

# ASTRO forecasts

by Tina Mews

What's happening  
in the heavens?

## Aries

You could feel strongly about meeting life head on right now. Be clear about the nature of your cause. It is an excellent time for becoming involved in community projects that satisfy your inner calling for greater things. Be vigilant on February 13-14 as some buttons might be pushed. Alternatively, it could mark the beginning of a project that requires great strength and courage.

## Taurus

Venus, the planet of love, beauty, and harmony, enters outward-going Aquarius on February 17 (until March 12). It is a great period for making new connections and meeting with friends that resonate with your vision. You might find that you are pulled between what feels familiar and safe versus what feels unconventional and controversial and could potentially revolutionise your life.

## Gemini

This is an inspiring time with a multiplicity of information that wants to reach you. Avoid making up your mind prematurely, instead assimilate and integrate your impressions. Search for the bigger picture and filter through everything with care until the truth reveals itself. It is a great time for going on a vision quest.

## Cancer

The rebelliousness and unconventional vibes of Aquarius can provoke anxiety if you belong to the hypersensitive and security-oriented type of crabs. On the upside, you can make use of the electrifying energies and introduce those changes that allow you to grow and are truly life-enhancing.

## Leo

Are you ready to share your creative fire with others? Try not to hold back what needs to be distributed. Instead of being too fixated on your own cause it is a good moment of being receptive to the ideas of others. A new chapter is opening and if you are prepared to go with the energy, it could be the start of a revolutionising period in your life.

## Virgo

At present, you may need to focus your attention on your personal well-being and health. An excess of mental energy can be counterbalanced with the necessary space for nurturing and relaxation. The current high load of electrically charged energy may impact on your sensitive nervous system. It could be a good time to re-adjust mental attitudes to ease the body.

## February

**P**luto, the transformational force of the solar system, has just entered Aquarius on January 21; here to stay until September and then finally from mid-November onwards until 2043/4.

When Pluto moves through Aquarius, liberty becomes the ultimate goal of humanity. Rules and guidelines implemented through the Pluto in Capricorn years (2008 – 2024) are tested for their validity, whether they are in support of our spiritual evolution or not.

The image for Aquarius is the cupbearer who pours inspiration, the waters of life, onto humankind. While the Capricorn stage is about climbing the top of the mountain, reaching for goals, success and reputation, the Aquarius stage that follows is about moving down from the mountaintop and sharing our achievements with friends or social circles that resonates with our frequency.

Taking our power back is the quest, which includes awareness of the subtle mechanisms of control and manipulation while asking the question who or what is controlling my body, mind, and soul?

The most fitting Aquarian archetype is the Greek Titan, Prometheus who stole the fire (consciousness) from the gods to give it to humankind. He got severely punished for his great service and was chained to a rock. Liberty as a purpose in the age of digitalisation is not an easy path to follow. Aquarius is the lawbreaker while Capricorn is the lawmaker. There is a saying that you can be free of the law only when you no longer need it.

**The New Moon in Aquarius on February 10 marks the beginning of the Chinese year of the Green Wood Dragon.** In the Chinese tradition, Dragons are powerful and determined, but also highly creative, bringing prosperity and lucky opportunities to those who are brave enough to hear the calling. The New Moon forms a very tight square aspect with freedom loving and future oriented Uranus. It is a strong statement for moving ahead with our individual goals.

Care needs to be taken not to act hastily or impulsively, instead being open for innovative solutions to resolve old problems. There is also a lot of energy for starting new creative projects and getting off on the right footing is important for the later success.

**The relationship planets Venus and Mars are both joining Pluto in Aquarius, Mars**

**on February 13, while Venus on February 17. On February 22, they form their exact conjunction.**

Venus and Mars meet once every year marking the start of a new evolutionary chapter. They signal a new beginning in both our connections with others and our inner relationship with ourselves. In Aquarius, Venus and Mars are also reinforcing the value of friendship, individual space and freedom within partnerships, and a focus on the intellectual aspect of our connections. Their meeting takes place in proximity with passionate Pluto, amplifying emotions for better or worse.

This energetic combination offers fertile ground for healing, balancing yin and yang energies and creative work as well as reinforcing what really matters in a union. With Pluto in the mix, traditional values, including financial systems might be questioned or rebelled against.

**The Full Moon follows towards the end of the month on February 24.** The Virgo Moon finds herself opposite the Sun in Pisces conjunct Mercury and Saturn. Jupiter forms a trine to the Moon and a sextile to the Mercury/Sun/Saturn conjunction in Pisces. This polarity can test our persistence especially when the main weight is at the Pisces end. Virgo likes order and perfection while Pisces can get lost in chaos. Communication might not be that straightforward and clear because Pisces is more mystical than logical. Saturn's influence is weakened in Pisces and boundaries are much fuzzier, possibly creating some anxiety and fear for those whose charts are affected.

Nevertheless, Jupiter in Taurus can help with grounding ourselves in the here and now, supporting the earthy side of the Virgo Moon. Jupiter encourages a positive mindset and a view of the big picture. Focusing on what we can do instead of what cannot be achieved during this Full Moon period helps with maintaining confidence and a lightness of spirit.

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## Libra

Venus, the planet of beauty, love, and sensuality is in the sign of friendship from February 17 until March 12. This may kindle your need for fun, entertainment, and creative self-expression. Is there even momentum for another passionate, unconventional love affair? Who knows what is possible for pleasure-seeking Librans!

## Scorpio

Your energy at the moment could be primarily focused on your inner life and domestic affairs. Is there anything in or around the home that needs fixing, or are there any hurts that need healing? Revolutionise the way you approach this fundamental area of your life. Open up to new impulses that try to reach you via friends, books, the internet or otherwise.

## Sagittarius

Being receptive for information that has the power of revolutionising your way of thinking is the quest of the moment. It is a great time for exchanging ideas with others and working out details that lay the foundation for future projects. The time supports unique and inventive thinking that challenge traditional knowledge.

## Capricorn

Plans for a steady income may be up in the air at the moment and you might be pushed towards unique and innovative ways of dealing with financial issues. Being more open and creative in your approach could bring unexpected support from others.

## Aquarius

The transit of Pluto in Aquarius will revolutionise your life over the next two decades. Nevertheless, this influence is especially powerful when thresholds between signs are crossed, or when Pluto reaches the degree of your Sun sign. At the moment, those who are born around the 20th to 23rd of January are in the orb of influence, when ambition and drive to live your deepest truth is amplified.

## Pisces

Being the last sign of the zodiac and the most universal of all may cause an innate struggle with gravity and gaining a grounded sense of individuality. Saturn in your Sun sign until 2026 might greatly assist with defining who you are and what your purpose is about. Make use of Saturn's challenges by owning your stuff, applying self-discipline, and taking responsibility.

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**Tina Mews**  
0457 903 957  
star-loom@hotmail.com  
nimbin-starloom.com.au

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# A Dragon Year

by Marilyn Devlin

According to the Chinese zodiac – the Dragon is the most powerful and auspicious animal... representing strength, wisdom, luck and prosperity.

The Wood Dragon is said to be the most creative and visionary of the dragons... combining the Dragon's power and Wood's creativity.

I'm particularly fond of Dragons... being a 'Rat'. I remember many moons back someone informing me I was a Rat... I was most insulted. And yet they're clever little creatures... and oh so loyal to those near and dear.

Some have said that the Dragon year will be a time of visionary leaders, innovators and problem solvers... what a welcome inclusion that would be. We could do with a lot more of those.

The last Dragon year was 2012... and what a magickal year that was... at least for me. I still vividly remember all the incredible moments that unfolded. It showed me a level of reality that I'd never witnessed before. They're still crystal clear in my memory store.

All years have moments... some significant at the time, others cruise by lost in the great well of history. Others stand brightly... shining their radiance, it seems... forever more. 2012 was one of those years for me.

Sure... I lived in a magickal place... a portal of sorts that allowed travel out of our mundane reality. I can still see the smile on my face... as I lay on that beautiful verandah observing it all. It changed my life.

And most importantly... it took a huge chunk out of my Doubting Thomas.

He'd walked with me throughout my life... my logical mind battling with my seeing eye. A gift from my Irish heritage ... the world of magick and Fae, where so much more is open to you.

Where the veil is lifted and we get to witness the effervescent particles of life dancing gleefully... in celebration of it all. I'm grateful for that gift.

I used to wonder how I could ever write about it publicly... "They'll think I'm crazy." So, I kept it all secret inside. Well, most of it... it does have a habit of oozing through the cracks.

'Twas 2012 when I *saw* the new world birth... yeah crazy sounding I know. But heh... there's something about witnessing something firsthand... there's no denying it. Nothing like personal experience

Being a native of the Virgo archetype... I'm practical, sensible, got my feet on the luscious earth. My mind is sharp and super observant... I notice things. And I want to make things better.

Of course, we're a mixture of things... this glorious kaleidoscope of dancing life particles... all balled up in a special shape and purpose. We try to work it out as we go along.

A Dragon year is a welcomed one... after the super cleansing of 2023. Those super cleansing years can be challenging... they really get our attention... we're forced to change our direction.

Sure... won't be light and bliss overnight... at least manifest in the physical world... but the inside world we have control of. So little else it seems we do.

Light and bliss do exist... I know without a doubt. And doubt for me has fortunately been an ever-eroding process. It's a powerful force doubt... it can cut us off from so much.

There's so much to celebrate... this life thing is serious business... one chance to understand it all. To merge with the bliss. To experience the majesty and incredible kindness that's showered upon us constantly.

We've been through a lot these last few years... our world has changed. But inside us we still carry this burning torch to love and experience every drop of this miracle life we can.

The next Wood Dragon year won't be till 2084... so best to make the best of it.

Here's to the most yummy Dragon Year that's ever been... and may our courage continue to grow. Much Love.

# Nimbin Trivia Time

by Eclectus

## Questions

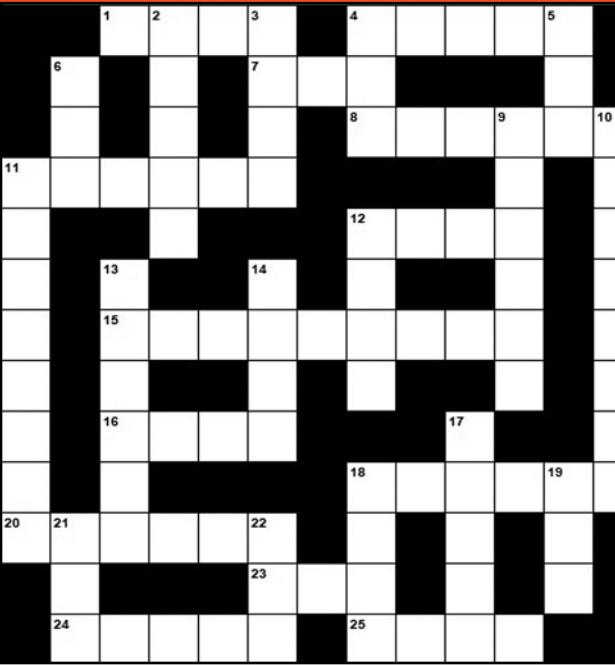
1. This gecko's name is, unsurprisingly, the same as the colour of this text. Can you guess what it is called? (Courtesy Esther Böck: [AnimalBase.info](#))
2. Is brocade a technique of oriental activism, a motorised procession in New Zealand, a dam building technique or a fabric style? Take a bonus point each if you can say where and when it originated.
3. What is sericulture?
4. A global phenomenon known as The Hum has been reported from every continent and beyond by a total of 6,500 people. What is it?
5. Zenith Everest, Gazal Infinity, New Age Manta Ray, Sunseeker Wild Child, Goldstream Panther and Pro Falcon are all types of what?
6. In early 60s sitcom Get Smart, who said "Push the button, Max!"? Take a bonus point if you can say what Agent Max Smart's code number is.
7. At the end of 2023, relative newcomer to the top echelons of world darts, Luke Littler captured the attention of the darts world with his barnstorming progression through the Professional Darts Corporation 2024 World Championship. Littler led the final, only to succumb to "Cool Hand Luke" Humphries, a top echelon player with multiple PDC major finals wins to his credit. What was the most extraordinary thing about Luke Littler's dramatic rise to the top of professional darts? Take a bonus point if you can say what his nickname is.
8. Each of the following fits the category of animal, mineral or vegetable: cambium, carborundum, capybara. Which is which?
9. Where, in Nimbin, is Goanna Way?
10. Rob Van Winkle is a 90's rap star better known by what stage name? Hint: His 1990 global debut hit was Ice Ice Baby, the first hip-hop single to top the Billboard Hot 100.



- Answers
1. Take a point if you said Turquoise Dwarf Gecko, Electric Blue Gecko or Electric Blue Day Gecko. Take 5 points if you said William's Dwarf Gecko (Lygodactylus williamsi)! This spectacular Tanzanian creature is now critically endangered due to collection for the pet trade.
  2. Often woven from silk, brocade is a richly decorative class of fabric styles. The shuttle loom production technique gives it the appearance of embroidery. Brocade production began in China during the 3rd century BCE.
  3. Sericulture is the cultivation of silkworms for silk production. The earliest indications of silk production are found in China and date to between the 5th and 3rd millennia BCE. A well developed technique and long held Chinese secret from the 3rd century BCE, sericulture arrived at Byzantium in the 6th century CE. This head start allowed the Byzantine Empire to then dominate the silk trade throughout Western cultures for more than three centuries.
  4. First academically described in 1973, the Worldwide Hum is a persistent, low frequency, rumbling or droning sound perceived by some but not others in the same place at the same time (around 2-4% of people). Often perceived indoors or in urban areas, it is louder indoors, and at night. It is annoying to some but can be masked by background noise such as a fan or radio. There is a scientific paper in this for someone. It just remains to be seen whether it's written by an audiologist or a psychologist.
  5. More caravans.
  6. Agent 99, played by Barbara Feldon, said this to overcome Smart's ditching procrastination in emergent situations. Max Smart, played by Don Adams, carried the code number 86.
  7. "Luke the Nuke" Littler was only 16 years old at the time.
  8. Animal is the capybara (Hydrochoerus spp) which is not only the biggest guinea pig on the planet but also the biggest rodent; Mineral is the carborundum which is silicon carbide (SiC), a very hard, strong, reflective, electroluminescent and electrically resistant material, is used in everything from jewelry to bulletproof vests, including car brakes, telescopes, crucibles for molten metal and LED lights; Vegetable is the cambium which is the vascular (water or nutrient distributing) or the scar tissue in all woody and some herbaceous plants.
  9. Goanna Way is in Jarlanbuh. It runs off the top of Neem Road which runs off Cecil Street.
  10. Vanilla Ice.

# Nimbin Crossword

2024-02  
by 5ynic



## Across

1. Suffer the consequences (init.) - slang
4. Small bunch (of herbs, flowers...)
7. Not retiring, but a valuable fish
8. Indonesian chilli sauce
11. Courageous (slang)
12. Discontinued
15. Compare, by placing side by side
16. Pea-, M10, or asylum inmates
18. Where the foot rests in the boot
20. Illegally obtained (e.g., Australia)
23. Rear (of a ship)
24. See 3 down.
25. Cultured?

## Down

2. Smallest leg joint
3. (and 24 across) I agree, let's do that? (4,5)
4. She has your parents
5. Western Indian state
6. Chatter?
9. Hassle (someone)? Meles meles.
10. Publican?
11. Like 4 down, but boys.
12. Units of electrical current
13. Greatest exponent of Gypsy Jazz. His arpeggios? Unchained!
14. Rush (the blues man), or Redding (the soul man)
17. An item with value in the ledger? Foreign agent
18. Minuscule quantity
19. Fillet of brined salmon
21. Just a little?
22. Vote against

Solution: Page 34



# NOT JUST NIMBIN

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# Mowing and moaning



by Michael Brooke

Sunday is to be renamed Mowday. It's the day you should get your motor mower from the shed to cut grass. Mowday is Nark-the-Neighbour day. It's a discipline that your mower is noisy – no, not simply noisy, it must be very very loud and run at a pitch that's set to aggravate the planet. The blast of it should be a high contralto shriek of anguish blended with deep basso moans of despair. Tinkering with the engine can add satisfying backfires and splutters. It's essential that you check with your neighbours to find the best time to run your machine. Mowday that used to be Sunday is a day of

rest... for some. Some like to snooze in the afternoon – so that's when you mow. Their curses will be drowned by the roar of your machine. And there is some subtlety to this – every now and again switch off, wait some moments for them to bless the silence, and then start up again. The icing on the cake is smoke. If the machine is a four stroke, a few drops of oil in the petrol will cause a delightfully smelly black haze. Two strokes have their own natural stink. Got it? I'm writing this on Mowday (yeah Sunday) and my friend next door and a mate across the road are both whacking their lawns with thunderous gusto. I'll wait till they stop. Then I'll start on mine.

## Don't get me started

by Hairy Gumboot

Those annoying school buses are back this week, holding up traffic while disgorging hydrocarbons and teenagers into the middle of Cullen Street. Some of the village's more misguided residents, those who embrace a woke Marxist agenda by highlighting potholes, pedestrian crossings and unexpected steps, recently added splashes of paint to the road opposite the Green Bank, claiming the site was a bus stop. If there were markings there previously, they'd long been worn away by generations of attendees at the local farmers market, so their point was moot. Despite using rainbow colours and fuzzy-edged lettering to appeal to those faux hippies who embrace the sovereignty of the private car, their target audience appeared deaf to reason, or illiterate. Lapping a latte outside Armonica last week, I witnessed a woman approaching motorists in an attempt to claim the site as sacred to public transport. "I'll only be a minute," said a dreadlocked influencer ducking into the food co-op. Emerging a minute later, she then proceeded to obstruct the footpath while chatting to a fellow influencer for the next 15 minutes. "I'd prefer to use the loading zone," said the driver of a van. Given the number of vans in town bearing the business logos of former owners, I regarded him with suspicion until he produced several large cartons and a hand trolley. "But it's the school holidays," said another. The teenager in the passenger seat, who may attend school in Lismore, then proceeded to recite the timetable to its parent. Who says rote learning doesn't work? Timetables displayed at Allsopp Park and outside the Nimbin Hospital state these times. Outside of school holidays, there are five scheduled Lismore-to-Nimbin services a day that could use the space. Add to these tourist coaches, the Happy Coach, Gosel's Murwillumbah service, and excursions operated by Nimbin Aged Care, and it's difficult to estimate how disruptive "only a minute" may be. Perhaps the organisers of the local trivia night could add bus times to their list of questions. Look, I have no issue with buses stopping there, but we should at least retain an all-day-parking bay near the entrance to the western carpark. That way, the people who presently use the spot as a chicane in order to avoid the speed humps won't have brake so hard at the pedestrian crossing.

## A moment

by S Sorrensen

I'm stopped at a red light at Lismore's only set of traffic lights, the only car at the intersection. The engine turns off. What? Oh, it's a modern car, borrowed, and modern cars decide when the engine stops and starts. Back up the road it also decided I was following too close to a truck carrying doomed cows, so the car braked itself. Scary. I mean, thoughtful, sure, but who's in charge here? There's no traffic, just me and a crow sitting above the red light. No-one drives through the intersection. I watch heatwaves wriggle off the bitumen. I'm not hot though. This car has air-conditioning which it adjusts automatically. It's actually a bit cool for me, but who am I to argue with the car? A car pulls up beside me. Now we have traffic. It's a modern car, a white plastic box with wheels. It looks like a Honda Civic, which looks like a Suzuki Swift, which looks like a BMW Generic, which looks like the drawings my son used to make of cars when he was four. The box sports an MG badge.



Really? When I was younger, MG was an exotic brand, the cars distinctive and sexy, a teenage boy's wet dream, designed by older men morphing their remembered dreams into sensual curves and tail fins and chrome that sparkled like Christmas. Now cars are designed by AI, which doesn't have dreams (wet or dry). Cars are designed by a very smart machine which is a genius at maximising return from minimum expenditure. But it doesn't do soul. Goodbye human flourish; hello bottom line. Modern cars are boring, despite touch-screen suspension adjustment. That characterlessness is of course hidden by the advertising hype: beautiful people with

corporate exploitation of us the desperate citizenry. Cars are turning on us. They don't need us. Or want us. Cars used to be driven by people. You decided where to go, when to change gears, whether you wanted the lights on or drive by moonlight, whether you wanted the wipers or prefer windscreen raindrops painting an impressionistic Molesworth Street. The car did what you wanted. You were master. You had skills; you could use a clutch, reverse park. Not anymore. Cars drive people now. More and more they're telling us what to do. And they're getting rude. Not just an alarm or flashing light now, the car just won't let you do stuff, or it just takes control. One day soon, your car will pull up outside your house. You'll walk towards it. It'll open its window just enough for you to throw in your phone (which is all you are now), then the car will close its window and drive off to wherever, to do whatever. You, you can stay at home and bet on the footy. (Ask Siri to turn on the telly.) The traffic light turns green, the crow flies up Ballina Road, the car engine starts itself and off I go, following the cows.

## Not all influencers are created equal

by Simon Clough

Over recent years there has been significant negative comment about influencers. Think cosmetically-enhanced men and women appearing to live enviable "lifestyles" recommending often dubious services and products for large amounts of money. But spare a thought for the humble binfluencer, such as myself. We are the largely unknown and unappreciated saviours of the street. Domestic life for most of us would turn to chaos without us, for we are the ones who take out the right bins on the requisite day. Just as importantly, we do it first. The rest of the street looks to us to ensure

that they have the correct bins ready. It's a huge responsibility. The true binfluencer gets up early on the appointed day, puts on their safety gear, for me sandfly protection, and heads out. The first task is to check that the bins have been used appropriately. There's nothing worse than finding mucky landfill material in the recycling. Next, the bins must be manoeuvred into the correct position for the Council to collect. Of course, I have a secret recipe for binfluencing. I call it bin rotation. The green bin always stays in place as it goes out every week; the red and yellow bins are swapped about weekly indicating which bin has to go out in the current week.



The Bin Reaper. Courtesy ABC-TV

## Silence

by Magenta Appel-Pye

"Silence isn't empty; it's full of answers." – The Buddha  
As Harry Nilsson sings in Midnight Cowboy: "Everybody's talkin' at me, I don't hear a word they're saying, only the echoes of my mind."  
If only I could hear myself thinking but it's nearly impossible these days because, even when I am on my own, everything talks at me. The car starts beeping like a crazed chicken every time I reverse down my driveway. Yes, I am fully aware the letterbox is there, thank you very much. My Thermomix machine, whilst being a wonderful help in the kitchen, plays this annoying tune every frikken time it does something. And I don't know if there is a way to turn it off. Good technology/bad technology. Every time Norm looks into the fridge, and he takes his time, the fridge starts beeping at him to tell him to shut it. Between the fridge's incessant nagging and Norm's swearing, I'm having trouble hearing my own thoughts. My computer turns on with a Wagnerian flourish that is impressive the first few times, but it eventually grows tiresome. My bloody phone pings and bings and beeps and squawks every time something happens in the outside world. I put it on silent but forget to turn it back on and miss important phone calls.

No wonder noise-cancelling headphones are all the go, but unfortunately they also cancel out the beautiful sounds like birds singing and children playing. The other day I saw a guy riding a bike without a helmet, wearing headphones and texting on his phone. Wow, impressively stupid!  
I know of a woman whose husband is a talker, he never stops. Yadda, yadda, yadda, day and night. She eventually went deaf. Maybe to save the marriage?  
In our ever-noisy world full of background music, on-demand shows and podcasts, many of us don't experience a great deal of quiet. Some friends visited from the city. Standing outside at night they wondered what that weird noise was. "It's silence," I told them. They had never heard it before. Quiet time is essential for mental health and it seems to be getting harder to find. Studies show that time spent in silence can bring numerous health benefits including lowering blood pressure, calming racing thoughts and stimulating brain growth. You'd think the opposite would be true but there you go. Stop trying, stop thinking! Quiet time also reduces cortisol, improves insomnia and stimulates creativity. Most of my best ideas have come when I have been meditating or doing my teeth or something mundane. The best gift you may ever give yourself is to turn off and tune out. Ommmm...  
"True silence is the rest of the mind, and is to the spirit what sleep is to the body, nourishment and refreshment." – William Penn



# Tawdry and stultifying

A quick perusal of the nation's political news leaves me searching for a descriptor... the word tawdry does come to mind, but the tawdriness of the present political debate is so profound that surely a new word needs to be minted.

Talking about minting a new term can we call the Labor party something else. The other Conservative Party; Shite Lite; Tweedle Dumbies; Albo the salmon farming filth maid and the apologists?

The sparse and paltry news from the front bench is that the would-be workers party are contemplating rescinding the stage three tax cuts for the mega-wealthy.

And that's the big story... not adding dental to Medicare, not restoring bulk billing as the major payment option; not fixing the housing crisis. Nope, but they've promised to organise a work-



**Revenge of the Loon**  
by Laurie Axtens

around to stop massive tax cuts for the mega wealthy. Well wow-wee. O the euphoria... stop it stop it... my heart can't cope. Finally, an alternative to the stultify era of reactionary corruption?

laurieaxe@gmail.com

# Nimbin rocks

by Gail Wallace

Around Xmas time each year, we can feel the urge to splurge, jettison the financial struggles of the past year and whoop it up. Celebrate! Then there can be that nagging itch reminding us of the presence of others "doing it tougher". The Sick. The Homeless. The Aged.

Can I really comfortably savour the prawns, champers and plum pud indulging myself festively, knowing others can barely scratch a meal together, let alone enjoy it?

What impresses me about Nimbin community is their pleasing awareness of the "haves" and "have nots" and the willingness to address inequities especially around the festive season.

Last December, I was given the task of organising some Xmas hampers on behalf of the weekly Farmers Market. Proceeds of the raffles were headed for the Hospital Auxiliary, that wonderful group of wholesome folk whose presence and work often drops below the radar.

They may be seen cheerfully peddling their preserves and pickles, jams and jellies in all weathers, mustering much needed funds to assist the demands of our much-valued hospital.

So I approached local businesses politely requesting (but not expecting) donations to fill and decorate the hampers. The results were utterly overwhelming.

Not only were treats, vouchers, produce and artefacts willingly and graciously forthcoming but often, I was asked "Is that enough?", "Would you like more?"

Farmers Market stallholders also jumped in, and three fabulous hampers were overflowing with colourful, quality goodies in no time.

Thanks to the unquestionable generosity of all these retailers, raffle ticket sales raised \$500 for Nimbin hospital.

So, I wish to name these businesses by way of recognising with gratitude the kindness that seems to flow easily in this community, notable also during natural disasters and other catastrophes.

Thanks go to Perceptio, Nimbin Herbs, Nimbin Co-op, the Apothecary, the Emporium, Green Bank, the Pharmacy, the Newsagent, the Aquarius cafe, Delizia Ice creamery, Nimbin Environment Centre and Nimbin Hotel.

And... karmically or otherwise, hampers were all won by locals.

Good on ya, Nimbin. You rock!



## Writing and drawing classes start up

by Christine Strelan

Nimbin Community School's Open Learning classes will resume in February.

Creative Writing commences on Wednesday 7th, 10.30-12.00, in the Community Centre Classroom.

Life Drawing Sessions commence Saturday 17th, 10.45-12.45, at the Dance Studio. Both courses are \$60 each.

To enrol or make enquiries, phone 6689-1477, or contact us on Facebook under Nimbin Open Learning.

## Sketch Club in Lismore



Serpentine Gallery is now hosting a Sketch Club every Saturday from 2pm to 5pm at the Gallery.

This is an informal weekly gathering of artists of all levels who like the idea of getting together to draw and share inspiration. It is not tuition, though there will be plenty to learn from each other.

Participants draw each other, nominate a subject, sometimes play dress-ups, other times invite a life model.

There is no cost for Serpentine Gallery members – just ensure your membership is up to date. The non-members charge is \$10. Arrive at 1.45pm so it can start on time.

Sometimes a guest presenter will lead the group and provide feedback, for which a donation of \$10 may be required.

After each session, club members are invited to stay and socialise, with drinks available from the gallery's fundraising bar. Tea and coffee is also available.

Serpentine Gallery is at 104 Conway Street Lismore.

## Collage Club starts up again

Lismore Regional Gallery's popular Collage Club, which usually meets weekly under the awning of the Lismore Regional Gallery in the Quad, took a short break due to the reconstruction of the Quad and Gallery.

The free creative recovery program has now resumed on Thursdays during February.



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Photos: Nikki J

by Carol Boomsma

The year was 2008, it was a cool wintery Saturday, blue skies, green grass and we were watching a team of 11-year-olds playing soccer.

The usual group of spectators, Mums and Dads and other supporters were on the sidelines, cheering the kids on.

With three of my kids playing soccer from a young age, this was a much cherished and regular Saturday morning outing during football season.

A conversation started up among the Mums. Jo turned to me and said, "I think we should get a women's team together and play next year." For me it was a light bulb moment. It sounded terrifying but with just a hint of possibilities.

However, something resonated with me, despite being 42 years of age, unfit, unskilled in the game and lacking any experience. Sure, I had been kicking the ball around in the backyard with the kids for years –



but this was different. I hadn't played team sports since high school.

For the previous few years there hadn't been a women's team at Nimbin Headers, so the response was unexpected. The team filled up swiftly. With not a lot of organised sport on offer in our little village, we quickly found sixteen keen women to form the squad. I was the first to register.

To say this game has made an impact on my life is no exaggeration. Making new friends in a small town can sometimes be tough.

We often stick to those friendship groups that are formed at our children's primary schools based often on the parents of our

kids' friends. But this was different.

Women of all ages were joining the team- and with such diverse and interesting backgrounds. The friends I've made over the many seasons of playing has been so enriching.

As a mum of four kids, I was stoked to find something that was just for me. There is nothing like the freedom and exhilaration of running around a grassy pitch for ninety minutes. The fitness and fun that is gained is just one of the many wonderful elements of the sport.

The 2024 season is about to kick off. This year we are hoping to field three women teams. So, if you've been thinking about playing, perhaps this is the year. Your year!

Registrations opened on 1st February. Training is every Thursday at 6pm. Tuesday night training will be implemented soon.

Come on down and have a chat and check it out. All welcome.

# Terrain Theory for toddlers

by Tom Jones

This story is meant to get your creative thinking juices flowing and aims to help potentially explain a topic in a way that can easily be researched by the reader.

It is to open up a conversation that may or may not be appealing but as always, healthy debate is encouraged.

Once upon a time, there were two doctors named Dr. Robert Young and Dr. Andy Kaufman. They discovered something very interesting about how our bodies work.

They found out about a theory called Terrain Theory, which is like a magical secret that tells us why we get sick and how we can stay healthy.

Long ago, there was a clever French scientist named Antoine Bechamp. He looked at things called cells, which are tiny building blocks in our bodies. He found that when our insides are not happy and are too acidic, we can get sick.

This is different from what other scientists believed at that time, called Germ Theory, which said that sickness comes from things outside us like tiny bugs.

Dr. Young tells us that Bechamp found little bits of life called microzymas. These microzymas are like magical atoms that can change into different things. They can become healthy cells if we keep our insides nice and alkaline. But if our insides are too acidic, they can turn into bacteria, yeast and mould, which are not good for us.

Another smart scientist,



## DISCOVER FITNESS

Dr. Gunther Enderlein, learned from Bechamp and discovered more about these microzymas. He called them "protits" and said they can change into different forms. Dr. Young also mentions another scientist, Dr. Virginia Livingston-Wheeler, who thinks these microzymas might be the reason for cancer.

Dr. Young discovered this amazing thing under a microscope in 1994 when he was looking at the blood of a person with diabetes. He found that the red blood cells could change into different shapes, like turning into anthrax bacillus and then back again.

Later, Dr. Young went to Paris to learn more about Bechamp's ideas. He found Bechamp's drawings of microzymas in the library, and it made him very happy because it confirmed what he saw under the microscope.

Now, Terrain Theory suggests that we are in control of our health. It's not about germs attacking us from outside, like warriors in a battle. It's about how we treat our bodies and what we eat. If we keep our insides healthy and not too acidic, we can avoid getting sick.

Dr. Kaufman talks about how some scientists look for things called viruses when people are sick. But he says they are not really finding them like they think. It's like looking for a jaguar in a forest but not knowing what it looks like.

Dr. Kaufman explains that sometimes they mistake things called exosomes for viruses. These exosomes are like little helpers that our bodies make when we are not feeling well.

Both doctors say that vaccines, which are like medicine shots, might not be the best way to stay healthy. Dr. Kaufman compares them to injecting venom like a snake bite. He thinks our bodies can heal themselves without these shots.

In the end, the doctors want us to know that our bodies are magical and can heal themselves if we treat them well. It's like having a superhero inside us that can fight off bad things if we eat healthy food, exercise, and take care of ourselves.

So, let's all be superheroes and keep our bodies happy and strong! Stay strong and stay open minded.

*The information provided in this column is for educational purposes only and should not be considered as medical advice*



# GamesTime Lismore up and running

by Param Berg

GamesTime Lismore took off on Thursday evening 25th January and about 20 curious citizens rocked up and a good time was had by all.

Timbre Cafe in Dawson Street was the venue; food and drinks were brought and shared; there was a regular hubbub of talk and laughter across the games, and cool and groovy music behind it.

Two sets of Adapt were in use, also Co-opoly, ChessPlus, Backwords, and a regular set of playing cards.

People are welcome to bring their own games, whether new or traditional, we're just into face-to-face rather than electronics (Adapt and Beautiful Trouble both have interesting websites though).

Next date is Wednesday 28th February, same place, same time 4-8pm. No previous experience required, nor regular attendance.

Feedback on the first session was very positive, so that's why it's on again.



Game of Adapt in progress. More talk, no board.

## Nimbin Crossword Solution

From Page 31

	F	A	F	O		S	P	R	I	G	
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Denis Meagher leads the Open Mic house band with some C&W classics. Photo: Mel Williamson

# New date for fundraiser

Come and join us for a fun trivia night at Nimbin Bowlo on Saturday 17th February. Fundraising this month is for the Nimbin Bowlo Open Mic, a group focussed on improving stage equipment at the club.

There will be a raffle and auction on the night, with a guitar up for auction. Lots of fun for all and great prizes to be won. Prize for the best dressed: theme "Glam and glitter and all that jazz..."

The Bowlo's Open Mic night takes place every second Wednesday of the month, next is Valentine's Day, 14th February. Come along and sing a song, recite some spoken word, or just have a listen.

**Nimbin Bowling Club**  
Welcomes you to a Night of Trivia  
in support of the Nimbin Community.

**WHEN:** Saturday, 17<sup>th</sup> February, 2024 (usually 3<sup>rd</sup> Sat of the month).

**WHERE:** Sibley's Bistro, Nimbin Bowling Club. Lots of fun for all.

**FUNDRAISING** for The Nimbin Bowlo Open Mic.

Great prizes to be won on the night as well as a raffle and auction.

BOOKINGS are Encouraged. Priority Given for Meals in Bistro.

Nimbin Bowling Club 02 6689 1250 Sibley's Bistro 02 6689 1473

**THEME:** Best dressed - "Glam and glitter and all that jazz..." - prize!

**TIME:** 6:00 pm For 7:00 pm Start. **ENTRY:** \$3 gold coins

## 18th Annual Nimbin Women's Dinner

Celebrating International Women's Day

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**Thursday 7th March 2024**

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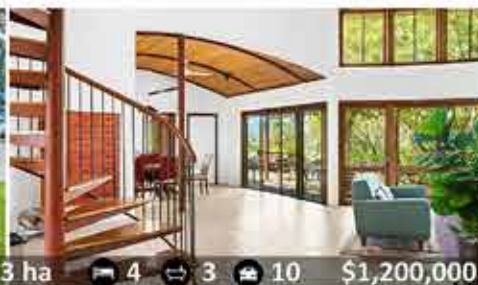
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