

# ASTRO forecasts

by Tina Mews

what's happening in the heavens?

## Aries

During the current Pisces cycle (until March 20) you may want to empty out and reflect on the essence of your personal solar year that is just about to end. Plant your new seed of inspiration at the equinox on March 20, dreaming up a new vision of the future. Keep 'head and heart' in close alignment.

## Taurus

Friendships and alliances may be tested during the current cycle. Those that have enough substance will survive this process of scrutinising. It is not the time for maintaining shallow connections. It is true commitment that you are yearning for, and this will nourish your soul.

## Gemini

Saturn, planet of reality, is transiting your solar 10th house until February 2026. Through knowing your limitations, you may experience real freedom. Examine where you stand in the world and where you want to go from here. Ultimately, this is a time for reaping the harvest but also for reorientation.

## Cancer

During this cycle you may be questioning your spiritual outlook and the goals that you have been working towards. It is a good time for examining your course of action into the future. Keep an open mind and be ready to change and adjust. Soon new seeds can be planted. Allow yourself to be inspired.

## Leo

You may be amidst a process of examining your deepest soul territory. It includes your closest relationships, your shared finances, need for security and dealing with control issues. Take it as a helpful period for researching topics to do with soul work, depth psychology, early childhood trauma, rebirthing etc.

## Virgo

The current Pisces cycle may prompt you into defining and examining yourself through your closest relationships. You might be struggling with the demands of your partnership, or your partner might feel pressured by your needs. Clarify expectations and work on agreements that suit both of you.

## March

The transition from one season to the next is determined by the Sun's apparent motion around the Earth, marking the equinoxes and solstices.

The equinox on March 20 signals an important turning point in the yearly round when the **Sun shifts from mutable Pisces to cardinal Aries**. Pisces is the last sign in the zodiac while Aries represents birth and a new beginning.

The Pisces stage offers opportunity for spiritual renewal. The energy turns inward and puts us in touch with the recurring cycles of nature and existence in general. It could be the calm before the storm as we are moving into the first eclipse season of the year when life speeds up becoming more unstable and volatile.

The Full Moon on March 25 is a partial Lunar eclipse followed by a Solar total eclipse on April 8. Then, all planets are still in forward motion until April 1 when Mercury turns retrograde. The coming weeks signal a time of endings and new beginnings when we prepare for future developments while an old chapter is coming to an end.

The Pisces New Moon on March 10 is flanked by Saturn and Neptune, two outer planets that will journey together through the most imaginative sign of the zodiac until February 2026. Then they will meet at zero-degree Aries marking the beginning of an entire new 36-year cycle. The current round began in 1989 and coincided with the dismantling of the Berlin Wall and the collapse of the USSR. We are now in the completion phase of this cycle with all its negative consequences due to many unfulfilled promises, and depleted hopes.

On the positive, this last cycle birthed a more inter-connected world, helped by the development and the spread of the internet. Until early 2026, we are in an in-between stage when we are reminded to reflect on the essence of the current cycle before we dream up a new vision of the future. Pisces has an all-around view of every situation.

When Saturn and Neptune journey through Pisces, the task is to combine intuition (Neptune) with rational thinking and realism (Saturn) while finding our way forward in a world that has become increasingly uncertain but also filled with new potentialities.

The Equinox chart from March 20 (2.06 pm AEDT) is the birth chart of the new season indicating the flow of energy over the next three months. Jupiter and Uranus approaching their once every 12-year conjunction (exact April 21) seeding many new innovative ideas in

the areas of culture, politics, and technology. The Aries Sun is in a trine with a fiery Leo Moon. The latter is forming a close opposition with Pluto in Aquarius. During this time period, important new impulses will steer us into new dimensions and possibilities (Pluto in Aquarius). However, the Leo Moon emphasises the need for keeping a strong focus on our heart wisdom while remaining attuned to our personal truth and values. Thus, we can avoid getting lost in the ever-expanding virtual web.

The Full Moon eclipse on March 25 occurs in the early degrees of Libra and forms a trine with Pluto. Eclipses are powerful New

Moons (solar eclipse) and Full Moons (lunar eclipse). Libra, the sign opposite to Aries, is the relationship sign of the zodiac. Libra strives to have loving and equal relationships but often sacrifices parts of the essential self in the process. Aries represents the development of initiative and independence, assertiveness and courage.

This eclipse may highlight where we have compromised too much of our own values to keep the peace. With the Sun and Chiron in Aries, we might feel inspired to activate our inner healer and break free from old patterns of compliance.

Libra's spiritual quest is the reconciliation of opposites. To find a new balance between self and other, we may have to aspire to the next level of partnership and co-creation. Pluto's trine with the Full Moon can be helpful in adding detachment and a determined focus on the common ground.

Equally, the Lord of the Underworld might bring into the light our own shadow of suppressed emotions, making conscious what has been unconscious. Venus, ruler of Libra, is in sensitive Pisces and conjunct reality planet Saturn.

Honesty and compassion are the key for a deeper understanding and assist with shaping a sensible plan of action.

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## Libra

Feel into the Pisces energy by cleansing your body mind and soul. Simplify your daily life and prune where it is needed to conserve energy. The Full Moon lunar eclipse on March 25 might reveal unresolved relationship themes. Weigh up the position from both sides and it will become clearer how to proceed.

## Scorpio

You could be in the process of re-shaping your perception of self, including the expression of your innate uniqueness. Your un-lived creative potential and buried talents are stirring you to seek a way of expression. From another point of view, it is a lesson in learning to truly love yourself.

## Sagittarius

Much of your focus has been on home and family during the last year. The current Pisces cycle favours house renovations and re-organisation of your domestic affairs. It is also a time for soul work and exploring your inner life. Soon, new seeds of creativity will emerge to be planted at the Aries Equinox.

## Capricorn

Have you ever dreamt about writing creatively, engaging in something that stirs your emotions? Let this Pisces season be the start into your imaginative world! Experiment with different styles of speaking and ways of listening. Delve into your inner world and discover what makes you tick.

## Aquarius

With Pluto journeying through Aquarius for the next 2 decades (except during 1 September – 26 November 2024), see yourself as an agent of change. Taking on this task for 'the good of all' means that you must be in touch with yourself, including your values, needs and subconscious urges.

## Pisces

Saturn remains for another year in Pisces, meaning that this solar return period will still be a year of 'growth made through effort'. It may not be the best time for starting a big new project out there requiring most of your energy. It is more a time of inward reflection and examining those parts that haven't found expression yet.

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# Our time here

by Marilyn Devlin

Life keeps delivering... we keep receiving. We respond in the only way we know. Our response may not always be optimal... but at the time, it's ours. We do what we can.

The pace of life is unlikely to alter... at least for a while. It seems we're charging through time and space... going where, I don't know. Our modern world.

Within this modern world, is us... so many of us. Plus all the wonderful life forms and critters here. They appear to know what they're doing, honouring their purpose in such a gracious manner... we have a lot to learn from them.

We're here for such a tiny length of time... I know, I've said that often. But we are. It seems long... when you look back... all the moments, all the events... everything you've done and seen... all the things you've created, all the love you've shared. All the pain and disappointment. All the striving... all the precious moments.

And then one day it's time to go. I've had one of those meetings with mortality recently... not mine yet... but someone very close.

It's the shock.

We know about it, we talk about it... the news is full of it. It's not like it's a secret. We philosophise, take leisurely meanderings through fertile avenues of babbling thought. We do lots of things... except encounter shock.

Maybe we all have different ways of responding... or maybe shock is there for all of us in those moments. When the news comes that there's an end date coming soon.

They say it's natural... the shock, in such situations. Our whole existence is being here... alive and present. To change that formula, so basic to everything we know and are... well, it's truly shocking.

It's one of those experiences where there are truly no words (well, some might have them)... except for the shock and confusion. Your whole body freezes and after a pause, brain frantically flips through all the files... trying to find a reason or answer. We exist in these complicated fields.

It's the phone call you don't want to receive. And yet at the same time it brings so many gifts.

Death is as natural as breathing... it's part and parcel of all that is naturally occurring. We know it... it's just our full focus is on life.

And the relationships, the connections we form... with friends and loved ones... and our relationship with humanity and all our other wondrous earth friends. Life is paramount... that's how it all makes sense.

It's obvious at times... this reasoning brain of mine... searching for reasons, finding answers. We all have our quirks.

But what has become obvious is the shock... so deeply embedded in my nervous system it's been... with its cousins, terror and confusion. The legacy from my time with polio, when I was so small.

We all have things... some smaller, some bigger. Like I said, we do what we can at the time. We learn, we make things better. We take new paths, we understand new ways. We commit to living and life... till that end time that will come.

The gifts? There are many... when faced with mortality of someone very close. One day it will be a whole new experience with our own.

In a way, it's quite cosmic... then I'm a bit of a cosmic girl... it feels otherworldly, on a whole new level of being and experiencing. Everything is concentrated and focused. The love shines brilliantly through.

Love and heart come to the fore... it fills the space, it's all there is... nothing is more important, your focus is clear. You know what's important... and that is to love. To honour and cherish... to give thanks for everything.

And always allow that the bloody doctor got his calculations wrong... they're only human after all.

Celebrating Love... and the chance we get to be here.

# Nimbin Trivia Time

by Eclectus

## Questions

1. This vivacious young lady looks like she's channeling the sixties! Can you name the colour of her rich and vibrant scarf? (We must fervently hope that she's not sitting in the passenger seat of a late 1920s French open tourer!) Here is a hint: the name comes from an ancient Phoenician coastal city in modern day Lebanon that still bears the same name. *Photo: meetyourwardrobe.com*
2. The northern New South Wales town of Kentucky (south of Uralla), population 168, has been in the national news lately. Can you say why?
3. Is gladius the name of a cloud form, woman, weapon or flower?
4. What is a tonearm?
5. Where in the human body would you find the scaphoid bone?
6. Last month we visited early 60s sitcom Get Smart. Who devised the show? Take 10 bonus points if you can give the name of Agent 99, played by Barbara Feldon.
7. What links the Weekend, Drake and Bad Bunny?
8. Which AFL team sports a striped strip in black and white bars? Hint: They were premiers in 2023.
9. Which word often joins with each of the following words: dance; flood; forge; fry; light; point and powder? Hint: It also forms part of the following phrase, Nick From Jindavick.
10. Are the sweet fruits known as sapodilla and granadilla the same thing, related or unrelated?



1. Tertian Purple (or Royal Purple) was a source of great wealth for the Phoenicians well over 3,000 years ago (it has been suggested that the name Phoenicia means "land of purple"). These ancient seafaring merchants discovered how to make this exciting dye from Murex shellfish.

2. The towns 90-year old General Store and Cafe will soon close because it has failed to sell after five years on the market and the current owners are keen to retire. A group of locals is looking to put a co-op together to take it over as a going concern because they fear the closure would be the end of the 90-year old New England soldier-settler town.

3. The gladius is a sword that was used by Roman foot soldiers for 600 years from the 3rd century BCE.

4. The tonearm of a record player is the moving arm that carries the pickup and allows the needle to track the groove in the record.

5. One of the outer carpal bones, the scaphoid is found on the thumb side of the wrist. Try not to break it; it has a poor blood supply and is subject to significant stresses.

6. Mel Brooks and Buck Henry devised 'Get Smart' to capitalise on the James Bond phenomenon catching the world's attention (back when there was a real James Bond... Sean Connery). Agent 99's name is never revealed in the five seasons of the show. In one episode, where she has amnesia, she says her name is Susan Hilton but at the end of the episode she says Susan isn't her real name. In the episode where she and Smart marry, Admiral Hartgrade snores over her name during the ceremony and in one other episode Smart calls her Ernestine, to which 99 replies, "That's the first time you've called me Ernestine... If only it was my name!"

7. They were number two, three and four, respectively, behind Taylor Swift on Spotify in 2023. Many are watching to see if Swift will, once again, endorse Joe Biden for the US presidency.

8. Collingwood, who seem to have left the collywobles behind. Collywobles being that thing that prompted Buck Rogers, when he woke up in the 24th century, to enquire "Have Collingwood won a premiership yet?"

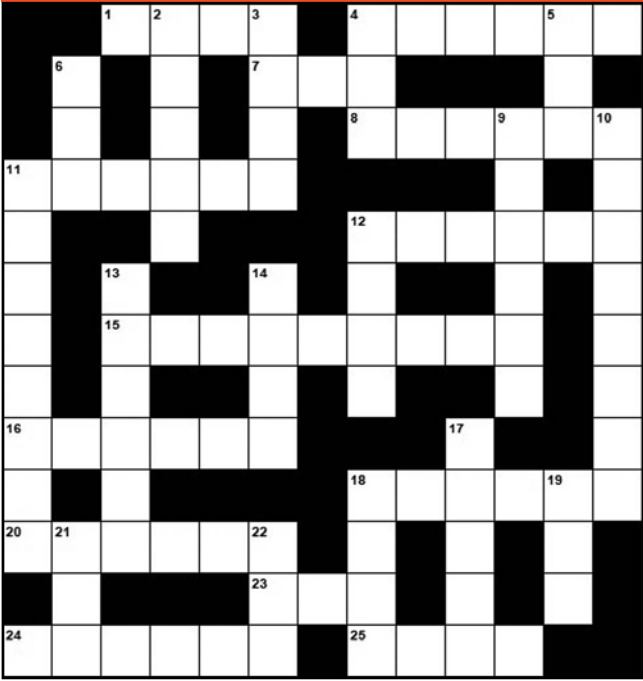
9. Flash, 'Flash Nick From Jindavick' was a mid-seventies television comedy spin-off set around the character of the same name in "The Aunty Jack Show". As it turned out, Nick was nowhere near as flash as Jack, his show folding after only four episodes.

10. They are unrelated. Sapodilla (*Mankikara zapota*) is a tree of the Sapotaceae family (related to ebony and persimmon) growing to 30 metres tall, and granadilla (*Passiflora ligularis*) is a vine of the *Passifloraceae* family (related to passionfruit) that sprawls across the ground or climbs other vegetation. Both of these sweet and tangy favourites are native to Central America but cultivated across the world in warmer climates.

## Answers

# Nimbin Crossword

2024-03  
by 5ynic



## Across

1. Privates?
4. Fruit spread? Enjoy.
7. Sphere
8. Graduates
11. Lay out? Plan.
12. Reporter
15. In the way
16. Given out
18. Wine that isn't ready yet
20. Varanus lizard
23. Mothers' ruin
24. Sixth rainbow stripe for Nimbin children
25. ----- Warhol
5. Nearest star
6. Owed
9. Desert illusion
10. Different neutron counts of a chemical element. Springfield's baseball team in the Simpsons.
11. Adding the same amount again
12. Jamaican dry rub seasoning
13. Water pipe
14. Attention deficit (init.)
17. Counterfeit
18. ---- Rinehart
19. Ray-finned fish
21. Defeat convincingly? Be the proprietor of.
22. Referring to past time

## Down

2. Loosen (a knot, say)?
3. Wordless (dis)pleasure
4. Sets interest rates (init.)



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# Weeping

by Michael Brooke

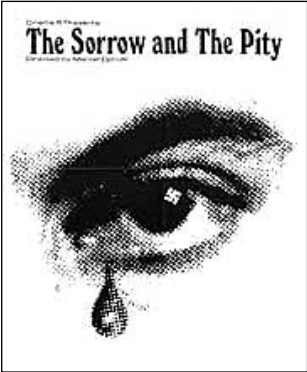
Wandering Kyogle’s backroads quietly, a network of potholed byways and muddy tracks, threading my way past fields upon fields of belly-high grass, bespeaking a joyous year for the Green Goddess.

A good year for we who live here, not there... not elsewhere, for instance not Gaza, not Ukraine, not Myanmar, places where the Earth is bountiful in a different, awful way.

What’s being planted and flourishing over there, not here, are USA precision bombs, British tanks, French guns, German bullets, Israeli abhorrences – malevolence is germinating.

Israel’s malevolence is a weapon, with the armaments for it supplied by Western Enlightened Democracies... no, no, no, sorry, I don’t want to think about war. Think positive!

I’m on my bike riding through a magical woodland, through a great stillness, the grace of it is peace manifest,



it’s just on dawn with the sky golden and cockatoos wheeling white in a flock and a raptor, a black shouldered kite, motionless high above Fawcetts Creek.

Feathers of clouds grace the mountain slopes and way down south I can see dark nimbostratus clouds heralding rain, rain the elixir of life... but in Gaza there’s just one last dying source of water for more than a million people, a cold dry winter over there, truly, where nothing will grow except suffering.

I imagine a boy and a girl are playing with a ball. Where is the ball rolling? Where is the boy buried? Where is the girl buried?

Stupid, isn’t it, for an Aussie bloke who lives in such a paradise as Australia’s Northern Rivers, wobbling along on his bicycle... weeping?

## A moment

by S Sorrensen

Some things scare me. Like rounding a corner on your motorbike to see a mossy patch of road marked by a kerbside white cross – and feeling the back wheel slip. But I love motorbiking nonetheless.

Like a beam reach in your little sailboat, perched on the starboard gunwale leaning back into the wind, mainsheet in one hand, tiller in the other – and a rogue gust pushes the boat over. But I love sailing nonetheless.

The difference is: I have spent many years riding a motorbike. I have felt that back wheel slip more than once. But I have never sailed a little sailboat – until now. I do love sailing though. In my imagination...

Cocooned by rain in my little shack under the cliffs, awaiting the end of the world, I have taken to dreaming of sailing. I think of travelling without the pocked bitumen, the burning carbon and the giant caravans searching for an unleaded nirvana with dump points and mains power.

I fantasise about the ocean, the seas, the estuaries and rivers – water, life’s embryonic start and our final frontier, where discovery is not a holiday



park with a jumping castle, but a sheltered bay or village jetty.

Lying on my couch, I close my eyes and feel the wind on my face, the waves slapping against the hull, the rigging singing songs of freedom as I boldly go...

But I’d never actually sailed a boat.

So, a week ago, I found my phone under the couch and booked a sailing lesson. Just me and an instructor on a 16-foot sailing dinghy.

Then I freaked out. I have a fear of drowning. I once tried to swim across a lake in north Queensland, underestimated its width, overestimated my fitness, and nearly drowned. Drowning sucks. It leads to death.

And what if I go sailing and

find out that I actually don’t like it? Maybe sailing is best left as a fantasy I can take refuge in when the mundanity of my safe life under the cliffs overwhelms me.

“We’re going to capsize the boat now,” says Mike, the instructor.

Oh dear. For the last hour, I’ve been learning about rigging, launching, tacking and gybing, all the while dreading this moment. Capsize and recovery are an essential part of learning to sail. But capsize, as everyone knows, is also what happens before drowning. (And drowning leads to death.)

The shroud wires look like egg slicers. What if I get sliced as I fall? The space between boom and boat seems like a very small space to fall into.

What if I get trapped under the sail? How do we get back into the boat? How do we get even get it upright again? Is there helicopter rescue?

“Any questions?” asks Mike. “No,” I say.

Mike moves over to me on the port side. Slowly, and then suddenly, the boat flips over.

I avoid the egg slicer, drop between boom and boat, go under, and resurface safely.

“You good?” asks Mike, bobbing beside me.

“Yeah,” I say, smiling broadly. I faced death and survived. I stared down fear.

Climbing onto the centreboard lifts the mast from the sea, and the boat rights herself.

Mike elegantly pulls himself aboard across the transom. I do too. (Not quite so elegantly.)

We reset the sails. I take the tiller and proudly captain this wonderful little ship towards coffee.

Sailing is now a reality, no longer a dream.

I now know that if my ship (a small one) capsizes at sea (in sheltered water with light winds), I can survive (on a warm day) and re-right the ship (if I have an experienced sailor with me).

What next for me? Global circumnavigation! (If Mike comes...)

## Rubbish

by Harry Gumboot

The signs at the tip are straightforward. Cardboard goes here, recyclables there, hard rubbish and scrap metal beyond, and mattresses and polystyrene down the hill. The first sign



also requests people to flatten their boxes.

So why are so many unflattened? Some of them contain smaller boxes, also unflattened, while others nothing but air. They sit at odd angles and take up more space than they need to.

As I’m pondering this a van turns up and the occupants start unloading large sheets of carboard. It’s great cardboard; strong, corrugated, and moisture resistant. Probably too thick for mulch but the sort that may have been utilised as shelter at a 10-day festival in 1973, and still might provide extra insulation for someone camped under a bridge or in a doorway.

Despite the van owners attempt to do the right thing, the cardboard merely hides the existing mess and creates a base for the non-flatteners to start again. When the skip is trucked to Lismore I reckon the load will consist of up to 50% air because some people can’t follow instructions.

Next door in the recyclables’ skip I can see enough refundable containers to fund a return trip to Lismore. But the sign says entering the bin is forbidden and frankly who’d want to? Mingled with the 10c refunds is a plethora of unwashed items; milk bottles, margarine tubs, tins, sauce bottles, etc. The large bundle of egg cartons in the middle should have gone to the Wednesday market, or at least the cardboard skip, but its proximity to the above items means it’s destined for land fill.

Goddess knows what’s in the knotted black bags. Plastic bags are not recyclable. They, and their contents go in the hard rubbish.

Does anyone else in our enlightened community ever think of the poor buggers on Work for the Dole, in a sheltered workshop, or on a dollar a day in a Third World country dealing with our stuff.

Flatten your boxes, rinse your recyclables, and learn to read the bloody instructions. If you’re not sure ask the council person who’s there to help.

Have some bloody respect!

## 100 years young

by Magenta Appel-Pye

Friends are people with whom we feel comfortable to be our authentic selves, a safe haven where we feel accepted. They inspire us and we learn much from them. Most importantly, we see ourselves reflected positively in their eyes. It is a meeting of souls, regardless of race, sexual identity or age.

Recently I had the honour of playing at my dear friend, Ray Ellis’ 100th birthday party. I wasn’t playing for him; I was playing with him. He was in fine voice and still able to play his ukulele as we serenaded the guests with ‘The Rose’.

Ray’s children gave him a ukulele for his 80th birthday, knowing that learning a musical instrument is one of the best ways to help stave off dementia. And it worked. He fondly remembers being at the Canberra Folk Festival and playing this song solo on stage to a very appreciative audience. He was a mere 87 at the time.

Ray has an excellent immune system which accounts for much. He is the only person in Australia over the age of 90 who survived viral pneumonia. He was 92. He promised the doctors and nurses who worked so hard to save him that he would live another 10 years so that their efforts weren’t wasted. I’m sure he will make it.

Ray is an extraordinary person who has taught me much. He tells me the most important thing to living a happy life is to forget the bad and remember the good. I have taken this



example on-board and am always reminding myself to let go of the dark thoughts and concentrate on the happy ones. As easy and difficult as that. It’s a great life lesson.

He also encourages people to continually ‘have a go’ at new activities. To be brave and try new things. It doesn’t matter what the outcome, at least you tried it.

It is so important for older people to stay socially open and responsive. Ray is always making new friends, helped no doubt by his keen sense of humour. He knows that life can be hard, and that laughter makes it sweeter.

Ray took up lawn bowls at 94 and soon enough won the competition in the mixed 4s for two years running. This was against people of all ages.

Ray tells me one of the happiest things in his life was meeting me. Probably because I gave him the gift of music. The feeling is mutual.

## Corralled

I felt corralled. I knew I was being because they kept on assuring me that I wasn’t being and that my ideas would be respected and fully noted.

I was in a ‘community lead’ planning vision workshop. More formally known as a box ticking enterprise to designed to produce the illusion of community empowerment; while giving credences to the ideas of a small group of university planners.

They were hunting for adjectives; emotional descriptors for the past, the present, the future, and the future’s future’s future.



### Revenge of the Loon

by Laurie Axtens

For me the past was rapacious, exploitative, destructive, racist... we had in little more than two centuries fully wiped out the world’s largest subtropical rainforest, drained and back filled a vast wetland of

interconnected oxbow lakes and indulged in a genocide of the Indigenous community using mechanisms that the Zionists in Palestine could only dream of getting away with.

Apparently, the past was actually diverse, artistic, inspiring and socially aware. As was the present.

Which again I found to be wounded, diminished, dispossessed... where the social capital that had kept me alive in a profound catastrophe was and is now being dismantled by a privatising approach to a community housing issue.

I was so far off; I must be living in another world.

And the future ... well I could think of nothing better

than letting the wetlands and forest re-establish themselves.

I had no idea that another 100,000 more people would need to be housed, social serviced and have playgrounds and clinics etc.

To be honest my expected future was so dystopian that I didn’t have the heart to describe it for them.

Suffice to say, that the present dilemma is just the first wave of a tsunami of environmental refugees being flung into a fast-ageing community, incredibly unprepared for the frail and palliative aged care crisis about to strike it.

I need help I guess, I need re-education... I’m too negative. I need head sand and lots of it.



# Barkers Vale students monitor native fauna

by Iris Vos, Teacher

Last year as part of our Project Based Learning, our students developed a driving question: “How can we as environmentalists acquire knowledge about our school’s biodiversity, to subsequently develop and share sustainable practices to increase the biodiversity in our school grounds, with the local community?”

Students collected data about existing native fauna, by placing wildlife cameras in our school grounds, experimented with using natural bait to capture wildlife on the cameras; and gathered, examined and analysed scats.

Students made a list of observed species and developed a plan on how to maintain their habitats as well as attract more.

This was followed by guided research into the needs of the current fauna species and investigation into how to cater for possible endangered species in the local area. Students determined which species to focus on and how to enhance their habitats.

Students visited the Lismore Botanical Gardens as an entry event, with the intent to look at an example of a ‘learning garden’ and to be inspired by examples of signage, nesting boxes,



animal baths, native species and organisation of a botanical garden.

Bunnings hosted a nesting box assembly workshop and Kyogle Landcare hosted a nesting box and koala workshop to build students’ knowledge around nesting boxes and koala habitat.

Barkers Vale Public School participated in a Friends of the Koala Program wherein a koala sculpture was painted by the students with a local Aboriginal artist.

Students created: Bird and feathertail

glider nesting boxes, frog hotel plus suitable native vegetation, native bee hives, butterfly/bird baths, several native flowering garden areas; as well as planted gumtrees, cut holes into a boundary fence to connect two koala corridors, and designed and placed ‘slow down for koala’ road signs along Kyogle Road.

Metal garden signs were designed by students and placed in our school gardens with QR codes to provide additional information and quizzes for anyone following the signage path. The local community was invited to come and learn about our school habitat on the opening day of our enhanced school grounds, with students sharing their new knowledge and displaying their projects.

This year our driving question is on food security, and ask ‘how can we as environmentalists acquire and share knowledge about how to sustainably increase food security in our school grounds?’

Students will be researching different ways to increase our food security in the school. They will be trialling how to grow veggies in an air garden (aeroponics), improve water usage, look at the existing orchard and improve its produce.

## Join the fun at Nimbin Central School’s Jarjum Mirr’s playgroup!



Nimbin Central School’s Monday morning Jarjum Mirr’s Playgroup is a vibrant community where parents, caregivers, and children come together to play, learn, and grow.

Our playgroup sessions provide a supportive environment for families to build social and support networks.

Parents and caregivers play a crucial role in their children’s development, and our playgroup aims to assist them in this valuable parenting role. By participating in our sessions, parents can connect with others, share experiences, and learn about other activities and groups within our community. It’s a fantastic way to build friendships and support systems that last a lifetime.

For children, our playgroup offers a stimulating environment where they can play, learn, and explore new activities. From arts and crafts to music and storytelling, each session is designed to promote language development, communication skills, and social interactions. Children have the opportunity to acquire new skills and knowledge while having fun and making new friends.

The response from our community has been overwhelming, with new families joining us each week and many returning families who continue to enjoy and benefit from our playgroup. We are thrilled to see such positive participation and look forward to welcoming even more families to our Jarjum Mirr’s Playgroup.

Join us at Nimbin Central School’s Jarjum Mirr’s Playgroup and be a part of our growing community! Sessions are held every Monday morning at Nimbin Central School. For more information or to join us, please call 6689-1355.

Come and experience the joy of play, learning, and community at Nimbin Central School’s Jarjum Mirr’s Playgroup. We can’t wait to meet you and your little ones!

www.nimbingoodtimes.com



## Project-based learning at Coffee Camp

by Miss Blackie

Coffee Camp School has enjoyed the presence of several new students this term.

Fresh friendships have begun to flourish, as has our school garden! Under the watchful eye of the knowledgeable Mr Pett, the students have started the year by nurturing and cultivating our school garden.

As part of the curriculum, the children explore organic farming, growing and cooking methods every Friday.

After working diligently to pull the annoyingly persistent nut grass out of the garden beds, the students worked together to create a list of plants they would like to grow this term. The garden has been freshly fertilised, mulched, and well-watered by many enthusiastic hands, and is now ready to receive the new plants.

The Junior Class has begun to explore ‘Wild Weather’ and how it affects families around the world as part of our Project-Based Learning. This teaching method allows students to learn by active engagement in personal real-world meaningful projects.

We began our study by simulating a flood situation. The students shared flood stories and we discussed as a class how we could avoid such catastrophes in the future. The class created and built

‘Flood-Proof Houses’ out of Lego. Much to the delight of the students, we tested the capabilities of these creative structures using watering cans and a big plastic tub.

The senior Project-Based Learning adventure is aptly named ‘Celestial Celebrations’. The students are exploring our connection to the stars and what celebrations occur around the world, when particular patterns are displayed in the night sky.

Coffee Camp students and teachers were excited to host Blakebrook school for a Science Day this term.

The students participated in some exciting activities including rocket creating and launching, using virtual reality headsets, flood simulation, making snow, cloud dough and much more!



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# ANZAC Cup kicks off

by Lewis King

As March brings an end to summer, and hopefully a reprieve from the relentless humidity, it also marks the beginning of the winter football season at the Nimbin Headers.

Last year, our Mens Championship team finished 2nd on the ladder for the point score season, an outstanding achievement considering it's the highest level the club has competed at in nearly thirty years.

We are hoping to build on last year's success and keep pushing for promotion into the Premier League. With the amazing growth of our senior teams in recent years we now have good depth at the club, with many quality players to call upon from our lower teams.

Coupled with young prospects at the club maturing into talented players, the goal of winning Championship League and being promoted is within reach.

We just need to have the discipline, the hunger and the consistency to give ourselves every chance of getting there.

With the regular season still a month away, this year we have entered two men's teams into the ANZAC Day Cup pre-season tournament.

Our Mens Open A squad will consist mainly of players from last

year's Championship team, with the addition of some exciting new young talent thrown in the mix.

The Mens Open B team will be a solid group of 3rd Division players, backed up by lower divisions and youth players who are coming through.

ANZAC Day Cup kicked off with a double header at home, on Sunday 3rd March. Two weeks later, after away games, both teams return home for another double-header on Sunday 17th March.

On that morning the club is hosting a MinRoos and Juniors kick-around day from 10.30am. Anyone between the age of five and 16 can partake in small-sided games.

We encourage everyone to come along and join in the fun, there will be activities and games for the kids, food and music to keep everyone entertained till the afternoon's ANZAC Cup games begin.

## Registrations

Registrations are open, and the club is still actively looking for more players to join all our senior and junior teams.

It's a busy time of year for our committee and registrars who have the difficult task of organising over one hundred individuals into groups of 16 players, of similar skill levels who can work together in a team.

It's not easy, and this year we're introducing a selection committee to improve the process.

Team nominations must be submitted to Football Far North Coast by 6th March, and we need the majority of players to be signed up before then to be confident in our nominations. Please register today at: [playfootball.com.au](http://playfootball.com.au)

## Mens

Pushing for five men's teams was the aim. At this stage it's looking more like four teams but they will fill up quickly in coming weeks.

Champs are looking for a Ronadinho or Messi, if you know one locally encourage them to come join the club.

Also the Mighty 7th Division need more numbers to make a team, what an honour it would be to play with our club elders: Nigel Hayes, Bruce Hatfield, Grant Mercer, Stephen Waddington and Gordon King to name but a few.

Please enquire at the club or drop in to training Tuesday and Thursday 6pm.

## Womens

Our womens teams are taking shape, the goal of having three teams this year might be a bit of a stretch unless we have a large influx of players registering late.

We encourage any female players who are interested to come down to



Two Headers men's teams in the ANZAC Cup this year for the first time.

training Tuesday and Thursday at 6pm and give it a go.

Who knows, maybe the next Sam Kerr or Katrina Gorry is just waiting to read this article and come join the Headers.

## Juniors

We especially need numbers for our grade 14 junior team. Without more registrations we won't be able to nominate a team.

This would mean no competitive junior teams at the club, and the loss of our local talent to other clubs in the area. All players aged 12 to 15, please register ASAP.

There will be a MiniRoo/Junior kick-around day at the club consisting of small-sided games on Sunday 17th March, 10.30am.

This day is for anyone interested in giving the sport a go, you don't have to be registered to play. Let's get those kids off the couch, away from the screens and out onto the field,

enjoying all the benefits of an active lifestyle and team sport.

MiniRoos (aged 5-11) games don't start until the beginning of May, but register early before the teams fill up.

## Working Bee success

The latest working bee was a major success with more than 30 people in attendance. The list of jobs was long, and it was warm and ridiculously humid but that didn't stop many hands getting stuck in.

The tools were out, the rakes and the blowers, the pressure cleaners and the impact drivers.

The Club had a mini-makeover, with the canteen, storeroom and toilets all cleaned and organised and looking very neat and tidy. A big thank you to everyone who attended.

Come to the Nimbin Headers' home games and enjoy the family atmosphere and good vibes while watching some exciting football.

Hope to see you all there!

## Connecting rainforest scientists and practitioners

The first national conference dedicated to rainforest conservation and management in over 20 years is coming to Ballina this June.

As rainforests are such important and biodiverse ecosystems, supporting ancient lineages of plants and animals, the Rainforest Connections conference is key to exploring how to look after them.

Lead researchers in rainforest and ecological management are coming together to present work ranging from forest mapping, how genetics is helping



us plant healthy forests, to projects working on threatened frogs, bats, birds and plants.

On-ground case studies from landholders that have been restoring rainforests for decades and the latest techniques to convert

camphor laurel forest to rainforest are included in the diverse program.

Many local identities are on board, with Nan and Hugh Nicholson from Terania Rainforest Publishing taking plant identification workshops, while field trips led by experts will visit restoration sites and remnant rainforests.

If you are interested in our rainforest ecosystems and finding out about the fascinating and ground breaking work that is underway, this conference is not to be missed.

Early bird tickets are available now at: <https://rainforestconnections.com.au/register>

## New shoots at Tuntable Preschool

by Kaali King

It's uplifting to see preschools provide diverse programming and teach genuine Life Skills.

At Tuntable preschool it is our commitment to teach toddlers practical skills about how to live sustainably in our world. Lived experiences are vital for growing minds. In the preschool garden patch the children plant, weed, tend soil and harvest their produce. They take their produce to the kitchen, where they make yummy food for themselves and their school community.

They put their scraps into the school worm farms, to make compost for them to garden with. What an amazing experience about the cycles of life and our roles within!

This term Tuntable Preschool will start some propagation days. The



kids can learn how to take cuttings, sow seeds, pot, water and plant their stock. There will be lots of plant ID as they embark on journeys of discovery within the preschool grounds and find out what plants can be propagated and how.

Keep an eye out for the Tuntable preschool nursery stalls in the coming year as they learn about the retail side of the horticultural world!

There is nothing more rewarding for children than feeling connected to their space by planting something. It's going to be amazing to watch their propagation skills grow over the year, like so many little shoots germinating.

Tuntable Early Childhood Centre is open Tuesday, Wednesday, Thursday during school hours and is open for enrolments now. Please call 02 6689-1179.

## Nimbin Crossword Solution

From Page 31



## TUNTABLE FALLS COMMUNITY SCHOOL

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Call 66891423 or visit [www.tuntablefalls.school.nsw.edu.au](http://www.tuntablefalls.school.nsw.edu.au) for further information and enrolment packs.





# Flourish Sanctuary in full bloom

by Jagad Samuel

As the seasons change from Summer to Autumn, so too has Flourish Sanctuary's schedule of events.

Nevertheless, the intention remains the same, to foster spiritual growth, connection, and well-being.

From empowering men's gatherings to serene meditation classes, the sanctuary is buzzing with activities that cater to diverse interests.

Let's explore the events that Flourish has in store for the community this month.

### Monday's meditation classes

Every Monday, Flourish invites you to embark on a journey through meditation classes. Discover the benefits of mindfulness from 11am to 12.30pm.

Please note that there will be no class on 29th March, as Jagad will be in Sydney, among other things facilitating a meditation course.

### Sunday Satsang with Jagad

Satsang, a gathering in the company of truth, offer the possibility of insights and moments of profound spiritual connection.

The second Satsang is on Sunday, 10th March at Flourish Sanctuary, Nimbin from 1pm to 3pm.

### Garden party and Permaculture classes

To beat the heat, the Garden Party has shifted to Wednesdays from 8am to 10am. Join Jazmin for permaculture in action classes. (Bookings essential, call Jazmin at 0401-397-850.)

It's a wonderful opportunity to connect with the earth and learn sustainable gardening practices.

### Biodanza dance and movement

On Thursdays 7.30 – 9pm, Flourish offers a dance of joy with Biodanza,



Universal spirituality: Sandy Lung, Swami Ji and Jagad, 11th February.

a transformative movement practice, available both in-person and on-line. (Bookings essential, call Jazmin at 0401-397-850.)

### Social Dharma

This is an opportunity for residents to explore the teachings of dharma together. Friday mornings with Social Dharma, a community-building session now scheduled from 8:am to 10am.

If you are interested in watching how we do community building at Flourish, please contact Jagad on 0433-173 -08 to request attendance at one of these sessions.

### Yoga

For those seeking a holistic approach, delve into Friday morning yoga at 10am to 11am. (Bookings essential, call Jazmin at 0401-397-850.)

### Men's Group

The Men's Group at Flourish has found a new rhythm, now convening every Tuesday evening from 7pm to 9pm.

This dedicated space offers an opportunity for men to come together, share experiences, and build connections.

To join this supportive community, simply text Jagad in advance at 0433-173-508.

### Taoism

If you are interested in finding out more about Taoism, then come to Flourish on Saturday 17th March for a question-and-answer session with Tien Lung.

Tien is visiting from his temple in Queensland. After the session, we are offering a free vegetarian lunch.

### Live at Flourish

We are on the look-out for more WWOOFers to join our community.

If you're passionate about spirituality, sustainability and community living, we'd love to hear from you.

### Bridging Taoism, Hinduism and Universal Spirituality

Continuing building bridges between faiths, on 11th February Jagad participated in a cross-spiritual exchange involving Taoism, Hinduism, and his unique approach to spirituality.

This gathering aimed to create bridges of understanding between diverse spiritual traditions, fostering unity and shared wisdom.

As you plan your calendar, consider weaving these Flourish events into your calendar. Whether you're drawn to meditation, permaculture, dance, or the profound teachings of dharma, Flourish Sanctuary provides a nurturing space.

For the most current information, visit: [www.flourishsanctuary.com.au](http://www.flourishsanctuary.com.au) Please also feel free to contact us to run an event or retreat at Flourish.

PS: Tune in to NimFM (102.3 FM) every Monday from 7.30am to 9am to listen to Jagad's spiritual radio show, featuring his favourite beliefs and music.

## The Earth is in trouble

People have strong sexual habits,  
And often give their lust free rein;  
They multiply like mice and rabbits:  
There are too many to sustain!

Man, most common mammal on this earth,  
Is running out of space to live!  
And yet we keep on giving birth,  
Till Earth has nothing more to give.

Our forebears built the lovely towns  
That we now struggle to maintain;  
The forests, that we think we own,  
We're cutting till no more remain.

We dump our waste in river and sea,  
Where fish and whales ingest it;  
We catch them, eat them, so that we  
Ourselves in time will be infested.

The whole world is our backyard now,  
We travel wide and far.  
Walking? Riding? We don't know how!  
Why cycle, if you have a car?

We poison the air we must inhale,  
For greed and comfort so demand it.  
Self-interest is beyond the pale:  
We claim that 'Nature' so commanded.

In National Parks we start to build,  
What discontent arouses!  
'Garden areas' have been filled  
With supermarkets, car parks, houses.

We still 'go forth and multiply',  
There is no end in sight!  
The stretching rubber band I spy  
Is getting very tight....

Where must we go when Earth is full,  
When the limit has been reached?  
For some, the cosmos has a certain pull,  
But its limitations must be breached.

What do you think of outer space,  
As a place for us to live:  
A refuge for the human race,  
When Earth has nothing more to give...?

– H d. V. (March 2022)

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Jacqui  
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NEW



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Georgica 8.5 acres  
\$789,000 Agent: Sundai

NEW



4 Hillside Dr  
Nimbin 555 sqm  
\$575,000 Agent: Sundai

NEW



228 Newton Drive  
Nimbin 20 acres  
\$695,000 Agent: John & Samara

NEW



59 Tallowood Rd  
Lillian Rock 9.48 Ha  
\$920,000 Agent: Samara

NEW



4/345 Tunttable Falls Rd  
Nimbin 5000sqm  
\$675,000 Agent: John & Jacqui

NEW



20/265 Martin Rd  
Larnook 2 acres  
\$465,000 Agent: Jacqui

NEW



487 Rose Road  
Tunttable Creek 10.12 Ha  
\$520,000 Agent: Jacqui

NEW



950 Ettrick Rd  
Ettrick 2132 sqm  
\$690,000 Agent: Sam/Sundai

NEW  
PRICE



20/78 Cecil St  
Nimbin 2000sqm  
\$630,000 Agent: Jacqui & John

SOLD  
JACQUI SMITH



5178 Kyogle Road  
Cawongla 6.28 Ha  
CONTACT AGENT Agent: Jacqui

SOLD  
SAMARA



11 Stewart Way  
Nimbin 2501 sqm  
CONTACT AGENT Agent: Samara

NEW



78 Lane Road  
Georgica 1.61Ha  
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Nestled atop a picturesque mountain, boasting panoramic valley vistas, this expansive 46.6 hectares of fertile farmland beckons. As you approach, ancient fig trees adorned with staghorn and orchid ferns welcome you to a quaint federation farmhouse featuring high ceilings and original hardwood floorboards. Further exploration reveals two additional dwellings - a cozy two-bedroom lodge with high raked ceilings and a charming one-bedroom cottage studio, ideal for artistic endeavors or professional pursuits. Enjoy the convenience of main and grid feed solar power, supplemented by two 22,000-litre water tanks. Perched atop the mountain, a fourth house opportunity awaits, offering stunning views of Nimbin Valley. Features include solar power, water tanks, a creek, waterfall, swimming hole, permaculture, native forest, fruit trees, chook shed, and established flora.

### 8 Silky Oak Place, Cawongla

Price - \$1,100,000  
This lovely modern home on a 0.5ha country block offers a charming living experience with beautiful views of the countryside. The open plan kitchen, living, and dining area has a modern country vibe with a combustion heater, air-conditioning, and Tassie Oak floors. The master bedroom has a walk-in robe and en-suite, there is a separate studio, carport, and a large shed offering extra space and storage.  
The land is easily maintained and perfect for sustainable living gardens and fruit trees. The property is on sealed roads and just a short distance from local amenities and schools. It has mains power with solar back to the grid, solar hot water, and a 66kl tank water supply.

Agent - Jacqui Smith 0439 15 66 66