important endings and new beginnings, especially if they interact with a natal chart, may this be the birth chart of a person, an event, or a nation. In general, events that fall near eclipses work out unexpectedly.

The Solar eclipse (AEST 3.55am October 15th) will be on 21st degree Libra.

Libra has a strong sense of justice and demonstrates a natural talent for mediating between opposing views until reconciliation is achieved. However, since August 28th Mars, the planet of assertiveness and conflict, has been transiting through accommodating Libra (until October 12th). Mars is the ruler of Aries, the sign opposite to Libra. The Aries-Libra axis describes the tension that exists in all relationships: the struggle to find a balance between individual freedom and autonomy on the one hand, and the support, approval and acknowledgement we all need from others on the other hand.

Additionally, the warrior planet has been in alignment with the karmic south node (exact October 4th) while forming a square aspect with Pluto, the Lord of the Underworld (exact on October 9th). Pluto represents death and rebirth, the dying of old forms so something new can be born, including the natural resistance one feels towards embracing what we don't know. In the weeks prior to the eclipse, we might get involved in conflict with forces that we cannot control while power struggles between different parties or points of view is deepening. This can lead to breakdowns of existing relationships and alliances. Successful negotiations of all sorts are more difficult to achieve in this climate of heightened controversy and anxiety. Mars enters Scorpio on October 12th, intensifying the desire to be in charge and resist change.

The Solar eclipse follows three days later and amplifies the evolutionary significance of this moment in time. The eclipse is closely conjunct Mercury and opposing Chiron in Aries while making a stressful square with transformative Pluto. The time is asking

for collective healing - but instead we may experience an escalation of woundedness and polarisation. Our sense of logic and fairness (Libra) might be hijacked by passionate feelings (Pluto). The resolve to this may emerge when we pay attention to what feels right in our own heart. It is a south node eclipse suggesting the need for emptying out and letting go of outdated assumptions and associated behavioural patterns to achieve more clarity. On the other hand, we might find it challenging to express our own truth without upsetting others.

Pluto has been in a stressful square aspect with the karmic lunar nodes since the last set of eclipses in April/ May 2023. On a higher level, Pluto signifies the need for a quantum leap, a consciousness upgrade for humanity in general and each person in particular. Uranus, the planet associated with revolution and change is in a tight 150-degree angle to the eclipse reflecting the tension that exist between the old and the new and the current struggle in finding a united route ahead.

The Taurus Full Moon on October 28/29 is a Lunar eclipse that follows the Solar eclipse. The Moon is conjunct Jupiter and opposes the Sun in Scorpio, which is conjoint with Mercury and Mars, also in Scorpio. This is the last eclipse on the Taurus-Scorpio axis. This cycle started in November 2021 and has highlighted themes of material security and issues of survival, of resources and ownership, of battles over territory as well as issues around the economy and financial markets. The re-distribution of wealth towards a small elite and the push for a 'cashless' society - and equally for more control - has been speeded up during this cycle. Taurus and Scorpio are both fixed signs, determined and persistent when following their own agenda. Jupiter conjunct the eclipsed Moon and in opposition to Mars and Mercury might indicate that we need to voice our truth and stand our ground over anything forced upon us. Ultimately, this eclipse cycle has brought into focus a conscious assessment of all values, teaching us when we can or cannot make concessions.

• Navigation by the stars

Personal and/or Relationship Astrology; Life Cycles and Your Year Ahead Transits; Plans, Directions, Concerns for 2023-4; contact Tina on 0457-903-957; in person, zoom or skype consultations; email: star-loom@hotmail.com

• Astrology at Lillfield Community Centre

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Libra

This is the beginning of a new 19-year cycle especially if your birthday falls around mid -October. You may experience a desire to stand your ground more firmly and heal old issues around co-dependency. In more extreme cases, it might mean the end of a relationship or a contract that doesn't fulfill your needs anymore. The task is balancing your personal identity with meaningful relationships in your life.

Scorpio

Pay attention to your dreams and observe your environment for messages that are coming towards you. You might gain sudden clarity about something previously veiled. Just trust the process, trust your instincts. There can be surprises or disruptions in your relationships especially during the Lunar Full Moon eclipse on October 28/29th. This eclipse cycle has brought into focus your sense of value - knowing when you can or cannot make concessions.

Sagittarius

This eclipse cycle brings your attention to your social networks and circle of friends. It is a time of endings and new beginnings with possible endings of some alliances and strengthening bonds with others, may they be old or new connections. Whoever enters now into your life might provide you with a sense of destiny, a feeling of synchronised encounters.

Capricorn

This eclipse cycle commands your attention towards your life direction and greater purpose in life. You might undergo a sudden career change as new opportunities are coming your way. Nevertheless, it involves a process of emptying out of assumptions and perspectives that belong to the past. You are in the process of gaining a new status, which involves a time of inner and outer transformation.

Aquarius

Your spiritual and philosophical attitudes and outlooks are in a process of transformation. It involves a change in your storyline and emptying out beliefs that keep you stuck in the past. You are encouraged to think bigger and imagine new pathways. Nevertheless, keep one foot on the ground as the demands of your domestic life assists with being present in the here and now.

Pisces

This eclipse cycle could initiate a process of soul-searching. Endings and new beginnings in your relationship dynamics might bring to light something, which has been lingering in the dark. Speaking your truth and sharing your deepest feelings as well as your fears will initiate a new level of understanding and intimacy.



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Being a ‘Sensitive’

by Marilyn Devlin

I’m not fond of labels... in fact I’m particularly put off by them. Cramming what is vast and unexplainable into a tiny four by four space. You could suffocate and die in there.

We laugh together... my therapist and I. “What must it be like?” I ask. To not have all those feelings and impressions stirring inside you. Just life as normal day after day. No huge ripples either way.

“Surely it’s not possible,” I conclude. My therapist is a ‘sensitive’ like me.

I rarely use labels... ‘cause they just never fit. They’re full of contradiction, misinterpretation, fads and concepts... and all sorts of things. And they never hit the mark.

Like that book – the different coloured hats... I read many moons ago. We play-acted them in a women’s course I was doing. It always struck me as being significant.

I had a personal experience of it... choosing a name for my son. He was weeks old and I still hadn’t found a name for him that fit. I’d place a name on him... and it would just jump right off. Made me think of that book.

It wasn’t a conceptual thing... it was a feeling, a vibration. I could actually see it.

Then one day someone suggested a name... I tried it on him... and it snuggled itself fitting perfectly on his head. I thought that was pretty amazing.

The book – *The Six Hats* by Edward De Bono. De Bono was said to be the inventor of ‘lateral thinking’... a method of solving problems indirectly.

By putting a different coloured hat on your head (physically or metaphorically) you came to a question from a different quadrum of your brain... sort of thing.

So what’s that got to do with being a ‘Sensitive’?

Everything has a vibration. Everything is made from the same source of life. It’s as if everything gives off waves, colours, sounds... everything speaks. And if your antennae are extra grooved that way... you get to hear it, feel it, know it’s there.

Of course a lot of this can be unconscious at times... otherwise it would make it hard to function in day to day life. But our body is always picking it up. It can take its toll.

‘Sensitives’ can be vulnerable to overwhelm. Why it’s so important to create a safe, nurturing, kind and caring space for yourself.

Only we can provide the care we need for ourself. ‘Cause often people have no clue... of what’s occurring inside you. And it’s another language, so not easy to explain. Only you know. And it’s imperative you trust yourself.

It’s a big thing... trusting yourself. I continue to seek a higher level of it as my life unfolds. It’s not easy. We need to find ourself again... amidst the overload of conditioning that’s been piled upon us.

And as times continue their intensity and dismantling... so much changing shape before our eyes... it’s more important than ever.

September finished with a god almighty intensity-fuelled Full Moon... catapulting us into October. It’s a big month in the ‘heavens’. Lots of intensity continues to unfold.

We’re reaping the karma of our decisions and actions... as a collective. There’s no way but through... we need to learn new ways.

Be game to try a different road. Put on our adventurers hat. Take a couple of steps. Do what we can. Care in a way we haven’t cared before.

The essence of Life is always amazing... magick blooms all around us. The Great Love that is never deserts us... we’re continually supported is so many ways. Ways we can’t see. But it’s always there.

These are big times... most of us understand this now. But we’re never powerless. We have the power that created everything vibrating inside us. We are children of Life... we know the way.

I might experiment with a different coloured hat. Much Love.

Nimbin Trivia Time

by Eclectus

Questions

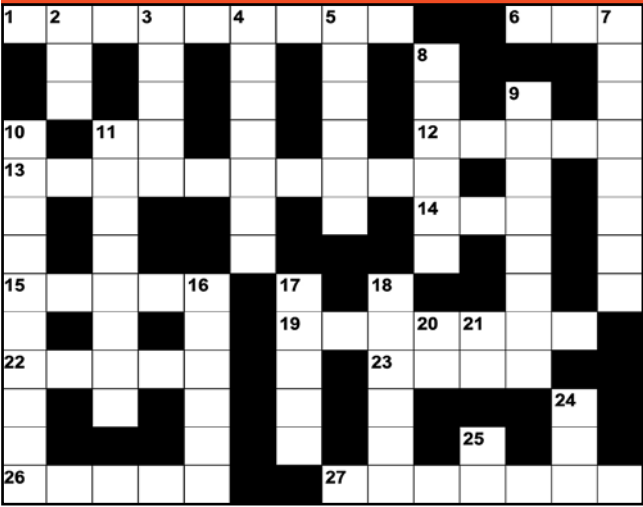
1. This tree was the *Nimbin GoodTimes* Plant of the Month in June. It is a lover of creek banks and its spectacular fruit are edible. Can you name it?
2. In the Queen song *Bohemian Rhapsody*, Freddie Mercury sings: “I see a little silhouetto of a man Scaramouche, scaramouche, will you do the” what?
3. Finch Hatton, Gatton and Julatten are all towns in which Australian state?
4. The first seven world land speed records were set by electric vehicles in 1898 and 1899, taking the record from 63.15 kph to 105.88 kph. What power source brought the early dominance of electric vehicles to an end in 1902, taking the record at 120.80 kph?
5. In the nursery rhyme, Little Miss Muffet, the subject sat on a tuffet, eating her what? Take a bonus point if you can say what a tuffet is.
6. Harlequin, magpie and satin all describe the appearance of what animal which was recently on display at the Nimbin Show?
7. The current housing crisis has generated calls for rent regulation to alleviate increasing homelessness and responses that such economic madness will crush housing supply. Rent regulation is not new, however, having been adopted globally twice during the 20th century, instigated by global war. These are far from the only times such action has been taken by governments throughout history. The first recorded instance was implemented by a towering figure of classical antiquity in response to housing problems. Can you name this free-wheeling iconoclast, celebrated in the arts and politics as well as history? Obscure hint: he was not a republican.
8. Is coleus an ancient tool used to extract coal from the ground, a regular Colosseum-goer in ancient Rome, a large sword used in ancient Greece or a type of plant?
9. The King James Bible is the most printed book of all time. The next most printed author is William Shakespeare. Who is the third most printed writer of all time?
10. Why is K-pop supergroup Blackpink’s singer, Lisa Manobal, copping so much flack on Chinese social media right now?



- Answers**
1. It is a Creek Lilly Pilly (*Acmena smithii* var *minor*).
 2. Fandango, a complex, triple time flamenco dance. Mercury never offered meaning for Bohemian Rhapsody, suggesting that people listen and interpret it for themselves. It has a couple of metaphorical meanings: death by hanging or to bargain with the devil.
 3. Queensland.
 4. Steam took over briefly in 1906 but that record fell to an internal combustion engine four months later. Steam made a brief return to break the 200 kph barrier in 1906 but the dominance of internal combustion engines continues today with the transition to jet engines in 1964 when Donald Campbell recorded 648.73kph at Lake Eyre with Bluebird, a gas turbine powered turboshaft vehicle. It was the last wheel-driven record as the motorsport governing bodies recognised jet propelled wheeled vehicles in December 1964.
 5. The Muffet girl was eating her curds and whey as she sat on a grassy knoll (or, perhaps, a three legged stool – she can’t get her story straight). The spider (that sat down beside her) says she’s had a lot of bad press lately and denies everything, including frightening Muffet away.
 6. They are all official descriptions of guinea pig fur.
 7. Julius Caesar, two thousand years ago.
 8. Coleus is a plant with brightly patterned leaves.
 9. Agatha Christie
 10. It has been announced that she will sing at the Crazy Horse Cabaret in Paris which features nude dance routines between variety acts. Many in China, where prostitution and strip clubs are outlawed, view the Crazy Horse as just another strip club offending Chinese social mores.

Nimbin Crossword

2023-10
by Novata



Across

1. Skullcap worn by religious Jews, especially at prayer (9)
6. Music genre originating in Jamaica in the late 50’s (3)
11. North-West state of USA, 49th admitted to the union (abbrev) (2)
12. Feeling or showing extreme anger (5)
13. People who meddle in the affairs of others (10)
14. Self-report personality inventory, from Hans Eysenck’s ideas (inits) (3)
15. Taste characteristic of monosodium glutamate, often called the fifth flavour (5)
19. Dialect of high German, including Hebrew and other words, spoken by many European Jews (7)
22. One of a number of uniform projections on a gear (5)
23. Large number or amount (4)
26. Woodland deity, identified with Roman fauns (5)
27. Cheated by avoiding payment of a gambling debt (7)

Down

2. Situated on or towards the stern or tail (3)
3. Inferior and worthless (5)
4. Having thick lips (7)
5. Little elf (6)
7. Deny or renounce (8)
8. Edge tool with flat steel blade with a cutting edge (6)
9. Clownishness (8)
10. Being present everywhere at once (10)
11. Provided physical relief from pain (8)
16. Babylonian or Assyrian goddess of love, fertility and war (6)
17. Sequence of 8 bits, enough to represent one character of alphanumeric data (5)
18. Software that automatically displays or downloads advertising materials when a user is on-line (6)
20. Russian for yes (2)
21. Identification card or badge (abbrev) (2)
24. Imitate uncritically and in every aspect (3)
25. Form of address for a woman (2)

Solution: Page 34

NOT JUST NIMBIN

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THE NIMBIN GOODTIMES
YOUR COMMUNITY NEWSPAPER

After the flood

Rama and Grace

Interview by Yagia Gentle

Rama

That day we were going around town helping people. A lot of people knew the river would probably go over the wall and be a serious danger. I was sorting out work stuff and trying to get tools and machinery into different places. I wanted to keep my ute on the other side of town because I knew it would get locked in by the forthcoming flood.

I left it at my mate, Adil's place on the other side of town, and asked him to move it if the water got that high, but when I got home. I realised I still had the keys. He rang me at 10pm wanting to move it, as the water was rising. So I started out to his place.

It was a big mission. From home I had to walk and wade all around the showground and North Lismore in the pouring rain to get there. I borrowed his kayak to get to where my ute was parked, then helped Adil move his stuff up from under his house.

Elyse, Adil's partner, said I'd be crazy to go home, and offered me a bed. So I crashed out in the spare bedroom. I woke up an hour later to Elyse saying, "It's bad, it's already under the house." As I was watching the rising water, my phone rang. My partner's sister and her family in South Lismore needed saving. I knew their house is quite high, which means there must be a lot of people in a bad situation. That's when it really hit me. This is bad.

I had this old tin boat at home that I had to get to, so I said goodbye to Adil and Elyse and set off. I left their place in the kayak about 4.30 in the morning, and it was pissing down so hard that I could hardly see, and it was dark. At one point I remember when I was paddling into town, it felt like I was on a different planet. Around Woodlark Street I heard screaming. The water was charging over the break-wall and powering down the street. I got to the service station. It was 5am and all the water around it was glistening with petrol.

There was a big swell around a drain that leads to the pump station, then I saw what I thought was a log bobbing in the water. It was a man in trouble. I couldn't see that well, but I could hear the cry for help. I got to him, and he was able to grab onto the back of the kayak. When we got to Lismore Square I asked him why he was in the water. He replied, "I woke up to it." He was homeless and sleeping on the street. I felt sad that someone in our society could be so vulnerable just because they were poor.

I kept headed back to my house to get the tinny. I thought I could make it to the bridge and walk home, but I got to Mary G's pub and there was no way. The water was so strong. The town was filling up, and the water had all sorts of stuff in it. I paddled around past Trinity school and got to the hill where the police station is. All the lights were on, so I knocked on the door to see what their plan was. There was no answer, and the door was locked. While there I helped a woman nearby get out of her house, over her fence and to safety.

It was still dark, and I had to make it across Richmond River. There were glowing things under the water, and I realised it was the street lights. This meant the electricity was still on. Then I looked up and saw that the main power



lines were dipping into the water. The only way through was to go under them. Another danger to contend with.

I got to the bridge over Richmond River and there was a couple on the roof of that corner block of flats. As I was talking to them an SES dinghy arrived, and I thought to myself, "Jeez, are we really in that sort of emergency."

To cross the strong river current I decided to go up the edge of the river and veer across as I came down with the current. When I got home it was dawn. I had a cuppa and talked to my partner, Grace, about the mission. She had made the tinny accessible, as it was in a bad state from not being used for a year. I had a realisation about the intensity of what we were about to face. This wasn't just a big flood. The river changed direction. It was like picking up a suburb and dumping it in the open ocean.

We couldn't start the motor. Then Grace turned up with her spray-on deodorant and it started. So the whole rescue depended on this can of deodorant. Grace was spotting and I was driving the boat. We headed out towards North Lismore. When we got to Terania Street there were desperate people everywhere constantly waving and screaming at us. We had to decide which house to go to.

The first house that we came to the lady had two big suitcases with her. We were going in blind. There was no plan, no idea of what to do, or what we were capable of. What we soon realised was that people sitting on their roofs in the pouring rain were safe, and they were usually young and fit.

So we decided to focus on families and older people, and those who couldn't climb onto their roof, either due to the design of the building, or the person's capability. We decided we would fill up the boat and drop people off at Nimbin Road, near the cemetery, where the road starts to rise.

On our way to get Grace's sister we kept on coming across emergencies. People were screaming for us from everywhere. We probably would have been the first boat in that area, so we had to save people in dire straits first, but Grace knew her sister's kids were in the water waiting for us, and she was worried about them.

The big thing was crossing the raging river. We managed to avoid floating logs, and then cross in front of the submerged bridge, which was very dangerous. If the motor had stalled we would have slammed into it. It was incredibly stressful, and when we picked up families, we would often have to leave some of them behind.

Grace

We had to drop them off at the cemetery on Nimbin Road where there is no shelter from the pouring rain, but there's only so much we could do, we had to hand it over. Later on some people got airlifted to Dunoon, and some were ferried across town to Ballina Road, then to the evacuation centre at the university.

We eventually got to my sister's place. The gutter was just a foot out of the water, and they were all clinging to it. It was 8.30 in the morning, and they had been like that for hours. We took them back to our place. Rama's dad was there, He was worried about us and he took care of everyone. We got the kids in the shower and sat down and had a chat about it. We knew we had to get back in the boat and keep going. I didn't want to, but I knew I had to. Three nights later, when everything had calmed down, we lay in bed, stared at the ceiling, and talked about it. We figure we saved close to 50 people and lots of pets.

We later bumped into an elderly couple at the Armistead photo exhibition that we had saved. When I saw them I broke down and cried. In the flood they were standing on furniture up to their shoulders and were literally saying their last words. These are old people. They can't endure this. And then we had to get them into the boat. I had to wrench these 80 year-old people into the boat and try not to hurt them. There was one larger lady we came across whose kids had gone in another boat. There was no way we could get her into the boat. We found furniture she could use, but she was worried she would be too much weight for the boat. Everything was difficult. Her legs were hurting from standing in the water for hours. Then she turned to me and said, "It's OK, I've always known I'm a big girl. You guys can go now." We said, "No, we're getting you out of here." We finally found something for her to float on. When we got home I broke down and cried. It was really tough. By 11 or 12 o'clock lots of boats arrived, and we thought "Yes, it's going to be OK." By that time the SES had started co-ordinating the rescue and sending boats to where they were needed. By 2pm we decided to go home. I stayed home and Rama went back to help.

Rama

I started ferrying people, but then I ran out of fuel in the middle of the river. I got one of the passengers to hold onto a tree while I tilted the tank, then had to take them back to the Nimbin Road drop-off point. I made my way towards home, but fully ran out of fuel, and pulled my way to safety with a power line. A police boat emerged from the distance and towed me home. Then I collapsed into bed.

It was such an intense experience. It's amazing what a strong community it is in South and North Lismore, how strong a people they are. I'd really like to see better preparation. Internal ladders to the roof, pontoons, better rescue systems. The experience has built community in myself. I feel tied to the community having shared the grief, trauma, and bravery of it. It seems crazy, but I feel like it's become part of who I am. It's not a linear story.

Grace

We went through so many emotions afterwards. We were angry that it was a forced civilian rescue and traumatic for so many people. Why wasn't the Army called in? We had no plan, no safety net, but we had to act. It's been a life-changing experience. Going through something like that puts everything into perspective. Life's values. Things that were important before aren't that important. Emotionally and pragmatically, I've had to re-assess my life.

Tell your story: yagiagente@gmail.com

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More photos from the Nimbin Show



Nurturing the storyteller in us all



Leanne and Cawongla Playhouse educators and children

by Leanne Logan

There is something magical about storytelling. Whether you're three or 83, we all love a good tale.

And it's not just that we love it because it's fun and entertaining – which hopefully it is – but because it does something to us.

Story transforms us.

Seven years ago I started a small business – Storytelling at your Service – with the goal of sharing storytelling in preschools and primary schools around Bundjalung and Yaegl countries.

Despite all we've been through in recent times, this business has grown to where I now tell stories to dozens of children every week, and am 'Storyteller in Residence' in six Northern Rivers preschools.

Next year that figure looks set to double.

I've recently been researching what it is about storytelling that people love. "What do you value about the collaborative storytelling sessions I offer?" I asked.

For Ishta Wilson, Year 1-2 Teacher from Tuntabale Falls Primary School, the experience was "magical" and "captivating from beginning to end".

"The storytelling involved singing, rhyme and a magnificent set with moving props and characters," Ishta explained.

"Following this, the kids got to engage hands-on in creating their own environmentally-minded environments that connected to the story. Overall, a wonderful and engaging learning experience for our budding storytellers."

Tuntabale Falls Kindy teacher, Ginger O'Brien, found the storytelling "mesmerising".

"Perfect for our group beginning their own journey with story-writing,"

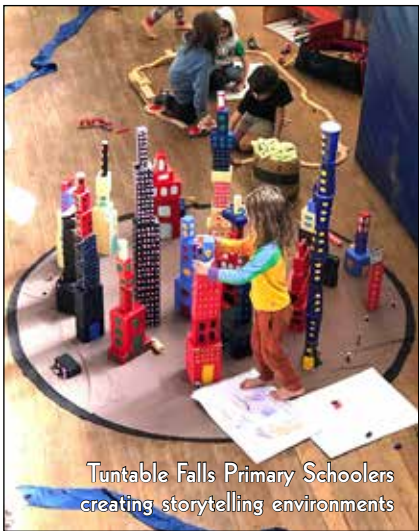
Ginger said. "The interactive activity was expanded upon during our class discussions... enriching our own story-writing experiences."

At Cawongla Playhouse, where in 2024 I'll be Storyteller in Residence for a third year running, the children are excited, delighted and curious as each storytelling session rolls around.

Is that why storytelling is so compelling? That it touches within us places that make us feel good? Where we want more? Where we can drop out of the everyday world and make meaning through a time-honoured system of transferral of knowledge?

The deeper I go into storytelling, the more I love it. I see the joy and wonder on children's faces every time I tell.

Adults, of course, can be a bit harder to please, but at our very own Nimbin Storytellers gatherings at the Bowlo, everyone's listening.



Tuntabale Falls Primary Schoolers creating storytelling environments

Surely this is the zone for connecting and learning. And perhaps that's why we love a good story.

www.storytellingatyourservice.com

The Bahzoooley is back!

by Jane Mari,
Community Liaison Officer

The Nimbin Central School Bahzoooley is back this year on Thursday 2nd November, and is promising to be bigger and better than ever.

Under the direction of English/Drama teacher Tahnee Arnold, the Primary School will present its debut combined music/drama performance with an excerpt from Roald Dahl's *Matilda*.

This experience allows our students to be fully immersed in the theatre world.

They have been given the opportunity to choose from many aspects of theatre production

including setmaking, lighting, costumes, acting and stage management.

Matilda is a collaborative and inclusive project that ensures all students have the opportunity to participate and thrive.

Please come along to support our students and enjoy the magical story of a young girl who overcomes adversity and reclaims her own life.

As a community, we have been through years of challenges. This story shows the power of resilience through uniting as a community together.

If anyone has any skills/costumes that they could donate/loan to the school to support this great enterprise we would be very grateful.

Hope to see you all there!

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Brilliant season for Headers Grade 13



by Ruben Davis

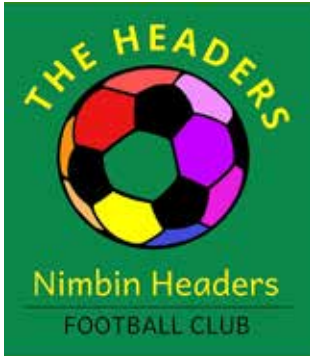
In 2023, a year etched in the memory of all associated with the Nimbin Headers Grade 13/ Div 2 team, we managed the remarkable feat of an undefeated soccer season, a testament to the unwavering commitment of our Grade 13's, our very own 'Invincibles'.

This extraordinary journey began amidst a flurry of activity as players adapted to their positions, a challenge amplified by a full roster of 16 enthusiastic youngsters all eager for playing time.

As the season progressed, the team's cohesion improved, and each player embraced their roles. This newfound synergy led to significant victories.

Yet, as the second half of the season approached, the squad faced a different challenge: winter sickness reduced our numbers.

Some weeks, we could barely field eleven players. In those moments, the indomitable spirit of the kids shone through, enabling us to secure victories and hard-



fought draws.

One pivotal match was a draw against the formidable Alstonville, teaching us the invaluable lesson that there was no room for complacency.

Fuelled by this realisation, we decided to intensify our training regimen, switching from training once a week to twice, a monumental effort from all involved.

The closest we came to losing in the regular season was at home versus South Lismore, scoring a goal with the last kick of the game for a 2-2 draw.

With an overall record of 13 wins and 2 draws, we were point-score champions, 9 points clear from second-placed Souths.

Our gripping rivalry took another turn as both teams faced each other yet again at Nimbin in the semi-final, with a spot in the grand final for the winner. The Headers were 2-0 up, only for Souths to come roaring back to 2-2.

With 10 minutes remaining, we managed to score a wonderful team goal which won the game 3-2 and gave us a home grand-final.

Souths then beat Casino 3-2 the following weekend, meaning we would play each other one more time in the biggest game of the season.

The culmination of this tremendous journey arrived in the grand-final, an epic encounter for the ages.

With a huge turnout of a crowd gripping the edges of their seats, the mighty Headers faced their season-long rivals, South Lismore, for one last test.

The game was characterised by end-to-end action. Remarkably, both goalkeepers saved penalty kicks.

We were down 2-3 with moments to go, but that didn't stop us digging deep with a truly admirable show

of rugged determination and exceptional athleticism.

With our scintillating skills on full display, we regained parity with the final goal clinching a thrilling 3-3 draw.

Extra time ensued, yet neither side could find the elusive winning goal. Neither side deserved to lose.

At this age level, there were no penalty shoot-outs to determine the champion, resulting in both teams being declared joint grand final winners.

This shared triumph was a fitting conclusion to an unforgettable season, a testament to the unwavering character, determination and sportsmanship displayed by the players under the guidance of their coaches, Gary, Rhyl and Ruben.

And finally, the season's cohesiveness would not have been possible without our great manager, Lucy.

She made sure everything was organised well before kick-off each week, so the players could concentrate on playing and the coaches on coaching.

Weight training

by Tom Jones

In a world that often seems obsessed with quick fixes and magic pills for mental well-being, there's a time-tested method that often gets overlooked – weight training.

While the physical benefits of pumping iron are well documented, the positive impact it has on mental health is equally significant. So, if you're looking to boost your mood, reduce stress, and build a stronger, more resilient



mind, it's time to hit the gym and embrace the iron.

Let's delve into why weight training is not only good for your body but also a powerful tool for your mental well-being.

First and foremost, it's crucial to understand the profound connection between the body and mind. The human body is a finely-tuned machine, and physical health often directly influences mental health.

Numerous studies have shown that regular exercise, including weight training, releases endorphins – those natural feel-good chemicals that lift your spirits and reduce stress. The rush of endorphins is like a mini-celebration for your brain, and who doesn't love a good party? I sure do!

Exercise can alleviate symptoms of depression and anxiety. In fact, just a single bout of exercise can produce immediate benefits, such as improved mood and reduced tension. These effects are not just temporary; regular weight training can lead to long-term improvements in mental health.

A mantra I have is that "Strength is never a weakness." It's more than just a catchy phrase; it's a mindset that can transform your life. When you embark on a weight training journey, you begin to appreciate the incredible capacity of your body to adapt and grow stronger.

This idea is not just about physical strength; it's about mental strength too. When you push your limits in the gym, you're also training your mind to confront challenges head-on.

Overcoming physical obstacles can translate to greater self-confidence and resilience in your daily life. When you've lifted weights you never thought possible, it's hard not to feel like you can tackle any problem that comes your way.

A core principle of weight training is progressive overload, which essentially means consistently pushing your muscles to handle heavier loads. While this is essential for building physical strength, it's also a valuable lesson for building mental resilience.

In life, we often face situations that require us to step out of our comfort zones. Weight training teaches us that growth and improvement happen when we challenge ourselves beyond what feels comfortable. Similarly, facing and conquering your fears or anxieties often involves stepping into the unknown and pushing your boundaries.

As you add more weight to the bar, you're demonstrating to yourself that you can handle more than you initially thought. This newfound confidence carries over into your everyday life, making it easier to confront challenges and take risks. Weight training teaches you that you are capable of growth and that discomfort is often the pathway to success.

If you are like me and basically have trained yourself to doubt everything then check out these stats:

1. According to a study published in *JAMA Psychiatry*, resistance exercise training was associated with a significant reduction in symptoms of depression.
2. The American Psychological Association states that regular exercise can reduce symptoms of anxiety and improve overall mood.
3. Harvard Health Publishing reports that exercise, including strength training, increases the production of brain-derived neurotrophic factor (BDNF), a protein associated with improved cognitive function and mood regulation.
4. A meta-analysis published in *Health Psychology Review* found that resistance training is effective in reducing symptoms of depression and anxiety across diverse populations.

Weight training is not just about building muscles and looking good; it's a powerful tool for boosting your mental health. The mind-body connection is undeniable, and the statistics speak for themselves.

When you adopt the mindset that "strength is never a weakness" and embrace progressive overload, you're not just sculpting your physique; you're forging a resilient mind capable of facing life's challenges with confidence and hopefully some decorum.

It will also stop you panic-buying toilet rolls from the local shop, which is a bonus for all.

Email me at: charliejones5891@protonmail.com

Nimbin Crossword Solution

From Page 31

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

Truth

A spoken truth is persistently evasive, forever prevaricating and elusive.

Flippantly used as a matter of fact, desperately keeping the statement intact.

Believed but smeared by falsehood, delivered to mystify or understood.

Truth matters not, as it crosses the line, perceptive belief is vague to define.

Is it true, the truth is untruthful?

– Neil Plim, Blue Knob Writers Club



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Nimbin karate going strong

by Sensei Rachel Whiting

It has been a few years since I've written an article for the NGT on our Goju-ryu Karate dojo here in Nimbin. Well, we're still here! And stronger than ever.

We have a handful of Senior black belts and a mob of browns who have been training for 4-9 years. In the Juniors, aged 6-12, our three brown belts (well-earned) are kept on their toes by a cohort of committed green belts.

So, we have plenty of experienced and friendly students to help you along your path if you're interested.

Nimbin Goju-ryu Karate is no ordinary karate school. It is not competition-focussed or about scoring points. It has nothing to do with the popular sport 'karate' you see on the screen.

This is the original, effective, Okinawan-based martial art, pressure-tested and built on a real ability to use what you learn to protect yourself and others, and to develop your own personal power.

Come and see for yourself. Of course, we go easy on newcomers! We have a well-designed process of building up people from the basics, with safe appropriate training according to your unique characteristics.

We are a diverse lot, with all genders of all ages, sizes, fitness levels and capacities training together respectfully and wholeheartedly.

Our focus is on developing



Karate classes in Nimbin

both skill and humility, respect and training hard – although the kids get to have a bit more fun!

It's about becoming stronger in body, mind and spirit, while also developing the ability to engage with others in a way that fosters safety, peace, and contributing to a healthier community for ourselves and others. There are no bullies in this school!

- Thursday Beginners Classes recommence from 19th October, ages 6-9: 3.30-4.30pm; ages 9-12: 4.45-5.45pm at Nimbin Central School MPU.

- Teen and Adult Newcomers are welcome Tuesday and Friday, 4.45-6.15pm each week to Senior classes (ages 12+). Interested folk are most welcome to come give it a try on a casual basis, or sit by the sideline and observe.

- Advanced Juniors (aged 6-12) continue as usual Tuesdays and Fridays 3.30-4.40pm (no Beginners).

- Homeschool Karate also

runs each Thursday 9.30-10.30am at Numulgi hall (10 mins north of Lismore) for ages 6-12 years, where we welcome a wide diversity of students with differing needs and strengths. Classes are neurodivergent, friendly, non-discriminating, and taught with care.

- A new Monday Lismore class is commencing, to fill a need that has developed amongst students. Ages 11- Adults: 3.45-4.45pm. Casual cost is \$15. Current and new students are welcome.

Contact Sensei Rachel on 0427-778-837, or on our website: www.gojudojo.com.au

Natural Law

by Helene Collard

After an intense few months, things have settled down somewhat. We have crossed a threshold and an integration is occurring. This period can offer us a sense of, much welcomed, grace, peace and flow.

The fire, conflict, destruction and change brought about in previous months have been necessary forces, needed to restore balance – within oneself, with others and the world.

Being tenderly present with the hot, sharp edges of conflict, and sitting in the heat of the fire with an open heart, allow us to experience transformative change through, life's inevitable, challenges and ordeals.

In its purest expression, the heart is not a subjective force. The heart is objective and does not judge. The heart sees and holds all perspectives, with a higher understanding and compassion. Sometimes we mistake our emotions and our ego/discriminating thoughts as our heart at work.

It is our emotions and our ego thoughts that act as the 'alarm', letting us know we have veered off course, we have taken a wrong turn, and we need to take action – such as making sense of our feelings, setting boundaries, or changing/leaving/creating something, to restore balance – so we can return to the objective and compassionate space of the heart.

The better we get at listening and responding to the 'alarm', the more we can return to the non-dualistic, all-embracing, unconditional loving space of the heart.

Quantum Human Design's Karen Curry Parker says, "You are a once-in-a-lifetime cosmic event."

Indeed, every one of us has a unique and vital role, in our life here on earth and beyond. Part of our soul's responsibility is to LIVE that role, and oft times, this requires us to surrender our stoicism, wave the white flag, soften and melt away barriers



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.

and limitations.

We are urged to be brave, to slay through fear and conjure courage. To take the first or next step, to sharing our hearts work, especially when there are no guarantees or certainties.

To share your heart's work is the ultimate service to life and to your existence. Channel the medicine of the turtle and go slow and steady. There is no rush, there is no race.

Attending to the 'alarms' (rather than ignoring or passively acknowledging them), can be a peaceful process. When you change, the whole dynamic has to readjust.

The better you get at this, the more seamless it will be, and most importantly, the more time you will spend in pure loving space of the heart.

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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Sundai
0413 751 184

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2019 | 2020 | 2021 | 2022



NEW



79 Lillian Rock Rd
Blue Knob 683m2
\$695,000 Agent: Jacqui



75 A,B,C Tunttable Falls
Rd, Nimbin 157 acres
\$3,100,000 Agent: John



2-4 Standing St,
The Channon
AUCTION 28/10/23 Agent: Samara/John



165 Gungas Rd,
Nimbin 4324sqm
\$890,000 Agent: John

NEW



95/265 Martin Rd,
Nimbin 2 acres
\$565,000 Agent: Jacqui



1469 Nimbin Rd,
Koonorigan 15 acres
\$959,000 Agent: John



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



357 Stony Chute Rd,
Nimbin 10 acres
AUCTION 21/10/2023 Agent: Sundai/John

SOLD



Lot A 1233 Jiggi Rd,
Georgica 100 acres
CONTACT AGENT Agent: John



16/4 Blue Knob Rd,
Nimbin 2502 sqm
\$320,000 Agent: Samara



NEW
PRICE

106/265 Martin Rd,
Larnook 2 acres
\$675,000 Agent: Jacqui



SOLD

188 Stony Chute Rd,
Nimbin 12 acres
\$ CONTACT AGENT Agent: John/Sundai

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109 The Channon Rd, The Channon 185 acres

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Price - \$4.46m Agent - John Wilcox/Sundai Harrison

NEW

