

## Aries

Mars is journeying through your relationship sector until October 12 energizing relationship dynamics. You can make use of this energy in a positive way by focusing on cooperation and understanding the deeper issues behind it. The emphasis should be on healing differences as old wounds might be activated especially towards the end of the month. Avoid getting drawn into ego conflicts. In case of doubt, seek support.

## Taurus

Mercury is retrograde until September 15, while Venus, your ruling planet, is direct again from September 4 onwards. During the last weeks, you might have gone through a period of emotional reinvention and now feeling refreshed with new ideas and inspirations about your creative activities. Use this period for discerning what is worth keeping and deserves further anchoring into the here and now and what is impractical.

## Gemini

While Mercury is retrograde until September 15th, you might want to make use of this period for re-organising, re-arranging and spring-cleaning your home environment. Old cobwebs have to go so that new ideas can enter and inspire future projects. Different pieces of the puzzle may align quietly in the background preparing for the big picture to emerge once the time is ripe.

## Cancer

The Mercury retrograde energy (until September 15) evolves around communication and networking in your immediate environment. Ensure you create some quiet time to gain clarity as your nervous system might be under more stress than usually. Support might come from friends and associates. This could be a good time for a journey down memory lane.

## Leo

You can make use of this Mercury retrograde phase (until September 15) by revisiting your values and needs so that they align with the reality that you are living in now. What do you really want to achieve and what is important to you? You might find yourself re-writing your story by integrating what you have learnt from the past and thus attract new opportunities along the way.

## Virgo

This is your time of the year where new impulses can be set. Nevertheless, Mercury is travelling through your sign in retrograde motion until September 15 sending signalling that it is time for review including re-designing your self-image. You may feel as if the way others perceive you doesn't really reflect who you are on the inside with the person you have become. It is your time of healing and self-healing.

## September

September's arrival signals the beginning of spring in Australia, however the true seasonal change is on September 23rd when the Sun enters cardinal Libra. The tropical zodiac, used in Western Astrology, is based on the Sun-Earth relationship. When the Sun enters zero degrees of the cardinal signs Aries, Cancer, Libra and Capricorn as seen from the Earth, it coincides with the equinoxes (Aries and Libra) and the solstices (Cancer and Capricorn) each marking the beginning of a new season. It makes sense that Libra is the sign of balance as the Sun's entry symbolizes the time of the year when day and night are equally long.

Besides all this, we are still in Virgo season until the 23rd. Virgo is analytical, pragmatic, pays attention to detail and often concerns itself with health, healing and the right cure for an illness. Virgo-influenced individuals have a natural inclination towards repairing, perfecting and improving - either themselves through the right diet and exercise regime or others by supporting them in being more efficient and productive.

This time around Mercury, the planetary ruler of Virgo is also in this sign and in retrograde motion until September 15th. Normally, Mercury retrograde phases are known for a 3-week period of increased chaos, delays and misalignments. However, Mercury being retrograde in Virgo may help us to be more organized and competent in cleaning up our act and get down to what needs doing. Additionally, Mercury retrograde is in a flowing trine formation during the entire month with benefic Jupiter in Taurus (exact September 4th and 25th). Jupiter turns retrograde on September 5th. We might be able to consolidate what we have learnt from the past to guide us in the present moment.

All outer planets are in retrograde motion until October 9th when Pluto turns direct again signalling a period of energetic standstill. Even though Venus turns direct on September 4th, she is still moving through her shadow zone until early October. The planet signifying relationships, love and our sense for beauty is visible again and rising as the Morning Star at around August 21st. All in all, September seems to be more a month of reflection, tying loose ends, dealing with unfinished business and planning future projects by making best use of our accumulated experiences and expertise. Using the critical eye of Mercury retrograde in Virgo might help with preparing our next step with sufficient foresight and skillfulness.

The New Moon in Virgo on September 15th forms a flowing Grand Trine with Jupiter and Uranus in Taurus and Pluto in Capricorn - all positioned in grounding earth signs - as is Mercury retrograde in Virgo. The New Moon forms an opposition to elusive Neptune in Pisces. Earth signs seek to preserve stability and security while Neptune in opposition to the Moon sensitises our imagination and astral awareness. Balancing intuition with practicalities will be the quest during this new lunar cycle. With so many planets retrograde, we could be drawn back to the past processing and integrating aspects of ourselves that need further refining and purifying. On a different note, some more surprising information might be revealed during this period which could be the spark for an important turning point that will influence the events during October (eclipse season) and beyond.

The Equinox chart from September 23rd provides basic themes for the next season. The Libra Sun is in an opening square with the Capricorn Moon suggesting a phase of anchoring our vision, when we must build structures that can withstand the test of time. We are challenged to grow a tougher shell as our level of commitment to our long-term goals will be tested.

The Aries Full Moon opposite the Libra Sun on September 29th is the last Super Moon of the year. With Mars also in Libra, issues of social justice might be strongly highlighted. Mars is opposing Chiron and applying to a square with authoritarian Pluto in Capricorn until October 8th, when it will reach exactitude. Mars conjunct the fated Lunar South Node and opposite Chiron may indicate impulsiveness driven by unresolved wounds from the past but also potential energy depletion, a warning not to get caught in a power struggle with forces that we cannot control. We might focus on building bridges and mending our differences instead. Mars is on the potent degree of the upcoming Solar Eclipse in Libra on October 15th signaling major endings and new beginnings concerning relationships and alliances of all sorts.

- **Navigation by the stars**  
Personal and/or Relationship Astrology; Life Cycles and Your Year Ahead: Plans, Directions, Concerns for 2023/4. [Gift vouchers available](#)
- **Astrology at the Lillifield Community Centre**  
1-day workshop on September 30th, 10.30am – 4pm, 4505 Kyogle Road
- **The Aspects in Astrology: Understanding planetary dynamics**  
A 6-week course starting September 21, 10.30am – 1pm For all bookings and info, contact 0457-903-957 or email: [star-loom@hotmail.com](mailto:star-loom@hotmail.com)

## Libra

Mars is transiting your sun sign until October 12, boosting your energy level and drive to further your own interests but also making you more competitive than usually. Your physical energy is high too, so it is essential to channel it into suitable outlets. You might feel the urge to try things that haven't been tried before. It is wise remaining sensitive to the needs of others especially towards the end of the month to avoid ego-conflicts and power struggles.

## Scorpio

This Mercury retrograde period (until September 15th) may be good for re-grouping and re-connecting with some good old friends but also with old dreams and visions. You might find yourself guided by someone from the past or be reminded of past experiences that could be helpful in the present. Take it as an important time.

## Sagittarius

This Mercury retrograde period (until September 15) can be helpful for reviewing your life direction, for re-orientation of career plans and for re-marketing your public image. Reflect on what you would like to achieve and whether you are on the right path. When making plans for the future, allow yourself to be guided by past experiences.

## Capricorn

Make use of this Mercury retrograde period (until September 15) by re-examining your philosophy of living. Take some time to re-visualise where and what you want to be, especially if you have forgotten some of your dreams along the way. On the other hand, it is a helpful period for identifying and letting go of what is no longer relevant in your life.

## Aquarius

This Mercury retrograde period (until September 15) may be perfect for having a friendly talk with your own demons - or your daimon! What is the difference? Demons are associated with your deepest fears while the daimon is the guardian angel leading you towards your calling. It might be one and the same as our biggest challenges are also our greatest helpers when it comes to following your destiny.

## Pisces

Mercury retrograde transits your solar house of relationships and negotiation until September 15. This could initiate a process of clarifying past issues. In your personal relationships you might find what has been left unspoken needs to be given a voice. Or your partner - or someone significant from the past - might engage you in a conversation airing differences of opinion that you both might be able to settle now.



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# Re-orienting into now

by Marilyn Devlin

September – a rebirth time for us down here in the southern hemisphere. It's also a rebirth time for me... being September born.

It's been a hell of a year. "A slogger of a year" is what I've called it. A time of letting go on steroids.

It's the year that keeps on giving. A year of ample opportunities to let go of what was... and be with what is. And we know there's so much that 'is'. It surrounds us, it keeps giving to us, it displays its majesty in so many ways.

It's also been a difficult year for many. It's been a brain cruncher for me. As a Virgo influenced patron... I keep wanting to understand. Make sense of things. Wanting to understand why things are the way they are. Poor old Virgo's brain.

It's served me well. I started very young. Circumstances provided ample opportunities. Serious times of sickness and death... and the modern medical model. It was a great opportunity for me. And strangely (maybe to some) I've always seen it that way.

I got caught up in the Polio epidemic in 1951... just a toddler, it has been a major influence in my life. By age eleven, I was devouring psychology books... a lot of things didn't make sense to me and I wanted to know why. That wanting to know why has walked with me my whole life.

Yes, to some it would've been a catastrophe... to me it fed this driving need to understand. Of course it was also devastating in many ways... particularly to my mother. But life presents in so many different ways.

And now here we are in 2023.

"2023 – who are you really?" I wrote that in my January column here. The symbols and signs showed much support... but at the same time I sensed there was something else beneath. And it's been true to its word.

It's like a year of the meeting and gathering of so many different things... so much has converged... created one massive force and is charging through us with total intention and focus.

We gotta let go of what was. And re-orient ourselves into now... in a way we've never done before.

Yes, a lot is being demanded... and at times it can feel like a death. Watching as all you thought yourself to be, the way you live, how you do everything is changing so fast... you just want to anchor yourself to the bed. With a good novel.

I've done a lot of that.

And in my own personal sphere of existence... I'm welcoming my 75th year. I'm getting used to it now (well sort of)... at first I thought it was outrageous... being alive for three quarters of a century. Outrageous it is.

So much is changing for me. I really can't keep up... and aren't even trying. Hence the bed and novels. And of course immersing myself in the natural world. Oh my god... where would we be without her. She is so amazing.

Venus finishes her retrograde travels on September 4th... but will still be lingering in her shadow world till first week of October. She's had a super major influence. The shadow world has been alive and vivid.

Letting go has never been easy... it kind of interrupts our need for safe and secure. Letting go of what was... leaves us in an empty void. We're used to having things around us... they help us make sense of things.

But there are many levels to life... and not all of them are visible. We try to understand... then there are places where no matter how we try... it seems impossible.

So they offer these wondrous times... when we can consciously connect to that sublime and eternal rhythm that graces our body with Life.

Much Love to you.

## Nimbin Trivia Time by Eclectus



### Questions

1. In 1964 Donald Campbell became (and remains) the only person to set both the world land and water speed records in the same year. What is the name carried by both the vehicle and the vessel? Take a bonus point each if you can say where each record was set.

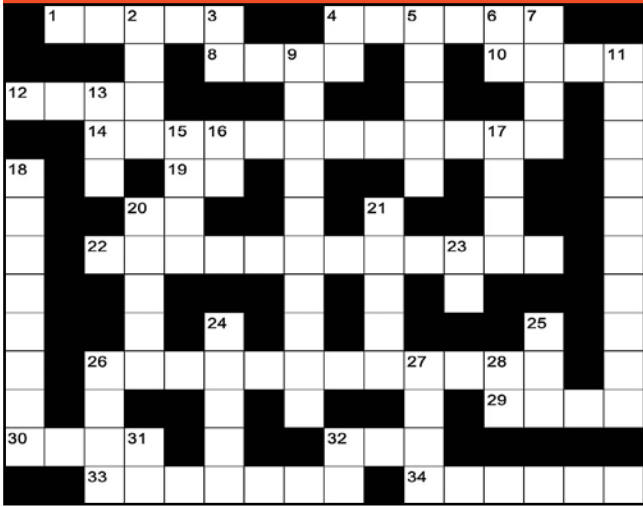
Image courtesy [www.bluebird-electric.net](http://www.bluebird-electric.net)

- Each of the following fits the category of animal, vegetable or mineral: Lhasa Apso, lapsang souchong, lapis lazuli. Which is which?
- Can you name the new Olympic sport set to debut at next year's Paris Olympics?
- Speaking of Olympics, what, in soccer, is called an "Olimpico"?
- Can you name the first smart phone on the market? Take a bonus point if you can say what year it was.
- Walking along one day you come, by chance, across a calzone rustico. Do you date it; drink it; eat it; or set it jauntily on your head and walk on, whistling happily at your good fortune?
- Many artistic practitioners take note of the mnemonics "Every good boy deserves fruit" and "Face" to assist them in their creative endeavours. In which sphere of artistic expression are they engaged?
- An Australian capital city has been known as Meeanjin for thousands of years. What name was it given by the British colonial government in 1825?
- What global service industry provides the overwhelming majority of its services on just two technical platforms designated A320 and 737?
- Which enduring tale of love and loss is set against a background of unrelenting street violence as the Montagues and the Capulets fight tooth and nail for supremacy?

- Answers
- Both were named Bluebird. Campbell set the land record (648.73kph) at Lake Eyre, South Australia on 17th July 1964 and the water record (444.71kph) at Lake Dumbleyung, Western Australia on 31st December 1964. Bluebird, the land vehicle, was wheel-driven as required by the rules determining official land speed records. This changed in October 1964 to include jet propelled vehicles not driven through axles. Bone up on land speed records if you like. There will be more questions on the subject in coming months.
  - The Lhasa Apso, a breed of dog, is your animal; lapsang souchong, a type of tea, is your vegetable and lapis lazuli, the beautiful blue gem is your mineral.
  - Breakdancing. Yes, that's right. Why not send your suggestions for new Olympic sports to the Nimbin GoodTimes? —
  - An Olimpico is a goal kicked directly into the net from a corner kick.
  - The Apple iPhone was launched in 2007.
  - You eat the closed pizza and then walk on jauntily, licking the last of the Bolognese sauce from your lips.
  - In music notation, the mnemonics refer to the notes of the treble clef. Lowest to highest, EGBDF on the spaces.
  - Brisbane.
  - The Airbus A320 and the Boeing 737 airliners account for over 80% of global airline services.
  - Romeo and Juliet, Shakespeare's timeless examination of the anguished fall-out from the clash of love and hatred.

## Nimbin Crossword

2023-09  
by Novata



### Across

- Humorously vulgar (5)
- Saffron-flavoured dish of rice, shellfish and chicken (6)
- Extract of algae used as a gelling agent in foods (4)
- One who acts as an assistant (4)
- Platform raised above surrounding level to give prominence to person on it (4)
- Representation of dancing by symbols, as music is represented by notes (12)
- Same as 16 down (2)
- Of the period coinciding with the Christian era (inits) (2)
- Production of a chemical compound by a living organism (12)
- Loud enough to cause (temporary) hearing loss (12)
- Online auction (4)
- Latin, for ibidem, indicating a previously-cited reference (4)
- Waterproof raincoat of rubberised fabric (3)
- Very spicy sauce made from fully-aged red peppers (7)
- Tradition based on sayings and activities of Mohammed and followers (6)

### Down

- A particular preference, eg in a will (4)
- Similar to yeah (2)
- Promotion intended to create goodwill for a person or institution (inits)(2)

- Brilliant or conspicuous success or effort (5)
- Syllable naming the sixth note of a scale (2)
- Not practical or realisable, speculative (4)
- Exceptionally bad or displeasing (10)
- In an enthusiastic manner (10)
- Amphetamine derivative (3)
- Chocolate cookie with white cream filling (4)
- Motorised wheeled vehicle used for recreational activities (inits)(2)
- Arabic term of respect for someone who's made the pilgrimage to Mecca (4)
- Small cucumber-shaped veggie, typically dark green (8)
- Approximately (5)
- Someone who leads you to believe something that's untrue (5)
- Adverb used to introduce a logical conclusion (2)
- Posture or manner of sitting, as in yoga (5)
- Formerly the predominant security organisation of Soviet Russia (inits)(3)
- Cut and assemble the components of (4)
- Measuring instrument for indicating speed of rotation (4)
- Compass point halfway between North and East (inits)(2)
- Official prosecutor for a judicial district (inits)(2)
- A short time (2)

Solution: Page 34

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RPC staff with students and teachers from Nimbin Central School



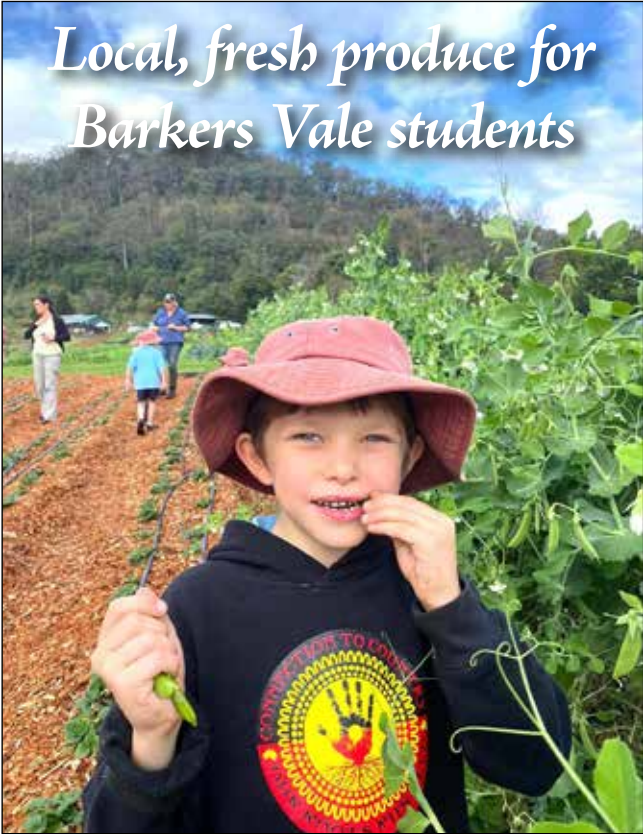
# Innovation and education: Rainbow Power's values align in Science Week

by Elowyn Paitson

Innovation – the creation and application of new ideas, methods and technologies – is something we think about a lot at Rainbow Power. From our earliest beginnings, innovation has been a key element of our work: creating new ways to provide electricity to people who live outside the reach of the power grid, while also seeking ways to reduce the environmental impact of technology by providing alternatives to fossil fuelled electricity. Over the years, Rainbow Power has contributed significantly to the growth of the solar industry in Australia through continual innovation. For example, Dr Richard Corkish, now COO of the Australian Centre for Advanced Photovoltaics, has spent his career creating new ways to increase the efficiency and longevity of the photovoltaic cells used in solar panels. He set a world record for solar cell efficiency in 2017 – the culmination

of innovative research he began while working for Rainbow Power Company over 30 years ago. Alongside innovation, education has long been a core value at Rainbow Power. We aim to empower people to live with a lighter footprint through technology, sharing our knowledge and experience of living efficiently, both on and off-grid. These two values aligned beautifully in August when Innovation was the theme of Science Week for 2023. Nimbin Central School presented a range of activities designed to inspire and excite our local young people to innovate, and we were excited to welcome a group of STEM students and their teachers to a tour of the Rainbow Power facility. The group learned a brief history of the Company and a variety of ways that we innovate. They received an introduction to EVs and EV charging, where the Rainbow Tesla was as popular as ever. Our newest team member Asia Hatton talked to the kids about her pathway to employment at Rainbow;

from leaving school early, to later undertaking an Environmental Science degree, to recently joining the Rainbow team to be able to make a real impact in the fight against climate change. The highlight of the tour was a session in our manufacturing department with one of our technological 'wizards', Grant Mercer. The group were able to get their hands on a variety of Rainbow Power products and innovations, from early inventions pulled out of our 'museum' storage, to the battery cells that join together to hold enough power to run a household. The kids asked lots of great questions, but I think the teachers were most excited of all! We enjoyed the visit as much as they did, and hope that we inspired them at least a little. We love to connect with our community and share what we do, and always have our eye out for the innovators of the future. After meeting the group from Nimbin Central, we're confident that innovation will continue to thrive in Nimbin for many years to come.



by Iris Vos

As a part of our Sustainable Schools project, students from Barkers Vale Public School enjoyed an afternoon excursion to locally owned and run Hanging Rock Organic Produce Farm. Lani gave the students the opportunity to peek into their cool rooms, pick fresh produce and munch on their crisp veggies to their heart's content. Thank you to Lani for being such a wonderful and welcoming host. At school, we are learning to care for our garden and harvest our vegies, which has resulted in a healthy and delicious lunch! Veggie and egg muffins with salad! Yum! Students are encouraged to bake the muffins at home and bring one to school for their lunch!

# Rainbow Ridge welcomes Spring

by Catherine

This year our school will be holding the Spring Fair and Open Day on Saturday 16th September from 10am – 3pm, 279 Lillian Rock Road, Lillian Rock.



Come along and enjoy a relaxed and enjoyable day at our beautiful school and in our lovely gardens. The classrooms will be open for our school community and visitors alike to have a glimpse into Steiner Education and the things children make and do, with teachers there to talk to. You will be entertained by musical performances including the student strings ensemble. The maypole, with its colourful ribbons being woven into lovely patterns by the children as they move around is always a treat. Minstrels will fill the air with their delightful music. The Rainbow Ridge Spring Fair and Open Day is a fun day out for the whole family. This year we will have local and community artisans selling their unique handmade wares. The Parents and Friends craft group has been meeting regularly to make items from natural fibres for our fundraising craft stall. Wool yarn, knitting needles, pencils, crayons and handcrafted wonders will fill our stall again this year. There will be craft activities for you and your children to enjoy, making something to take home. The free sand pit crystal dig will be on again with crystals kindly donated by The Crystal Castle. Keep an eye out to raffle ticket sellers for a chance to win a wonderful prize. The raffle will be drawn at 3pm. This event is cash only. If you are interested in more information about Steiner Education at Rainbow Ridge School or would like to enrol your child, go to the information desk where you can make enquiries. The school has classes from Kindy to Year 8 and has been operating on the current site at Lillian Rock since 2000.

# TO HAVE BEES OR NOT TO HAVE BEES?

The Hive Buzz  
by Jens Roestel

It is spring. Spring means bees are ramping up their hive activities and we will see an increased number of swarms. Swarming is a natural way for bees to multiply and reproduce. Once a hive has reached its capacity and there is no more room for the bees to either store honey or for the queen to lay eggs, the bees will initiate their swarming procedure. This will include the building of swarm cells, which are queen cells that are usually found on the bottom of the frames. Swarm cells will produce excellent queens as the hive puts all their resources into making sure that they get a strong and healthy new queen. The workers in the hive will then chase the queen around to lose weight, as she is usually too heavy to fly. Just before the new queens hatch, the old queen and roughly 60 percent of the worker bees will swarm. It is an amazing experience to work a hive right next to one that just started to



swarm. It gives one a brief insight on how many bees are actually in a hive. There are a lot more bees in a hive than what people envisage. It is estimated that there are usually about 2000 bees per frame and a normal production hive would have roughly 30 frames. Once the old queen has left, new queens will emerge and move around the hive stinging the unhatched cells to kill off rival queens. Just before the queens hatch, they will make a piping sound to encourage the workers to start chewing the cells from the outside to help her hatch. Once hatched, the queen will spend a few days in the hive to reach sexual maturity

and set off on her mating flight. Queens only leave the hive in this stage of their life and will collect enough sperm to lay roughly 80-100 eggs per day for the rest of their life, which can be up to three years. As beekeepers, we must also be responsible for our surrounding environment. While many people believe that swarming is the natural reproduction behaviour and should be allowed to run its course, we try to minimise swarming as much as we possibly can. This means checking all of our hives every 10 days as it takes roughly 16 days for a queen to hatch. There are two main reasons for us to try to reduce the swarming of hives. The first one is the obvious financial reason as it takes about eight weeks for the hive to reach enough numbers to return to normality and produce enough honey for us to harvest. The second reason is environmental responsibility. Over the last 12 months we have been reading a lot about saving the bees. While it is important to protect the honeybees, we also need to think about the issue of competition between managed honeybees and native bees in the surrounding bushland. It is important to be aware that our honeybees will directly affect the food availability for our native bees. One hive of 50,000 honeybees will consume a lot of nectar, plus the honey we are harvesting. Whilst we encourage people to start beekeeping, we feel that we need to make people aware of the facts that responsible beekeeping is a lot more work and requires a lot more time than what people usually think. If you want to help to save the bees and consume less than 10kg of honey per year, we recommend planting bee friendly flowers in your garden and attract bees to come to you and to support your local beekeepers instead, as they do all the hard work for you and you can still enjoy local honey. Our contribution will be to reduce our amount of hives in our yards and spread our yards further apart to try to create more space in between them to leave more food for native species.



# Let's practice big school

by Ginger O'Brien

Transitioning from pre-school to primary is massive.

Some five-year olds are still very much in the realm of play and imagination, where fairies exist and the structures and routines that govern our lives haven't yet caught their little spirits.

This is what I firmly believe, and a huge reason why we at Tuntable Falls Community School have invested so much energy into our Buribi (Kindy class) transition to school program this year.

The school acknowledges this significant milestone by building a Kindy only class, designed for students to integrate with success. One adjustment for Kindy is the popular 4-day school week.

This decision is in response to vast evidence into European school systems, where students thrive from a shorter learning week, providing more time for them to rest and integrate their learning.

The implementation of our 'investigations' program allows children to self-direct their learning in safe and familiar social settings. It is an evidence-based pedagogy that draws from the fields of psychology and neuroscience whilst acknowledging and respecting individual children's learning needs.

'Investigations' will occupy the



beginning of each school day for Buribi, to allow children to gently land into their learning environment and explore their surroundings in a supported yet fluid way.

Our community school philosophy encourages and supports families to be strong, as we understand that strong foundations are made at home. Therefore, the school continues to provide an extra week of school holidays each term break.

Regular whole school camps also build bridges between home and school, ensuring children feel supported by a wider network of people throughout



their primary school years.

During the month of November, we will invite the Kindy class of 2024 and their families to our Kindy transition sessions. These allow your child to experience our vibrant learning environment, connect with others, and build a strong sense of confidence for their transition into 'big school'.

## Important Date

Parent Information Session: Thursday 7th September at 3pm.

Please contact the school if you would like to submit an expression of interest, 0491-466-619; [tuntableschool@gmail.com](mailto:tuntableschool@gmail.com)



School for Rudolf Steiner Education

## SPRING FAIR OPEN DAY

Saturday 16th September  
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*Due to location, this event is cash only. Please remember to bring change.*

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## Cooking fish on open fire

by Maree Conroy

At Tuntable Falls Early Learning Centre, we have regular campfires during the winter months, where we educate our children about having safe and humble fires.

We talk with the children about many aspects of fire safety, including familiarising them with the appropriate fire season for our local climate. We regularly consult with members of the Rural Fire Service regarding our fire curriculum.

We especially enjoy cooking outdoors on the firepit. Inspired by a number of children who have been sharing with us their fishing tales, we thought it would be interesting to cook a whole fish on the fire.

Firstly, we consulted with families about this, as we have a long history of being a vegetarian school. Families were happy for us to proceed. Currently none of our children are strictly vegetarian.

We spoke about "mindful fishing" with the children. One of the children, Eleusis, said, "If you are going to eat them; you don't eat fish if they are too small. You have to put them back."

We spoke with the children about the fact that many people don't eat meat. Esther commented, "Yes, they're vegetarian."

"I love them, I eat the eyeballs," said Tilly.

We have an inclusive curriculum at our preschool, and that also includes respecting our diverse eating choices.

I had purchased a large snapper (unscaled) and a fish scaler, so the children could also experience scaling a fish. It was time to prepare the fish. We went right down to the back of our preschool yard, as we knew the scales would go everywhere.

Many of the children had turns scaling the fish. The fish scaling was a big job and they got in our hair and on our clothes. It was pretty funny.



We lit the fire in preparation.

Perry commented, "We need to wait for the wood to burn to coals."

"When it's black, they're ready," Alice said.

We had been researching cooking methods with the children. We discovered a bush cooking technique where you lay the fish on a bed of onions between the fish and the rack to stop it burning.

We set to work doing this and we stuffed the cavity of the fish with lemon slices. We covered the top of the fish with foil and made a hole in it to let the steam out. The coals were ready now, so on

the fire, it went.

It still wasn't ready close to lunchtime, so we had to put coals on top of the foil too.

Finally, it was ready and we excitedly sat down to eat. It was a perfectly cooked fish and it was delicious.

"Can I eat the eyes?" asked Tilly.

"Me too," said Eva and Eleusis.

Tilly went back for seconds with the other eye, but Eva and Eleusis weren't so keen.

We learnt how to avoid the bones and how to get the meat off easily. Most of the children loved eating the fish.

Tilly's family will catch us a fish soon and we will do it all again.

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## Classical music in Nimbin



Nimbin School of Arts will feature its next in a series of classical music concerts on Sunday 17th September.

The Spring Classical Piano Recital will be a solo Bach showcase by virtuoso pianist Stephanie Hamlet (pictured).

The works will include the Prelude in Cmaj, the Bach/Liszt organ chorale in A minor and the Chaconne from Partita No. 2 in D minor (arr. Busoni).

The recital will start at 2pm, entry \$10 and the verandah cafe will be open for late afternoon tea and cake and sushi.



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# Healthy food

by Tom Jones

In an age where health concerns are paramount, the choices we make regarding our diet have taken centre stage.

The surging popularity of organic, spray-free, and pesticide-free foods isn't merely a culinary trend; it's a response to the growing realisation that our sustenance is intertwined with our well-being. As our food supply becomes increasingly laden with harmful substances, opting for organic and pesticide-free options is not just an option, but a necessity to ensure top-tier health.

The modern food system, while offering convenience and variety, has brought along an alarming reality: our food supply is being contaminated by an array of synthetic chemicals.

Conventional farming practices often employ pesticides, herbicides, and other chemical agents to maximise crop yield and protect against pests. However, these chemicals tend to linger on our produce, permeating the very sustenance we rely upon for nourishment.

While the intention may be to bolster agricultural productivity, the unintended consequence is a food supply tainted by harmful residues. Numerous studies have raised concerns about the potential health risks posed by these chemicals. From neurological disorders to hormonal imbalances, the implications of consuming chemically-laden food are grave.

Enter organic, spray-free, and pesticide-free foods – the antidote to the poisoned food supply. These options offer a safer, healthier path to nourishment. Organic farming practices shun synthetic chemicals in favour of natural, sustainable methods.

This means no synthetic pesticides, no growth hormones, and no genetically modified organisms (GMOs). As a result, organic foods are free from the residues that mar their conventional counterparts.

But the benefits go beyond just avoiding harmful chemicals. Organic produce often boasts higher levels of essential nutrients and antioxidants. Studies suggest that organically grown fruits and vegetables can contain up to 69% more antioxidants, which play a pivotal role in combating oxidative stress and reducing the risk of chronic diseases such as heart disease, cancer and diabetes.

In an era where health is paramount, making the shift to organic and pesticide-free foods isn't just an option – it's increasingly becoming a necessity. The sheer ubiquity of synthetic chemicals in our food supply calls for a proactive approach to protect our bodies and ensure longevity.

The potential health risks posed by these chemicals are underscored by numerous scientific studies. Pesticides have been linked to a range of health issues, including neurological disorders, developmental problems in children, and disruptions to the endocrine system. By choosing organic and pesticide-free options, individuals can actively reduce their exposure to these harmful substances.

In an age where the health of our bodies is at stake, taking control over our food supply has gained traction. Growing one's own food is no longer the domain of hobbyists; it's a practical response to the challenges posed by a tainted food supply.

Home gardening allows individuals to cultivate their own produce, ensuring that no harmful chemicals find their way onto their plates. This practice not only guarantees a supply of fresh, organic food but also imparts a sense of empowerment and self-sufficiency. Moreover, homegrown fruits and vegetables are harvested at their peak, maximizing their nutritional content and flavour.

Opting for organic, spray-free and pesticide-free foods is not merely a dietary preference – it's a commitment to holistic well-being. It's a statement that proclaims our right to consume food that is untainted by harmful chemicals. It's a step toward preserving our health and the health of future generations.

In a world where convenience often overshadows health concerns, the choice to embrace organic and pesticide-free foods is an act of resilience. It's a stand against the prevailing norm and a testament to the fact that health is not negotiable.

In conclusion, as our food supply becomes increasingly poisoned by synthetic chemicals, the significance of consuming organic, spray-free, and pesticide-free foods cannot be overstated.

These options offer a lifeline to optimal health by minimizing exposure to harmful substances. They present an opportunity to take control of our food supply and embrace a holistic approach to well-being.

As we navigate the complexities of modern living, choosing these healthful alternatives becomes a necessity, a stance, and a promise to safeguard our bodies and our health.

Stay strong, stay alive.

Email me at: [charliejones5891@protonmail.com](mailto:charliejones5891@protonmail.com)



## Grade 15s graduate to 1st Division

by Mark Wright

The Grade 15s had a stellar season this year, attaining new heights in their football.

They started the year in a mega comp with all 12 teams remaining from last year's 1st and 2nd divisions all thrown in together. All teams played each other once before the competition split into 1st and 2nd divisions based on standings at the end of the first round.

This meant some very tough and high standard games against the better teams from 1st division and fun cruisy matches against the weaker teams from 2nd division.

It was very pleasing as a coach to see how far this team / group has progressed, more than holding their own against all comers.



Three years ago they were bottom of 2nd division but this year finished up in 4th place at the end of round 1 and are now a fully-fledged 1st division team, playing outstanding football.

Doing all the basics right, with a good dose of flair and skill on display, they were able to break down even the most stubborn defences and hold out the strongest attacks.

Goals galore were scored from multi-pass moves, long

Photo: Nikki J Photography. Sam was absent on the day.

range shots and set piece plays.

With every match entertaining and played in good spirit, I rate this season as the best in the ten years I have been coaching this team.

A big thanks to Reuben, who ran fitness and skills training on Tuesdays from early pre-season. Without a second training each week, I don't think we would have been able to compete against the better teams in this comp. This really helped to take the team to the next level.

Every successful team needs a great manager; Erica and Lucy again made sure everything was organised well before kick-off each week, so the players could concentrate on playing and the coaches on coaching.

A 15-2 victory over Alstonville in the first game got the season off to a great start. What would appear to be a ruthless thrashing of weaker opposition is actually a great example of the fair and respectful sporting culture of this team.

Leading 10-0 at half time, these young Headers decided to even things up and loan Alstonville a couple of players for the second half.

We all play to win, but it's important to be humble and respectful in victory and gracious in defeat, and that is how this team operates.

I'm very proud to see them develop into fine players and young adults. They are a credit to the club and have learned all the best lessons from competitive team sport.



## Lismore cycle race

by Mat Johnson

Byron Bay Cycle Club will be hosting the inaugural cycling road race on closed roads at Lismore on Sunday 24th September.

The club is raising money for the Rescue Helicopter Service based in Lismore, as well as attempting to provide a spectacle for the local community to assist with their resilience and recovery from the 2022 devastating flooding event.

The race will be open to grades A-D, + Beginner and E-bike, in Male and Female, and U18 categories. Cost is \$35 or \$20 for U18.

Everyone must have a Race Licence through our peak body: AusCycling, but the good news is this is free to new riders on a 4-week 'Come and Try' program.

The entry portal is on the BBCC website: [www.byronbaycycleclub.org.au/home-1](http://www.byronbaycycleclub.org.au/home-1) which also has links to the licensing section in AusCycling.

There will be a breakfast BBQ at the Start/Finish area in the Clyde Campbell/ Browns Creek carpark from 7am. Competitors will begin their ride at 7.30am at the pedestrian crossing in Woodlark Street, and upon reaching the intersection

of Pitt Lane on Winterton Parade, Kilometre Zero, racing will commence from the drop of the chief Commissaire's flag.

D grade, beginners and E-bike will race to Numulgi Hall and back, while A – C grades will complete laps up the infamous Duncan Road

Climb to the intersection of Duncan and Hunters Hill Roads, and back to the roundabout at Woodlark and Molesworth Streets. B grade will do this twice, and A grade three times.


Presentations and lunch will be at the Hotel Metropole in Keen Street.

## Nimbin Crossword Solution

From Page 31

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





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Entrepreneurial adventures

by Mia Webster, teacher

I am thrilled to share that my students at Nimbin Central School have embarked on an entrepreneurial adventure!

The Kidpreneur project aims to inspire our students to delve into their interests and passions, nurturing a mindset of innovation, creative thinking, and resilience.

It will provide them with valuable life skills and insights, regardless of whether their ventures ultimately become successful businesses or not.

We strive to build upon the successes we've achieved through the recent community markets held at the school by nurturing on-going connections within the community through this project.

This is where we need your help. We plan to host a networking event to bring together students, mentors, and local business owners.



Our business is called M&A Accessories.

We produce jewellery and hair accessories that are unique and built stronger to last longer.

We endeavour to make something creative and fun that both kids and adults enjoy wearing.

Our business has a passion for jewellery, and we hope to inspire kids to be creative and make their own.

This event can provide valuable opportunities for our students to learn from experienced individuals, exchange ideas, and expand their networks.

Additionally, they will be looking to partner with local businesses for joint ventures or sponsorships. These partnerships can provide our students with resources, exposure, and practical experience.

Finally, we will launch a market day where the students can sell their

products to our community. This is a wonderful way to nurture our students' entrepreneurial spirit and encourage personal and professional growth.

I will provide more information on this in the coming weeks, as we are still in the early stages of development.

If you are willing to mentor our students or help develop their products, please contact me by calling the office at Nimbin Central School on 6689-1355.

Our business is called Diamond Books Publishing, and we write and publish books.

We chose to write books because we want to inspire other children to write their own books, and for their voice to be heard.

Our market research found that there aren't many kids publishing their own books and we want to change that.



Natural Law

by Helene Collard

Spring is here in the Southern hemisphere; Autumn (or Fall) in the Northern hemisphere

The cycles of life continue on and on... The first half of September, wherever you are in the world, is an excellent time to cleanse and declutter on all levels: body, mind, spirit, materially, emotionally, mentally, psychically.

Review relationships, behaviours, habits, patterns, and release whatever has run its course.

Simultaneously, it's a great time to explore new lifestyle habits, as you create new space to receive goodness into your life. Listen to your body, it will indicate where change needs to happen.

September offers a strong opportunity for you to shift into a higher frequency mode. Please note this will only come, with synchronising your body, mind and spirit, with the harmony and rhythm of nature and natural time. So get outside and soak mother nature in through all your senses.

Acknowledge the old systems of knowing, being and doing in the world, creating a society of sickness through disconnection, stress and environmental toxic load, including our mainstream political, economic, social, education, health and other systems. A quick glance at global health statistics, in the most 'developed and "so called" civilised' countries, show exponential growth in cancer; mental illness; neurodivergence; trauma; violent crime; homelessness; and other chronic disease and social issues.

The proof is in the pudding that the 'civilised' are not as 'advanced' as is thought. Yet the key here is not to blame the system or point the finger at 'this or that'. It is time for self-responsibility, moving away from self-pity, or wallowing in the world as it is, or at worse, apathy. Reject what makes you sick whether that be, mentally, emotionally, physically. If something or someone isn't good for your



nervous system, if it makes you anxious, or reduces your capacity to respond to life in the way you want to, then September is the time to retreat and have a break.

Are you here to please people? Are you here to wallow in pity? Are you here to play small? Are you here to tiptoe around? Are you here to be unhealthily co-dependent? Or are you here to burn your hand on the fire, learn the lesson and find a new way to keep warm, that isn't harmful?

"Just because you can, does not mean that you should."

When we take self-responsibility, we put our hand up and say "I am willing to be self-responsible for how I show up, and the impact that has on those around me." Sometimes, with courage, this reflection will lead to the need to engage with ongoing professional therapeutic support, and/or medication to provide mental/emotional stability and an increased capacity to respond, rather than react when life's challenges inevitably occur.

Relationships are two-way. The law of the land is reciprocity. There is always an exchange happening. Make sure it's healthy and quality. If that doesn't feel possible right now – have a break.

Sit in the fire of conflict and challenge, make the hard decisions that you know deep down are right, and stand-by them. If you can do this, you will have the opportunity to unleash like never before. New, open doors will appear, but this will only happen if you polarise where needed. You will know. Big times for upgrade and ascension into the divine self you have always been.

Contact me for Reiki treatments, Reiki courses, ceremonial cacao, Blue Lotus and a couple of Mayan galactic calendars left. Visit: [www.yemayacentre.com.au](http://www.yemayacentre.com.au) to see what's on.

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<div><div>\$799,000</div><div></div><div>317 OAKLEY CREEK ROAD, GEORGICA 4 BED   1 BATH   4 CAR   8.5 ACRES DAM   VIEWS   SOLAR   RED SOIL</div></div>	<div><div>\$725,000</div><div></div><div>1133 TUNTABLE CREEK ROAD, NIMBIN 6 BED   3 BATH   2 CAR   29 ACRES VIEWS   SOLAR   ENQUIRE RE MATERIAL FACT</div></div>	<div><div>\$590,000 - \$630,000</div><div></div><div>81 OXBOW ROAD, CAWONGLA 1 BED   1 BATH   2.86 ACRES   OFF GRID PROFESSIONAL RAMMED EARTH STRUCTURE 1/2 FINISHED STUDIO   DAM</div></div>	<div><div>UNDER OFFER</div><div></div><div>32/4 BLUE KNOB ROAD, NIMBIN UNDER OFFER</div></div>	<div><div>SOLD</div><div></div><div>151 MORAS ROAD, ROCK VALLEY SOLD</div></div>

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September 2023

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John  
0428 200 288



Jacqui  
0429 15 6666



Samara  
0429 806 288



Grant  
0427 521 951



Sundai  
0413 751 184

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



NEW



3/929 Blue Knob Rd  
Blue Knob 2 acre  
\$660,000 Agent: John & Sundai

NEW



102/265 Martin Road  
Larnook 2 acres  
\$350,000 Agent: Jacqui

NEW



346 Sargents Road  
Homeleigh 29 acres  
\$975,000 Agent: Jacqui

NEW



2/929 Blue Knob Rd  
Blue Knob 8000sqm  
\$530,000 Agent: John & Jacqui

SOLD



60 Tulsi Rd,  
Nimbin 6348 m2  
CONTACT AGENT Agent: Jacqui

NEW



5 Cecil St  
Nimbin 938 m2  
\$660,000 Agent: Samara

NEW



10 Silky Oak Dr  
Nimbin 786 m2  
\$595,000 Agent: John & Sundai

NEW



118 McClelland Rd  
Barkers Vale 16 acres  
\$920,000 Agent: Samara

SOLD



3911 Kyogle Rd  
Lillian Rock 10 acres  
\$CONTACT AGENT Agent: John

SOLD



154 Gungas Rd,  
Nimbin 2801sqm  
\$CONTACT AGENT Agent: Jacqui

SOLD



15 Crofton Rd,  
Nimbin 50 acres  
\$CONTACT AGENT Agent: Samara

NEW



'Mad Hattery'  
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Price - \$869,000

6 2 5 acres Agent - Sam Burcher

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