

ASTRO forecasts

by Tina Mews

What's happening in the heavens?

Aries

You may have reached a phase of enhanced independence, innovation and personal drive. Find out what really gives you happiness and joy. You might feel like pioneering into uncharted lands while following your creative impulse. Whatever it might be, make sure to keep an eye on the needs of others to avoid conflict and feelings of separation.

Taurus

Issues around independence and dependency may be at centre stage for you. You might feel called to undertake a journey of your own or start a new project in your own right. Relationships of all sorts are under review. Take special care from July 12 to 17 as some of your buttons can be pushed. On a deeper level, you are working out what can be left behind to lay a more sustainable foundation for the future.

Gemini

With Jupiter in your sun sign until June 2025, it is your time of growth and new opportunities. Tap into your creative potential and dare something different. Nevertheless, your steps will be tested in August and December when Saturn, planet of reality, will be challenging Jupiter's optimism and expansiveness. So, work out helpful strategies to achieve your long-term goals.

Cancer

This is the birth of your new solar year, and your personal compass is pointing straight ahead towards the future. You might be called to take on a leadership role while striking a balance between your inbuilt sensitivity and emerging new responsibilities. Moving forward in your life is the focus while letting go of emotional insecurities.

Leo

Venus, the goddess of love, beauty and relating is in your sign during July 12 – August 6. This can be a soul-searching phase in your life where you will go through an in-depth examination of your relationships, creative projects and values of all sorts. Unexpected breakthroughs are possible as your heart yearns for true love and recognition.

Virgo

The path ahead during this month guides you towards focusing more on friendships, social circles and community activities. Tap into your creative potential and share your gifts. You will find that others are in support of your ideas and objectives, especially when you are organised and persistent. Ground your vision into the here-and-now.

July

Since the winter solstice (June 21) the Sun has travelled through the watery realm of Cancer. Cancer is ruled by the Moon and signifies the receptive and sustaining powers of the feminine, who gives birth, supports and protects life. Most people born under this sign have deep attachments to their family and ancestral roots while being loyal to the values of the past. They love the preservation of family bonds but can be extremely touchy, highly sensitive and moody because their inner world changes with the cycles of the Moon. Physically, Cancer rules the breasts and the stomach, the function of giving out nourishment to others and taking in nourishment for oneself. Many Cancerians love cooking and good food. Cancer's nature is defensive rather than offensive.

Astrologically, we have entered a more cautious phase in the year emphasised by Saturn, the Lord of time who just turned retrograde on June 29, followed by Neptune who turns retrograde on July 2. Both planets are at a 'standstill' and in a strong position. Astrology teaches that the slower a planet moves the greater we feel its influence. Thus, with Saturn and Neptune highlighted especially during the beginning of July, we get the first glimpses of the changes that 2025 will bring. Next year both planets will transition from Pisces, the sign of endings to Aries, the sign of new beginnings. Saturn demands accountability and a reality check, whereas Neptune is much more vulnerable, prone to deception and manipulation. The beginning of July marks a time when it is essential to distinguish between fact (Saturn) and fiction (Neptune) as the possibility of being misled is amplified. On a higher level, Neptune symbolises our hopes and imagination, our spiritual ideals and practices. Hovering at the last degree of Pisces for the next two months, the Lord of the Oceans invites us to work towards our dreams in a steady and persistent way (Saturn).

The New Moon on July 6 is in Cancer, squaring the nodal axis and in trine with Saturn. A new balance needs to be created between rushing ahead with a specific agenda while maintaining the willingness to cooperate with those who think differently. The Black Moon Lilith entered the sign of Libra on June 30, is here to stay for the next nine months (25 March 2025). Unresolved relationship issues will become more prominent as Lilith is moving with the South Lunar Node until the end of the year.



On a collective level, Lilith gives strength to activism and to the voices of those who feel violated, and their truths and values excluded from mainstream society. In Libra, she demands fairness and equal rights for all. She can trigger hidden rage, but also the courage to make the changes that we always wanted to do. Interestingly, Julian Assange has the Black Moon Lilith in the early degrees of Libra in his natal chart conjunct revolutionary Uranus.

During mid-month, pressure is building in the areas of relationships and values. Venus in Leo reaches the opposition to Pluto in Aquarius on July 12/13 followed by a Mars/ Uranus conjunction during July 14-17. These are intense planetary combinations, correlating with themes around sovereignty and collective power, independence and dependency issues as well as conflicts concerning boundaries and territory. Then the Sun enters Leo on July 22, opposing Pluto and adding extra fire to an already dynamic situation.

The Full Moon on July 21 occurs on the last degree of Capricorn. This is the second Capricorn Full Moon in a row, following the one from June 22. Falling on the 29th degree indicates that something is asking for completion, a project that needs to be finalised before a new start can be made. The Moon is conjunct Pluto in Aquarius and opposite the Sun on the last degree of Cancer, a perfect symbol for transitioning to a new approach in dealing with an underlying problem. Emotions need to be channelled into a constructive outlet (Capricorn) to bring clarity, innovation and creativity (Aquarius) to an old situation. In medical astrology Capricorn rules the bones, joints and knees. Ancestral trauma is stored inside our bones, the densest parts within our bodies. Giving loving attention to our bones may help healing transgenerational or karmic themes. Chiron stations retrograde on July 27 bringing unforeseen opportunities for healing and reconciliation, revealing weaknesses that can be attended over the next weeks and months with special care, kindness and understanding.

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Libra

While the Black Moon Lilith makes her journey through your sun sign during the next nine months, you will find that your sense for fairness and social justice is emphasised. Instead of holding back for the sake of keeping the peace, it is best to have the courage to speak your truth. Trust that you will be heard!

Scorpio

At the moment, it seems to be difficult to make plans as things can change without any prior warning. Make some space and create room for the unexpected. Especially during mid-month avoid acting impulsively as you may want to rebel against limitations put onto you by others. Relax and try to think things through before acting.

Sagittarius

This is a time when opportunities come to you through well-nourished relationships with others. Strengthen your ability to communicate. New information wants to reach you, so, listen and remain open to what others have to say. Make a conscious effort to deal with them in an engaged but loving manner so that no one needs to feel ignored.

Capricorn

Partnerships of all sorts are highlighted during this period. While the Black Moon Lilith is transiting your solar house of social standing and reputation issues of inequality and power imbalances might be back on the agenda. There are things happening beneath the surface. Renewal of contracts or separation are both an option.

Aquarius

This is the time of the year when you need to take care of your mind, body and soul. Give yourself permission to take some time for self-nurturing. Mars and Uranus in your home sector could intensify domestic affairs especially during mid-month. It is best to channel the volatile energy into creative projects and innovative change.

Pisces

With Saturn and Neptune retrograding in Pisces, you may want to re-examine your plans and dreams. What is working and what is wishful thinking? Saturn brings in the reality check while Neptune gives hope and vision. On the other hand, spiritual power and having faith in your spiritual ideals can transform the impossible into reality.

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Life and death

by Marilyn Devlin

What a whopper of a Winter Solstice June presented us with... with the accompanying Full Moon/ Lunistice (Lunar standstill)... it was truly an avalanche, a watershed of activation... shifting us all (in one way or another) as it crashed through like a tidal wave.

As one astrologer described it... a tsunami of emotion.

We gotta be stronger than we appear... than we imagine ourselves to be... as Life's waves keep rolling, building strength with purpose and intention, focused on accomplishing its mission. Man... sometimes it's a lot.

We're taken to the edges, the limits of our strength. We walk blinded, feeling our way... as a hurricane of emotions lifts us up and takes us away... somewhere new, we've not been before.

By the time you're reading this we will have moved on from the intensity hit (maybe). Always moving on, travellers, adventurers in this extraordinary journey of life... of being, of existing. It's short and it's eventful. Yes, we can seemingly fill moments with wasteful trivialities... yet, we never escape the lessons. It's constant and on-going.

This mission is massive... it feels like we're blindfolded... yet something seems to guide us. Our internal beacon, the Grace of Life... within the whirl of happenings we seek our peace, our belonging, our rest.

My brother died. This last week of June (as I write) has been a monster. Winter Solstice... the midpoint of our year, our galactic ruler Sun arriving at his most southerly point, resting for a bit before beginning his journey north.

Light and dark, Yin and Yang, life and death. The mysteries we touch on that change us forever. The big times... the massiveness that surrounds us, that we exist within.

Everything is more than it appears... and at times in our journey we bump into these existential experiences. We can doubt whether we have the strength to make it through... some things just seem too big. The mysteries of life reduced to the real, here and now.

Death... it's as natural as life... as close as our breath... something that will come to us all. It's just we rarely give it much of our attention... as we're fully focused on living. But then it comes knocking close, and unfolds that tsunami, that monster wave that's been curled up ready to unfurl when the moment arrives.

Each experience of death is similar yet unique... as it comes bound and tied with such intimate accompaniments... just for you. Each with its unique attachments, it's part of your journey, one you need to walk through.

I found myself in the centre of a hurricane... sooo much happening, activating every part of me. At the same time needing a clear head (impossible), resurrect my practical disposition... to make decisions, decide on actions... take over where the other left off. Complete the earthly journey, of the one that's gone.

I was it... and wondered if I had the strength to be. More learning to receive... help and support, it's a familiar lesson for me. We're very, very human... we are not made of metal. We're made of real stuff, divine stuff. We're exquisitely created, we have what we need... if we could only turn there.

It doesn't appear that the intensity of these times we're walking through, existing within, are going to disappear soon. Yet at the same time we have so much grace, bounty and gift after gift. We live within this magick Earth's love and get to experience the wonder and majesty that is.

July continues Cancer's emotional presence... it's always a deep month... in the depths of winter for us here in the south. A time for increased nurturing, support and caring. If you're solitary, explore new ways to give this to yourself. Then surprisingly it appears around you... you become a magnet for what you're giving out.

Life is Love... I've always known that at some deep level.

Nimbin Trivia Time

by Eclectus

Questions

1. Where is this flag from? Hint: while it is not a sovereign nation, state or city, it is certainly geographical in nature. Credit: flagpedia.net



2. The name of a much-loved Australian culinary delight ends in the letters "ite". Can you name it?

3. Which Australian swimmer set a new world record in the 200 metres freestyle event, taking over half a second off the previous best, at the June Olympic trials in Brisbane?

4. Does an aye-aye have feathers, fins, fur or none of the above?

5. In Australian vernacular, when describing disdain or distaste for something, it is often said to be "about as popular as [what] at a birthday party"?

6. Who will win the third and deciding game in the 2024 State of Origin series to be played at Lang Park (affectionately known to Queenslanders {and not so affectionately to New South Welshfolk} as "The Cauldron") on 17th July?

7. In 1726 an English prose work of cultural satire was published to great acclaim. This book lent the words Brobdingnagian and Lilliputian to the English language. Can you name it? Take a bonus point for the author's name and two for the protagonist's given name.

8. On a more contemporary literary note, can you name the winner of the 2024 Book of the Year announced at the Australian Book Industry Awards in May? Take a bonus point if you can name the Book of the Year for Older Children, which retailers removed from sale after critics allegedly abused staff over its subject matter.

9. Who sang the 1983 UK hit song 'Karma Chameleon'? Take a bonus point if you can name the album.

10. Where is Australia's newest spaceport?

10. Bowen Orbital Spaceport, Queensland. Commercial orbital launch service provider Gilmore Space received the first Australian Government approval for operation of its orbital missions in March 2024. They are planning the first orbital missions in Australia in over 50 years.

9. Boy George with Culture Club. The album is Colour By Numbers

8. "The Voice to Parliament Handbook" by Thomas Mayo and Kerry O'Brien was Book of the Year, while "Welcome to Sex" by Melissa Kang and Tunji Styne was Book of the Year for Older Children. The latter was withdrawn from shelves by Big W in the face of the alleged abuse. A wise workplace health and safety move, but a sad reflection on elements of our society.

7. Gulliver's Travels was written by Jonathan Swift. Gulliver's first name is Lemuel.

6. If you said Queensland, take two points. If you said New South Wales, take a grief counselling voucher.

5. "About as popular as a black snake at a birthday party" catches just the right note of antipathy. special thin middle finger used to prise grubs and larvae from inside tree trunks.

4. Fur. The aye-aye, also known as ai ai, (Daubentonia madagascariensis) is a long-fingered Lemur, a primate native to Madagascar, with rodent-like teeth that perpetually grow and a

3. Ariane Titmus set the new world record with a time of 1:52.23. good. Take two points if you said both. point if you said Martine because it's only half as

2. Take a point if you said Vegemite. Take half a government. that it has no permanent residents, let alone a

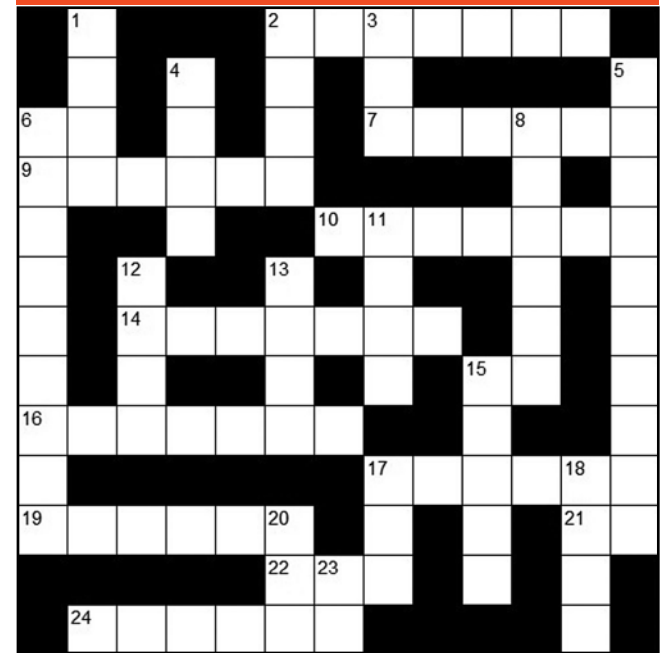
1. Antarctica. The International Standards on Flags gave Antarctica its own flag in spite of the fact

Answers

Nimbin Crossword

2024-07

by 5ync



Across

2. Andean nation. Refuge for 23 across

6. Us?

7. Hands on hips, elbows wide

9. Focused? Objective

10. Unethical

14. Manning – whistleblower jailed for sharing military secrets with 6 down

15. Alternative? US state between California and Washington

16. Surname of 24 across

17. Gautama – religious teacher from 5th century BCE

19. Covert ops?

21. Capone

22. Roofing? Can.

24. (and 16 across) Ethical hacker, attended Goolmangar school (6,7)

Down

1. source software

2. Correct (eg copy, or video)

3. Sought to jail 23 across (init.)

4. Bargain 6 down

5. (and 8 down) Videos released by 14 across, depicting casual killing (10,6)

6. Anonymous document drop website

8. See 5 down

11. Encounter

12. High or low?

13. On-line diary

15. Command, arrangement?

17. Disallow?

18. Access systems without permission? Nasty cough

20. Violent driving sim (init)

23. US State East of Illinois, North of Kentucky, South of Michigan

Solution: Page 34

NOT JUST NIMBIN

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THE NIMBIN GOODTIMES YOUR COMMUNITY NEWSPAPER

Lismore Council's electoral system...

The samovar steamed fiercely. I laid a distracting hand on the tie-dyed T-shirt of 'The Seph';

"Isn't that enough? You'll boil it dry," I said.

The Seph turned his molten eye upon me. "Vy by khoteli chashku chaya" (Would you like a cup of tea), he asked in Russian.

"Neit," I replied as I strangely comprehended both the foreign language and the implied threat.

"Sit and listen then," he muttered disdainfully.

"Everyone thinks your system is why you get the councillors you have. That's wrong. The electoral system you have; this quasi-optional preferential proportional system is one of the most exacting electoral tools in the world.

"It has been designed to represent the wishes of the individual voter, like few others.

"Your problems do not lie in this system or how or who counts it. Kak v starom strana (Like back in the old country). Your problems are simply that your people don't understand how it works.

"It's like giving a light sabre to a toddler and wondering why they take off a toe. It's a wonderfully powerful device but they use it in the most rudimentary way. I don't think they want to know; they glaze over after the word quasi and just end up doing what some know nothing social media commentator tells them to on the day."

"Enough self-righteousness," I dared to say. "I'm here, I'm listening, explain it to me."

His molten eyes rolled back "... OK toddler... you'll get given two pieces of paper; a large one and a small one," he pontificated exhaustedly.

"The small one usually has a big effect on the big one. So, let's start there. The small piece of paper elects



Revenge of the Loon
by Laurie Axtens

the mayor. The mayor earns twice as much as the other councillors; and has a casting vote when the votes are tied and chairs the council meetings.

"The mayor usually heads a ticket on the big paper but doesn't have to, though. This election looks like the first-time people are running just for mayor and not to be a normal councillor... very quirky."

"Ok I get that. I think," I said.

"The mayoral vote is an optional preferential one. This means you are given the option to preference. You can write more than one number or just vote 1. Both are valid votes. It's completely up to you, but if you don't number all the boxes your vote may end up exhausting. Not being allocated. Just going in the bin before the end of the count."

"Exhausting," I said.

"Very," he continued. "In this bottom-up system, nominees with the least votes are excluded first and their preferences distributed until finally one nominee is left with the greatest number of votes. They're elected mayor. And on the big piece all the votes for them are distributed.

"Next month we can start talking about the big piece of paper. And Loon... stop playing with my light sabre, it's not a toy."

A moment

by S Sorrensen

The bottle sits on the dining table. It's an organic Australian shiraz, which, really, is not too bad. It has a cheeky character, but not overwhelming, I mean, it's in your face, but not sitting on it. Know what I mean?

I know this because I've just drunk the other bottle of the same brand which had sat with its mate, like two lost friends, in the wide empty desert of my dining table.

The bottle and the table are covered with a film of dust, save for a circle of dustlessness marking from where I'd grabbed the first bottle of wine, which now lies like a drunk beside my armchair, the bottle's recent usage leaving it clean of dust – and empty of wine.

It's one of those days. I'm drinking wine. Like everything else in my shack under the cliffs, I'll feel dusty in the morning.

Yes, everything is covered with a veneer of dust. Today, the setting sun is not reflecting off the varnished table (as is usual). The sun's autumnal viscous orange light barely penetrates the dust-caked window, only just smearing faint light on the bottle's label,



adding a delicate orange note to its wordy complexity.

Yep, real dusty. It's not volcanic. Wollumbin has not suddenly decided to wreak havoc on the world again like a gassed-up Trump. It's not traffic pollution. Yesterday a car passed by; that was more traffic than usual.

And I'm a not a bad housekeeper. I keep the shack pretty clean. Sure, I'm not the obsessive surface cleaner which modern houses seem to require. But despite indulging in the occasional decorative spider web hanging like tinsel from the ceiling rafters, and the odd leaf or two blown in from outside, I keep a clean (ish) shack.

So, why the dust? Well, dear reader, I'm renovating my kitchen. Why?

Hmm, good question.

I make flirty eye contact with the remaining bottle of shiraz. Renovation is emotionally as well as physically exhausting. I do wonder why I bother.

The dust is mostly sawdust mixed with whatever had accumulated inside the walls over the past 30 years – plenty of time for snake skin, cockroach and mice poo to turn to a dust which, now liberated from its stud-wall captivity, has settled on everything.

Okay. I grab the other bottle of wine (It winked at me!) and take it to my armchair into which I drop like a bomb, sending up a bloom of dust which hangs in the air, drifting slowly in the direction of the table to partially cover

the bottle prints.

Look, I don't need a bigger kitchen. I don't need to spend hours trying to get flaking lead paint off old casement windows. I don't need to have dust covering everything like it's Miss Havisham's dining room or North Coast Pompeii-lite.

I pour wine into my glass and toast the renovation. "To all that is pointless."

In a world where a lying rapist will lead the most powerful nation on Earth, where people die in economically profitable wars, where a generation is rapidly disappearing into their screens, where we are ecologically bankrupt having spent the future – well, re-making a kitchen is something beautiful – and pointless. The pointlessness is a relief.

Like life itself, the renovation has no purpose (the kids, the lovers having gone), but the doing of it is a positive pointless creativity. Like monks chanting on a mountain or a lover making tea for two. It's just a beautiful thing to do.

I stand (wobbly) among the tools and sawdust. I visualise the perfect kitchen and the perfect world.

I will make a perfect kitchen. A perfect world? Maybe not today.

Visage

by Magenta Appel Pye

Today I looked in the mirror and, amazingly, thought how lovely I looked.

Sure, I saw wrinkles, blotches, splotches, freckles and a fairly impressive double chin. Eyebrows speckled with grey hairs and stubby eyelashes. I clocked the bags under my eyes and the freak hair growing out of my neck. But nevertheless, I was very happy to see my visage.

Being in remission from cancer, I am so grateful to be alive and see my face looking healthy with colour in my chubby cheeks. And hair; wonderful, crazy hair, not quite knowing what to do with itself.

Did you know that everyone's hair grows back curly after chemotherapy? An automatic perm. I can't tell you

how thrilled I am to actually have eyebrows and eyelashes again. Not so thrilled about the lady moustache though.

My wrinkles hold a lifetime of memories. Visible etchings of all the emotions I have lived through. I'm glad I don't have Botox wiping away my experiences, fluidity and the non-verbal cues my face provides.

I like to think of myself as an old whale who sometimes goes and gets the suckerfish (beauticians) to clean up a bit. I now realise it's a waste of energy giving myself a hard time about the inevitable.

It's sad that when I was young, I bought into the harsh, misogynistic ideal of fake 'perfection' and thought I was ugly because my nose was too big, etc etc. Looking back, I see I was beautiful in my own way.

As I aged, I started obsessing about the wrinkles that came and spent money on outrageously expensive

'miracle' creams that did no more than the sorbolene cream my Mum used. My grandmother boiled and strained chicken fat and used that to great effect, she reckoned.

One boyfriend thought my freckles were 'cute' so I was okay with them. For a while. It is funny how much we see ourselves through others' eyes, especially men's.

Down the track I had laser treatment on them which worked for a little while but, naturally, they reappeared. I asked the skin doctor what was the best face cream to use to which she responded 'sunscreen'. Makes sense.

It's a shame it took me 63 years to accept and appreciate my face. Better late than never! I was also caught off-guard for a moment thinking I was looking at my mother, which was a lovely surprise.

"Beauty is not in the face; beauty is a light in the heart." – Kahlil Gibran

Stories of encountering a crossroad

by René Norwie

Have you ever encountered a quandary, had to make a tough decision, or faced an unexpected event that altered the course of your life?

On a chilly midwinter's night we came together at the Nimbin Bowling Club to explore the theme of 'Crossroads', where we heard eight locals share their remarkable personal stories of:

- how the nature of travel and encountering other cultures can place us in unlikely, surreal situations (Tim Baker),
- how experiencing first-hand a massacre in Guatemala steeled his resolve to pay witness to inhumanity by becoming a journalist (Warwick Fry),
- making a choice between sitting on the sidelines and charging in when life presents us with an opportunity (Cindy Thummler),
- taking an intentional decision to manifest fulfilling, meaningful experiences (Melaina

- Faranda),
- a modern Western that unfolded at a crossroads in Chihuahua, Mexico, that left her with a lasting desire for peace (Emily Jett),
- a tragic accident that brought his life to the kind of crossroads we pray never befalls anyone (Danny Miles),
- finding herself at a moral crossroads which brought her values into stark contrast with her needs (Leanne Logan),
- how his life resembled navigating through a maze of opportunities and choices that brought him to a place of contentment (Richard Swinton).

Nimbin Storytellers is a regular community event where we get together to share true personal stories that embrace the quirks of being human and all of life's joys, tears, wit, wisdom and whimsy.

Come along to experience lived stories told live! The next event will be held on Saturday 3rd August, 6.30pm at the Nimbin Bowlo. The



Photos: Gwilym Summers

evening's theme is 'Courage'.

Find out more about Nimbin Storytellers, upcoming events, how to get involved, listen

to stories from past events, and discover more about oral storytelling at: www.nimbinstorytellers.com



A celebration of community and creativity

by Sara Khamkoed, Teacher-Librarian

On 21st June, Nimbin Central School held its third Nimbin Central Market.

Many students showcased their entrepreneurial spirit by developing businesses that sold art, crafts, plants, food, and more.

The event saw a fantastic turnout from our local community, with a variety of stalls to explore. Entertainment was

provided by choirs, solo singers, bands, and pianists, adding a lively atmosphere to the market.

A student in Year 9 said, "The day was very fun and brought our community together. There were some very cool stands, and I even bought three little crochet bees that I love."

"The singers at the music stand were amazing! The food was good, and people were coming in to buy things.

"I also helped sell stickers, which was so much fun. It was great not having to go to class, just being able to walk around, buy cool stuff, support our school, and have fun. Overall, it was a great day!"

We are fortunate to be part of such a vibrant, creative, and connected community here in Nimbin.

A heartfelt thank you to everyone who participated in making this event such a success!

Seasonal calendar and cooking mullet on the fire



by Keely Jones and Matilda Stone

At Tuntable Falls preschool, we have been inspired by the Bundjalung seasonal calendar and have been making our own observations in our environment as the seasons change.

We have had some lovely preschool parents come and share their skills and

knowledge to deepen our observations.

Kaali, Remy's Mum, came in to share her knowledge of seed propagation. We collected fruit from the Common Creek Lilly Pilly and the Walking Stick palm, and the children were involved in the process of collecting, processing and sowing the seeds.

In the cultural calendar, late March to the end of May



is 'Mullet Season'. Matilda's dad Isaac came to preschool and showed the children how to gut, scale and prepare some mullet before we cooked it on the coal fire.

The children observed the insides of the fish in the tray as Isaac pulled them out. "I hate all that stuff," said Koa.

Matilda said, "My Dad used our knife from home to cut the fish. He used his hands to pull everything out.

I touched the guts. It was cold.

"I fish with my Dad sometimes in Bowen. We catch small ones and chuck them back. My favourite part to eat is the eyeballs."

We will continue to add to our seasonal calendar throughout the year and enrich our curriculum with experiences related to changes and observations of our environment.



Words have flavour, readers have taste

Words have flavour and the poet
Likes a kitchen to cook, flavour favouring
Bird sounds from the garden, and sense.

The swish of passing cars, it
Tempt the sound of S's while
A crow cawing in the backyard is
bittersweet.

How should this be written? The crow,
Scavenger of roadkill
The car, creator of highway dreams?

A hard road to hoe, and then to haul
Belief, back between a life and harmony
With sound and without fury.

Garden leaf whispers of the season
For the marketplace of birds.

Does that make sense?

Of birdsong; not complicit carols
Of Twittering on the Information
Highway?
Hard pebbles in the crop.

Soft feathers fall. And who but the always
Huddling chick knows the real
Taste scent and feel

Of that and then, words in simple cheeps
Spraying out in drifting tongue-fall
Taste for when, and where for touch.

It only means so much.

– Warwick Fry

Tuntable Falls Early Childhood Centre

A welcoming environment
within a natural setting.



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Preschool program: Tue-Wed-Thurs 8:30am-4pm
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Nimbin Headers Sports Club



WHAT'S YOUR FOOTBALL STORY?

INTERVIEW #1 CEDAR LITTLE - WOMEN'S LEAGUE 2

When did you start playing football?
I started playing when I was 9 years old and played for the Nimbin Headers until I was around 12 years old. I had to stop playing due to some issues with my knees. I played one season at 16 and then came back to the Headers as an adult player.

How many seasons have you played for the Headers?
Roughly 8 seasons.

What position do you play?
I am currently predominantly playing in the left back position. In the past I have always played left wing or midfielder.

What's your shirt number?
Number 8.

How do you manage football with work? What are the challenges?
It can be challenging with shift work. I have to put my roster request in nearly 2 months in advance, often not knowing when and where I will be playing. This means I often have to swap shifts with my colleagues so I can make the games. I've had to accept that I will have to miss a game or two due to work. It can also be hard to get the motivation to go to training after a big day at work, however once you get on the field you always feel better for it.

What are some of the benefits to playing a team sport?
There's lots of benefits. I think one of the main benefits is you get to be part of great community and form new friendships whilst getting fit and having fun.

Who's your favourite player and what do you most like about their style of football?
It's a hard choice. I love the way Hayley Ross plays, she always brings a high level of intensity to every game and has incredible pace.

MATCH HIGHLIGHTS WOMEN'S LEAGUE 2 NIMBIN V SOUTHS 6TH JUNE 2024

PHOTOGRAPHY: PHOTO FABLES BY NIKKI J

CLUB FIXTURES - JULY 2024

home games away games bye

Day	Time	Home Team	Away Team	Notes
Tuesday 2nd July	6:30pm	Men's League 4 - Nimbin v Goswami/Hubb	W/F2	
	10:00pm	Men's League 3 - Nimbin v Canino	Can2	
Wednesday 3rd July	7:30pm	Women's League 2 - Nimbin v Antares/B	AW2	
	10:00pm	Men's League 2 - Nimbin v Souths	SB2	
Friday 5th July	6:00pm	Men's League 4 - Nimbin v Thurlton	NH1	
	10:00pm	Men's League 2 - Nimbin v Goswami/Hubb	NH1	
Saturday 6th July	10:00am	Grade 10 - Nimbin v Goswami/Hubb	NH1	
	10:00am	Grade 9 - Nimbin v Goswami/Hubb	NH1	
	8:30am	Grade 8 - Nimbin v Goswami/Hubb	NH1	
	10:00am	Grade 7 - Nimbin v Goswami/Hubb	NH1	
	10:00am	Grade 6 - Nimbin v Goswami/Hubb	NH1	
	10:00am	Grade 5 - Nimbin v Goswami/Hubb	NH1	
	10:00am	Grade 4 - Nimbin v Goswami/Hubb	NH1	
	10:00am	Grade 3 - Nimbin v Goswami/Hubb	NH1	
	10:00am	Grade 2 - Nimbin v Goswami/Hubb	NH1	
	10:00am	Grade 1 - Nimbin v Goswami/Hubb	NH1	
Sunday 7th July	12:30pm	Men's League 2 - Nimbin v Souths	SB2	
	12:30pm	Women's League 2 - Nimbin v Souths	SB2	
	2:00pm	Men's League 2 - Nimbin v Souths	SB2	
Tuesday 9th July	7:00pm	Men's League 3 - Nimbin v Canino	Can2	
Saturday 13th July	10:00am	Men's League 2 - Nimbin v Goswami/Hubb	NH1	
	10:00am	Men's League 2 - Nimbin v Goswami/Hubb	NH1	
	10:00am	Men's League 2 - Nimbin v Goswami/Hubb	NH1	
	10:00am	Men's League 2 - Nimbin v Goswami/Hubb	NH1	
Saturday 14th July	12:30pm	Women's League 2 - Nimbin v Canino	Can2	
	12:30pm	Women's League 2 - Nimbin v Canino	Can2	
	2:30pm	Women's League 2 - Nimbin v Canino	Can2	
	2:30pm	Men's League 2 - Nimbin v Canino	Can2	

Approaches to mental health

Photo: Nikki J

by Dr Jacqueline Boustany

What a wonderful day was had by the 280 participants of the Nimbin Mental Wealth Expo on a glorious sunny solstice on Saturday 22nd June. We welcomed many local health services to our hall such as Head to Health, Head Space, Lismore Healing Hub and GROW, meeting up with our home-grown Neighbourhood Centre and Nimbin Youth workers, as well as many caring and talented local practitioners representing multiple aspects of Mental Wealth from

Exercise, Dance, Yoga, Music, Art, Herbalism and different forms of Psychological support. We were nourished with the hands of Reiki, Massage and Pranic Healing practitioners, and indulged in various workshops such as Laughter Yoga (pictured), Chi Gong and Sound Healing. Many listened to the wisdom of experienced speakers in the field on a variety of subjects, including the effects of Trauma, Mental Health First Aid, Nutrition and Herbal Remedies and my all-time favourite, Emotional Intelligence and Non-Violent

Communication. Thanks goes to the CWA for their fabulous cakes and morning tea and to Courtney Woods and his team for their warm, nourishing lunch fare, as well as to the Lucky Door Prize contributors. None of this could have happened without the organising committee of the Nimbin Health and Welfare Association and funding from the Foundation for Rural and Regional Recovery in their acknowledgment that we all need a bit of support and connection post flood, fire and pandemic, not to mention a few centuries of cultural and epigenetic trauma. I've already heard many stories of valued information, connections and new inspiration to attend supportive mental wealth practices in the future. We hope this has facilitated more awareness of self, practices in mind management and connection within our community as well as interagency referrals. So, where to from here?

What is spiritual crisis?

by Daryl Spilberg, Crystalline Clarity

At the core spiritual crisis can feel like an identity crisis and that your very existence seems to be uncontrollably slipping away, with drastic changes taking place to you and your reality at an alarmingly rapid rate or even instantaneously.

As a counsellor and Crystal Dreaming practitioner specialising in spiritual issues and repairing psychedelic damage, I see many people enveloped in spiritual crisis to varying degrees.

The crisis itself and onset or triggering of it can manifest in countless different ways, here are some common symptoms.

- Suddenly questioning your existence, values, belief system and the way things are in the world, seeing them from a very different point of view.
- Feeling confused and overwhelmed with daily reality, struggling to conduct simple daily tasks that were before second nature.
- Suddenly becoming aware of, hearing, seeing or feeling other spirits, beings, entities or energies.
- Having a dysregulated or blown out nervous system, putting you constantly on edge, making you jumpy, paranoid, unable to relax and stuck in "fight or flight".
- Progressively feeling like a different person from your "previous self", one that others and even you may no longer recognize.
- Having extremely perplexing vivid dreams, nightmares, memories, visions or even out of body encounters. Sleep may also become elusive and fitful.
- Having difficulty relating and connecting to others. Feeling yourself drifting and separating from those you were close to and feeling increasingly isolated.
- Feeling completely removed from reality, as if you are partially or completely in another world or dimension.
- Feeling lost, depressed, hopeless, anxious and unable to shift these feelings, as if you are "stuck in a hole".
- A loss of joy in things that you once loved,



diminishing interest in everyday reality and perhaps no longer being able to find anything that you enjoy.

- Feeling as if part of you has torn away, broken off and is dying.
- Heightened sensitivity to many kinds of stimuli and finding it difficult to be out in public and around others, perhaps feeling inexplicably drained after doing so.

Spiritual crisis can be an incredibly complex, terrifying and painful experience and can feel extremely isolating, seeming like you are completely alone. Indeed, a common sentiment is often "what is happening to me has never happened to anyone else before".

While your own individual experience and journey are unique to you, know that others have also been through crises of their own and you needn't go through it alone.

Help is available and can be the catalyst to your healing if you are willing to reach out for assistance in processing and integrating your experience, ultimately allowing it to become profoundly transformative, positive and empowering.

To make the first step, feel free to get in touch: www.crystallineclarity.com.au or phone 0422-717-905.

Nimbin Crossword Solution

From Page 35

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

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Don't get me started

by Harry Gumboot

My mother was a stickler for footpath etiquette. She taught me to keep left when walking, in a way similar to what some of us do when driving a car.

She also taught me to dance, which is currently coming in useful as I attempt to make my way north on the western side of Cullen Street.

It's the first week of the school holidays and the pedestrian traffic has ground to an almost cliched halt. Tourists, all over the place like Brown's cows (although Artie kept pigs), are standing, gawking, trying to make up their minds, and shuffling in barely-moving groups.

There's a fair few locals standing around doing something similar as they appraise the possibilities of the blow-ins from Queensland, or wherever.

What should be a quick step to the Emporium for me is beginning to resemble more of a moon walk.

This stop-start sensation is only eased by the group of local buskers on the bench fronting the pedestrian crossing. Their rhythm is impossible to ignore and one finds oneself taking one step forward, two steps back, cha, cha, cha.

I raise my arms in the air in order to slip between the crowd and a couple of middle-aged women immediately take this as an invitation to dance. All I'm really trying to do is buy a litre of milk.

Timing is everything when attempting to overtake a slow-moving group before a café table, footpath display, or busker creates the next pinch point. It's even harder when you're having to tango while the group in front is line-dancing five abreast.

I see what I think is an opening, only to find it bisected by a couple of dogs circling each other's nether regions. At least they're on leads, although who's doing the leading is moot. I shimmy between the dog owners and a display of scarves hanging outside a shop.

At another point I dance out onto the road, pirouette around a couple of cars, then back onto the footpath in order to avoid an on-coming group of committed vapors.

While I'm doing this my every move is recorded, and not just by the security cameras. My solitary dance has been captured over and over in the background of numerous selfies.

At some point my innocent moment will be pointed out as another example of Nimbin eccentricity.

Don't get me started on the electric scooter riders.

Jayne's Tax Tips for 2024

by Jayne Alleman, Nimbin Numbers

Group certificates

With the establishment of STP (Single Touch Payroll) around the country, Group Certificates are no longer issued to employees.

The information is available on your MYGOV ID, or your tax agent can download your information from the Tax Portal.

Your tax agent can access your employment income, Student Loan Debts, Health Insurance Details and Bank Interest Income.

If you lose your receipts, keep a diary (it has to be a proper one with months, date and day printed on them), because this is a legally recognised receipt with the ATO.

Obviously, the employee can't use this as their only proof of payment on a regular basis, but it covers those receipts that get blown out of the car window, forgetting to get a receipt or if they are destroyed by fire, flood and spouses.

Note in the diary the place of purchase, description and the amount. It is also extremely handy for claiming things like extra laundry which is explained further on in this article.

Car expenses

The regulations regarding car expenses are not the same for employees and sub-contractors.

If you are an employee: you can only claim car travel for work if you receive a travel allowance unless your employer writes a letter stating that the employee has used their car for work.

The employee has to use their car to carry bulky tools (ladder, chainsaw, dangerous tools eg knives) and keep a three-month log book. This allows your tax agent to calculate the percentage of car use for work and then the employee can claim that percentage of their petrol,



registration, insurance, repairs and maintenance.

If you are a sub-contractor, register your car for business use. It's more expensive but it means you can claim all car expenses. Keep a log book as advised above.

Travel expenses

These are claimable for an employee incurred while performing their work duties include: taxi, bus, tram, parking, tolls, leased car or short-term hired cars; accommodation and incidentals (bedding, toiletries). Keep receipts or diary.

Clothing

Claimed can be: protective heavy-duty shirts and pants, hats, boots, socks, overalls, smocks, aprons, non-slip shoes, safety hi-viz clothing, nurses' stockings.

If your employment takes you into the sun, safety glasses, sunscreen, hats.

Also occupation-specific clothing, eg chefs' pants.

Laundry

This can be claimed at 50c per load if washed with other clothing, or \$1 per load if it is only work clothes. I recommend that anyone who has to wash their clothes a lot keep a note in their diary.

Just a tick will do, those ticks can add up to a \$365 deduction if one is a nurse or an employee who works in a

particular dirty job.

Dry cleaning work clothes can also be claimed.

Education expenses

If an employee is studying at TAFE or university a topic that is directly related to their employment, they can claim travel, textbooks, stationery, a component of their internet fees, depreciation on their computer/laptop (as long as they are three years old or younger), telephone calls, workshops, meals or fees incurred by workshops.

Again, one needs to keep a diary, listing place, time and the amount.

Other items

A percentage of the following if you use them for work: telephone, internet fees, car travel, leased/hire cars, depreciation on work equipment (computers, ladders, chainsaws, iPhones, tablets, iPads, tools etc), insurance.

Rental properties

Tax residents of Australia used to be able to claim travel to up-keep their rental properties, but The ATO have cancelled this as a deduction.

The proprietor can still claim depreciation on tools used, materials, insurance, rates, water costs, fuel used in machinery used, to separate the jerry can apart from the one used to run their private household.

This is a basic list of deductions and I recommend everyone uses a tax agent because there are a host of other things that get you your tax dollars back that a tax agent does, eg rebate calculations for health care, work place zones, low income.

There are also tax laws regarding taxation for residential purposes which are too complicated for this article.

Tax is not frightening as long as one keeps their receipts and their diary.

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