TSTRO COCCOSTO by 7ina Mews What's happening in the heavens?

Aries

The vibes of the new Moon on May 8 are perfect for setting new intentions and envisioning the future. Mars, the planet of drive and activity, travels through your sun sign until June 10, providing you with extra courage and energy. Neverthelesss, think before you leap and apply conscientious risk-taking.

Taurus

This is the beginning of your new yearly solar cycle. The New Moon on May 8 is particularly supportive in setting intentions for the year. New directions may open suddenly, and you might choose adventure over security and excitement over routine. Venus is in your Sun sign until May 24, bringing a fresh sense of beauty and joy into your life.

Gemini

There are fortunate times ahead for Gemini as Jupiter, the planet of good fortune, enters the sign of the twins on May 26, remaining until June 10, 2025. It is a journey into new territory with expanding networks and areas of communication. Nevertheless, during August and December you will be challenged to make a choice between the past or the future.

Cancer

You can use the energies of the New Moon on May 8 for setting fresh goals and connecting with different kinds of people, or even being inspired towards social activism. You want to let your voice be heard or take on a leading position. On the other hand, you might feel that some groups or friendships do not align anymore with your goals.

rec

The current liberating energies could drive you into a new direction as doors are opening unexpectedly. This may be a sudden change in your career path or your life direction. You might feel rebellious against too many restrictions and regulations that curb your sense of freedom and individuality, initiating a desire to engage in social reform.

Virgo

The liberating energies of the moment might revolutionise your beliefs and value system. This is a good time for opening to new horizons in search for different perspectives, re-defining what is meaningful to you. The focus is on the future and new possibilities. You may be dreaming and seeding new projects that are waiting to be manifested in the months to come.

Max

May begins with Pluto stationing retrograde in future-oriented Aquarius

(May 3). It marks the start of a five-month journey into the mythic underworld, challenging and metamorphosing old power structures and ideologies especially in connection with claims of ownership and our relationship with the material world. The question is which ideas and worldviews will play a role in the future, whereby the current events and experiences can be seen as the first chapter of a story that will continue to unfold at the beginning of 2025 and beyond.

The Jupiter-Uranus conjunction that perfected on April 21st has been seeding new openings and opportunities in technology and science but has also set new impulses in our social relationships. Feelings of freedom, justice and the right to self-determination have been emphasised. The 14-year cycle of Jupiter and Uranus carries the potential of fresh insights that expand worldviews beyond the known and familiar. We are invited to change routines and do things in a different way such challenging habits and comfort zones that prevent us from reaching towards new horizons. Uranus is the planet of innovation, invention, liberation and revolution, while Jupiter magnifies the energies of Uranus, adding optimism and excellence to the mix. Sudden leaps in thought that occur during this time might not be recognised until much later.

In the cycle, conjunctions are times of seeding and symbolise the beginning of something new. Over the coming months we may witness the breaking and shattering of old viewpoints and stagnant belief systems. This means that for each one of us there is the opportunity of finding new ways, of making steps into a still unknown direction. It doesn't have to be big and extraordinary; it can just be a simple reordering of how we used to do things or thought about something.

The Taurus New Moon on May 8 occurs near electrifying Uranus, the cosmic awakener, while still in orb with far-sighted Jupiter. New Moons are great for seeding ideas and birthing new incentives. This New Moon activates the many potentials and surprises of the recent Jupiter-Uranus conjunction (April 21), as the world is finding itself in a major crisis of consciousness; however, surprising resolutions of problems are always possible. We can influence the future with our thoughts and feelings. Ancient wisdom tells

us not to focus too much on negative events but to bring beauty, peace and love into our lives. Doors

open in unexpected directions.
We might suddenly experience
an inner shift and completely
change our perception of what
we perceived as possible. On a
practical level, this includes our
relationship to resources such as
the food we eat, or the way we deal
with finances or just by transforming
our shopping habits.

Taurus is an earth sign associated with values and resources on all levels, may they be spiritual, emotional or physical. Farming for example is a very Taurean tradition. Under the liberating frequencies of Jupiter and Uranus conjoint in Taurus, we have witnessed farmers all over the planet fighting the system and dictates from the top. In Australia, they are liberating themselves from the dictate of the supermarkets creating new channels for trade and exchange to move away from a dysfunctional centralised system. Also, the

local 'Save Wallum' movement has had its

from the proposed development site.

first successes with contractors withdrawing

The Sagittarius Full Moon on May 23 is opposite the Sun in Gemini and a Venus-Jupiter conjunction in the last degree of Taurus. Sagittarius seeks freedom, adventure and expansion while Taurus needs stability and consistency. The once-every-year alignment between Venus and Jupiter, the two benefics of the solar system, is associated with feelings of happiness and supportive relationships. Being entwined with the Full Moon and on the last degree of Taurus adds a sense of destiny and urgency. A new awareness about our needs, beliefs and values may open different possibilities of

relating and creative activities.

Jupiter enters Gemini on May 26 and remains until June 10, 2025. The focus shifts and themes about communication, social media, data gathering, AI, education and trade will be in the spotlight. Using the Jupiter-in-Gemini period positively, we could embrace new ideas and study subjects that expand the mind. Gemini likes to explore topics without having all the answers and can change points of view. The shadow sides of Jupiter in Gemini are intolerance overestimation and a lack of ethics.

Navigation by the Stars: Personal and/ or Relationship Astrology; Life Cycles and Your Year Ahead Transits: Plans, Directions, Concerns for 2024-2025/6; in person or on-line consultations; phone: 0457-903-957, email: star-loom@hotmail.com Gift vouchers available!

'Introduction to Natal Chart Reading, Part 2' Thursday mornings, 10.30am – 1pm at Lillifield Community Centre, 4505 Kyogle Rd, Wadeville

Libra

One of the keywords for the current cosmic influences is 'liberation', feeling free to walk your individual path. With Mars transiting your solar house of relationships, ego conflicts or adversaries could be a possibility. If this is the case, keep in mind that the outer world only reflects your own inner need for more space and freedom.

Scarpia

The vibes of the New Moon on May 8 are perfect for initiating changes in your relationships. You or your partner might need more space and freedom for your individual development. Loyalties are shifting into a new direction allowing for freshness and more inspiring interactions. The status quo is under review.

Sagittarius

The liberating energies of the New Moon on May 8 might be the start of changes to the daily routine. You might feel a growing need for more space and freedom to experiment with inspiring new activities. Some responsibilities might have to be taken off the list so that you can follow your inner calling more strongly.

Capricorn

This is the time to break free from too many restrictions and connect with your creative potential. Finding out what makes you feel happy is part of this journey. It is a good time to experiment with different ways of self-expression and new creative projects. The challenge is to find the right balance between taking risks and being realistic about available resources.

Rquarius

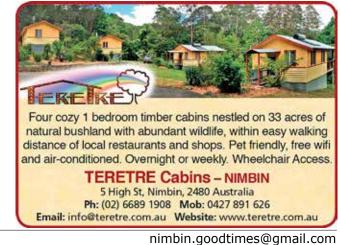
The energies of the New Moon on May 8 might trigger a long felt need for making changes in the home environment or even revolutionising your inner life and emotional reality. A new beginning is possible, may it be in relation to your place of locality, the structures of your home, or inner habits that hinder your further growth.

Pisces

The liberating energies of the New Moon on May 8 could revolutionise your thinking and ways of communicating. You may experience an inner shift, a new awareness about your needs and values that could open the door for new creative activities. Or you might feel inspired to enter a new study course or do a workshop that challenges your beliefs and perception. Just go for it!









by Marilyn Devlin

It's been a hard month... I'm sure there's many factors, and unfortunately I can explain very few.

At times it feels like the light goes out... the blinds come down... and I'm left alone in a dark lonely room.

Yes April was a BIG month with the 'Monster'

Yes, April... was a BIG month, with the 'Monster' Eclipse doing its work at such deep levels.

Sometimes it's like living in an alien world... not sure where I fit, or who I am. Who I've become. The 'old' me is only distant memories... but wiped from the hard drive, so no longer accessible.

Of course it's always a process. Nothing happens in an instant. Bit by bit, hit by hit... the dissolving continues, sometimes over years... then in comes a big one (like the April Eclipse) and finishes off the job. In one foul swoop. Only thing remaining... a weeping puddle on the floor.

I've not known such deep and overwhelming vulnerability. At least not consciously. Brené Brown speaks of the power of vulnerability. The power to reduce me... yes. So excruciatingly tender is that vulnerability... an experience I'd previously never encountered... or at least remembered.

During past times, I'd put it down to my stoic Capricorn Moon. Moon's a major influence in my energetic experience... and one that seems to grow stronger with the years. Tears... I seldom knew they existed... so rarely they rose up and escaped my eyes. I never cried.

Sounds hard hearted and cold... neither of which I am. This last month though, tears have been threatening at regular intervals... nearly every time I spoke. I'm not used to it... it's not been part of the Marilyn I knew.

Maybe all the psyche delving I undertook during the six months before leaving Oz. It'd been 15 years since I'd last left my home shores... and so much had evolved during that time.

I was experiencing terror (and yes, that's a potent emotion)... each time I thought of leaving Oz... which of course on the surface didn't make any sense.

Yet underneath on that deep trauma level... it did. Terror was a long-standing living memory stored in my body... so deeply, and for so long, that it was totally unconscious.

A large part of the trauma was connected to a violently experienced separation from home and family. And the corresponding threat of death.

As Bessel van der Kolk reminds... "The Body Keeps the Score".

Home and family speak loudly in my astrological birth chart. The Sun is our source of purpose and vitality, our radiance and personal happiness. Sun plays a significant role in our energetic makeup... it shows us our happy place.

So often I've lived as a solitary wanderer. Preferring lots of personal space around me... feeling comfortable in my own company. Accessing inspiration from within myself.

Some of that is a personality signature... and some of it is trauma. The trauma that created the Avoidant Protector... whose role was established to keep me safe.

Big times move big things. Life evolves... that's the natural thing. But it takes being willing, wanting and enabling... even when the fear wants you hiding in a hole.

That courage... to face being vulnerable. Some experiences, some awakenings are harder than others.



Nimbin Trivia Time

by Eclectus

Questions

1. Russell Crowe is pictured in this 20-year old epic period drama movie. Can you name it? Take a bonus point



if you can name the director. Credit: collider.com

- 2. Which artistic mixed agricultural performance has used the lyric "E-I-E-I-O" for over a century? Take 10 bonus points if you can name its earliest known origin.
- 3. Kapunda is a mining town in South Australia, true or false?
- 4. Last month we saw that self raising flour contains a leavening agent (usually baking soda) to produce a lighter texture in baked goods. But how does it work?
- 5. The atom was first split by a New Zealander. True or false?
- 6. In ancient China and India, Confucianism, Hinduism and Buddhism all considered orange a colour of spiritual importance. For millennia, it has been widely worn by devotees of all these paradigms. Over these vast ages, they have sourced orange dyestuff from one plant. Can you name it? Hint it is not the orange tree!
- 7. The words bowl, eye, finger, food, hook, pond, scale and tank can all be used with which other word?
- 8. The oboe and the clarinet are two woodwind instruments that use reeds to generate sound. One is a single reed instrument and the other, a double reed. Which is which? Hint: Picture in your mind what the instruments look like when they're played. Take a bonus point if you can name the brass instrument that uses a single reed.
- 9. The Skagerrak and the Kattegat are two sea straits adjacent to which peninsular country?
- 10. The Paris Olympics are rapidly approaching. Can you say where the 2028 Olympics will be held?

9. Denmark. 10. Los Angeles.

8. The clariner employs a single reed and the oboe a double. The saxophone uses a single reed.

.AsiH.7

6. The plant is saffron (Crocus sativus).

5. True. Ernest Rutherford, the father of nuclear physics, was awarded the Nobel Prize for Chemistry (not physics!) in 1908 "for his investigations into the disintegration of the elements, and the chemistry of radioactive substances". In 1917 his team bombarded littrogen with large, positively charged alpha particles, producing lighter, more energetic, positively charged particles and converting some of the Mitrogen to Oxygen. Thus was the proton discovered.

4. The baking soda reacts with the liquid ingredients, producing carbon dioxide bubbles which grow and lighten the mixture. But what if you want your baked goods a little more chewy? Find out next month!

3. True, sort of. Kapunda, near the Barossa Valley, was a mining town in the latter half of the 19th century, exporting copper ore to Wales until the Welsh smelters migrated to South Australia to ply their trade locally. Today, dark blue to white marble is still quartied in Kapunda which is now better known for cereal crops. Sir Sidney Kidman was born in Kapunda. Do some research on Sid Kidman if you want that elusive perfect score next month!

1. Take a point if you said "Master and Commander", rake an extra point if you said "Master and Commander: The Far Side of the World" and take the bonus point if you identified Peter Weir as the director.

2. The folksong/nursery rhyme "Old MacDonald Had a Farm" was known in its current form by the early 20th century. The earliest form, titled "In the Fields in Frost and Snow", was penned by Thomas d'Urfrey 20th an opera he wrote in 1706. Starting professional life as a scrivener, D'Urfrey soon turned his hand to the theatre. He was a thorough Reformationist with its characteristic social climbing tendencies: born in Devon in 1653, he claimed French aristocratic ancestry without adducing any proof and changed his surname, without adducing any proof and changed his surname, Durfrey, to d'Urfrey when he was 30.

Answers

1 2 3 4 5 6 7 8 9 10 11 14 15 16 17 18 18 19 20 21 22 23 23 25

Across

- 1. Left
- 4. Variety7. Lightbulb moment? Norwegian synthpop
- 8. Fang tooth
- 11. Gogglebox
- 12. Guards the flock
- 15. Declare true
- 16. Crossword clue 15 across? Instagram's parent company.
- 17. Unfortunate event
- 19. Opportunistic attacks? Cannabis tincture cocktails
- 21. Centres (of cells, for example)
- 23. Gangster rap crew straight outta Compton
- 24. Drugging for advantage?
- 25. Dog lead

Down

- 2. Popeye's wife
- 3. Audio surveillance?
- 4. Bag?
- 5. Tavern
- 6. Definite article
- 9. Remaining Frozen water? (3,3)
- 10. Back matter after a novel, say (3,5)
- 11. Personal totem or ward
- 13. Swiss cheese with holes
- 14. Measure of distance in space
- 18. The destroyer, in the trinity with Brahma and Vishnu
- 20. Preposition "as far as"
- 22. Skylight?

Solution: Page 38









NOT JUST NIMBIN

16,000 copies of *The Nimbin GoodTimes* are distributed monthly thoughout all six Local Govt Areas of the Rainbow Region, including the following towns and villages:

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Depressed!

by Michael Brooke

Anything to cheer myself up.
On-line I find the BBC comedy series

Fawlty Towers:
Basil Fawlty: Don't mention the war.

Sybil Fawlty: I can't abide cruelty to living creatures.
Basil Fawlty: I'm a creature and you can abide it to me.
Oh well, never mind! War and cruelty are as inconsequential as the weather, characteristic of how human beings and Mother Nature kindly express themselves.

It's raining again, bleak and grey outside, low dark clouds, but I'm snug and dry in my comfy little home. I surf the WWW.

By chance I find a thing about chimps, a relative to we wee humans; apes known for being intelligent, social, violent animals who live in complex societies. Yes, just like us. Which I don't want to contemplate. So I'm into another Google search, where this time I find Monty



Python's *The Meaning of Life*. Havoc that's good for a laugh. I'm still depressed.

Enough of havoc! I've decided to make an effort to bask in a golden glow of happiness and peace. I'll have music, mood uplifting, something happy, a distraction. Another Google search. I find Leonard Cohen singing his last song, 'You Want It Darker':

Magnified, sanctified
Be the holy name
Vilified, crucified
In the human frame
A million candles burning
For the help that never came.
Cohen's voice raspy, sounds
like the Crack of Doom, he's
singing the world news.

I don't know what I should feel about all this. I think I want to feel nothing, but I

Perhaps feeling nothing is the best we all can do.

A moment

by S Sorrensen

If you cannot walk barefoot upon the earth, then what has become of your life? It used to be a choice: you could wear shoes and socks all day, walking on concrete and lino office floors, or you could walk with naked feet through the forest. A lifestyle choice.

You can, of course, walk barefoot through the office, but most jobs come with a dress code and you'd probably lose your job, then default on your mortgage and live in a tent near Woodenbong.

You'd probably have to swap your Julius Marlows for anti-depressants and end up barefoot – unless you invested your last dollar in a pair of Crocs from St Vinnie's. Oh dear, that would mean, not only are you financially drained, your style tank is also bone dry. (Apologies to the Croc wearers, whose fervour for the brand borders on religious.)

You can, of course, walk through the forest in shoes. Most people do these days, because most people walk through the forest on a mission. They might be chalking old trees for felling, or surveying a new subdivision, or counting species (easier by the month), or joining a protest, or doing



physical exercise to improve their sexual attractiveness. Basically, they're working.

But nothing compares to walking through the bush barefoot. You need no mission, no destination, no job, no financial reward. The walk is the talk. You feel your feet. You feel the ground; connect sky to earth, heaven to hell.

"Oh no," I hear you say. "It'll hurt. My feet are sensitive."
Homo sapiens have been evolving for 250,000 years.
Before them, Homo erectus for a couple of million years.
Homo feet are designed for walking through the forest, the

grasslands, the rocky beach. The foot is indeed sensitive. Not only does it feel the spiky rocks, the pricking twigs, the squelching mud and the tickling grass, it is a terranean antenna, picking

up the more subtle vibrations of a living planet. You step carefully, avoiding the sharp, embracing the lush. Free from shoes, your callouses grow and your toes spread. Feet embrace the world.

"Oh no," I hear you say. "What about snakes?"

Barefoot means using your eyes; means walking mindfully. You've more chance of stepping on a snake tromping around blindly in your Blundstones than walking barefoot.

Evolution did not create feet for shoes (and certainly not for Crocs – that's the Devil's work). God didn't outsource Homo's mobility to R.M. Williams.

To deform your feet with a shoe fashion, to isolate yourself from the breathing planet – this is not the evolutionary path.

It's another severing of our connection to Gaia.

As you can tell, I like to walk barefoot. I was a barefoot kid. I only wore shoes to school. It was the rule. Which was strange, because it was a Catholic school and every painting and statue of Jesus showed Him barefoot.

But I fear my barefoot days are numbered. These are perilous times. As the government fights against an invasion of refugees it helped create through its war activities, as it combats against the rising tide of Chinese influence, there is another invasion taking place right under its feet.

Foreigners putting our foot freedom at risk.

The government may be spending billions on fighting America's competitors, and on off-shoring asylum seekers, but it's spending bugger-all fighting a foreign army already in our towns and villages.

Yes, folks, it's the attack of the fire ants!

They're all around us. They're in Kingscliff and the Murray-Darling Basin. They're mean and nasty émigrés from South America, torturing tootsies as they spread across the land.

Lock up your feet. Nike wins.

(Please note: Crocs are useless against fire ants.)

The cars that ate MardiGrass

by Harry Gumboot

Yee just about reached the end of the road with MardiGrass (MG). What began as a protest about drug reform has turned into a celebration of the internal combustion engine.

It started (ironically) with a Tesla driver who insisted on his right to leave the Western carpark by its southern entrance as I was entering on Thursday afternoon. His attitude – I got the impression he was a personal friend of Elon's – confirmed my belief that smart cars don't make for smart drivers.

Instead, they may make average drivers dumber, especially when their satnav gives up after attempting to negotiate the potholed circuits of the local electronic super highway. He may have been further confused, on entering from the northern exit, to find himself in a seedy looking van park spread over several dozen parking spaces.

I don't recall there being that many cars in the village in '73. Kombis, panel vans and station wagons were among the few vehicles suitable for camping at the time, while four-wheel drives were almost exclusively Land Rovers.

Many who drove to Aquarius did so in small sedans from the 50s and 60s. Most dropped their camping gear at the festival site then parked their cars in dedicated areas out of

MG made no provision for cars, and as it grew the problem of cars grew also.

Around 16 years ago the MG committee convinced the A&I Society to allow camping at the showgrounds. It has worked well until now but I'm told last week's wet weather, plus an influx of Queenslanders enjoying a long weekend, almost lead to them closing on Saturday.

Should we ban cars from town for the duration (Kombis excepted) or has MG outgrown Nimbin?

The medical and fibre mob have made big inroads at capital city expos in recent years. Perhaps it's time for MG organisers to create a pop-up model that can travel the country?

How many consumers of CBD and/or THC who have never made it to Nimbin would benefit from having a mini-MG in their own community?

Nimbin needs a festival in line with the original ethos of Aquarius and not a one-topic event with a huge carbon footprint.

Don't get me started on the dedicated crew who volunteered their time to sort "waste" into refundable, recyclable, compostable and buriable bins, only to have another group of "volunteers" empty their work into a single skip.

Muskcod

by Magenta Appel Pye

get a word each day from: merriamwebster.com (free) and they often have extra fun lists such as rare and amusing insults.

It was in this list that I found the word 'muskcod'. The definition is: a man who wears too much perfume.

I thought this is a brilliant word because so many men, especially young ones douse themselves in chemical smells to the point where I cannot be anywhere near them without nasty consequences.

Muskcod last appeared in the Merriam Webster unabridged dictionary which was published in 1934. It doesn't appear in any modern dictionary, which is a great shame. I think we should bring it back into usage because it sure beats "You frikken stink!"

I have sensitivities, or perhaps insensitivities, to certain chemicals

used in these products. I instantly get a headache and itchy throat. This makes it hard for me to be in the city, as everyone is reeking of strong chemical smells to mask their body odour.

I understand that when people are living and working closely together that they are afraid of being accused of having BO. I say give me body odour any day. It might stink but at least it doesn't make me sick.

I am thankful I live in this region where natural bodily smells are not vilified. When walking in the street or on the beach we can pick out tourists by their overpowering chemical concoctions. The funny thing is that they think they smell great.

On airlines they must give them standard deodorants because every time one walks by there is a mephitic stench that is always the same. It turns me off flying. I have only noticed this in the last ten years. Perhaps because there are more male air stewards now.

I was on a train in the city once, sitting as far away from people as I could, and a young man sat next to me. He reeked. So I got out my Thieves essential oil that I use on my handkerchief on the plane to kill germs. I put on quite a few drops to make it strong and voila, the young man, repelled, got up and left me happy and safe with nature's protection.

It's bad enough when women drench themselves in perfume, but the male equivalent is especially malodorous. The problem is that men have several competing strong scents which make a pretty rank cocktail.

They spray their underarms until there is not a skerrick of male pheromones left to be attracted to. Then they add the kicker, strong aftershave. Eek. What muskcods!

I cannot find a word for women who stink of perfume, but we really need one, so my friend Lee suggested 'muskcar'. Brilliant!



Revenge of the Loon

by Laurie Axtens

any things in this life remain incomprehensible

Why does time slow down relative to gravity? Why does a photon of light act like both a particle and a wave?

And how did that unsavoury muppet actually get a spot on council? Did thousands of people actually vote for him? Well actually they did..., so we need to learn how to make the most of our votes to get a better outcome.

There are some equally incomprehensible explanations for each of these phenomena, but Lismore City Council elections will be my focus for the next few months.

Lismore City Council determines its elected representatives using a system called the Quasi Optional Preferential Proportional system combined with an Optional Preferential mayoral vote.

The first of these two voting systems uses above the line

and below the line voting options to provide enormous freedom for the voter to express their personal wishes.

And many people do exactly that, as the outcomes regularly devolve into a labyrinthine nightmare with thousands of valid votes exhausting before ever being consigned to a successful candidate.

Last election, about 4,500 votes were exhausted.

Furthermore, the short history of our council elections is littered with examples where popular lower ticket candidates (due to below the line voting) have spoilt the chances of their ticket winning a seat at all.

Over the next two months, I'm going to walk you through complexity of this process. We are going to break open the logic flow chart that underpins the algorithm that drives the distribution of preferences.

I will describe in a comprehensible way, how the 'surplus fraction' informs the 'continuing transfer value' as together we come to understand why the end game of this system is more complex than anything played out by chess champions Kasparov and Fisher.

I fear it would be easier to teach each of you individually how to solve three Rubik's Cubes while juggling them blindfolded... but I am determined to reveal the complexity of our amazing ballot.

So help me Gaia.

Sowing future seeds at Tuntable Falls preschool

by Kaali King

"There are worlds within worlds." This statement is true for all of nature, but especially for seeds.

At the end of this term, Tuntable Early Childhood Centre preschoolers were treated to a seed raising workshop where they learned about processing, collecting and sowing different types of seeds in preparation for potting up and planting over the course of the year.

The kids were introduced collecting and sowing some native seeds; native ginger (Alpinea) collected on the community, and Cordyline rubra and Syzigium wilsonii, collected from the preschool grounds.

We wanted to sow some Bangalow Palm seeds but while there was lots of seed on the ground it had been sitting there long enough to get grubs.

The kids observed that there were also lots of grub holes in the native gingers,



so before we processed the seeds, we looked up how to in Mark Dumphy's Australian Rainforest Seeds.

The kids loved the tactile, crunchy feeling of shelling the native ginger seeds and squishing them into a jar to soak overnight; we found out that native ginger typically host lots of grubs and always needs soaking.

We also sowed some flower mixes to plant in the preschool gardens and up in the veggie patch.

Recently the kids constructed insect shelters and placed them around the facility, so everyone was very excited about planting flowers for the bees and insects that call the school grounds home. After only a week or so these are already happily stretching for the sky.

It will be a wonderful surprise for the kids to find so many green things growing in their pots when the return from school holidays. The next lesson in our plant propagation journey this coming term will be dibbling seedlings and potting up.

We hope these propagation sessions will give our kids confidence to plant seeds and grow trees as a life-long passion.

Tuntable Falls Early Childhood Centre is open Tuesday, Wednesday and Thursday during school hours, and is taking enrolments now. Please call 02



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Let's read aloud together

by Heather Jessup

🕇 very Monday at Nimbin Central School, our Kindergarten and Year 1 students receive a fun ✓ invitation –to join our Jarjum Mirr Playgroup and share the magic of reading with our younger friends.

Our young readers can't wait for these weekly adventures. They love guessing who will be in the playgroup and get excited as they prepare by engaging in guided reading aloud together to build their confidence and reading to our playgroup children.

Kindergarten and Year 1 students also join Years 3, 4 and 5 for buddy reading each week. The students take turns reading to each other, choosing from class readers and a wide variety

When students are reading to another person, it naturally motivates them to practise reading fluently and to read with expression. Students are developing comprehension skills by sharing their ideas and opinions of the books they are reading.

Buddy reading also builds a student's sense of belonging. These fundamental benefits for children and young people have flow-on benefits for their learning and engagement with





It is wonderful to see Years 3, 4 and 5 students take a leadership role and demonstrate their patience and care with our younger students.

Now, imagine if this joyful reading didn't stop at school gates. What if every family, every community member, shared stories with their children? It's not just about the words; it's about the laughter, connection, and learning that come with every page turned.

So, let's spread the magic beyond our classrooms. Let's encourage everyone to pick up a book, cuddle up with their little ones, and dive into a world of imagination together.

Whether it's silly rhymes, adventurous tales, or cosy bedtime stories, every word shared is a gift of connection

And let's not forget our older students -they're not just reading buddies; they're leaders in creating a culture of reading and caring.

Their patience and kindness show us that reading together isn't just about skills; it's about building relationships.

So, here's to reading aloud, to sharing stories, and to building a community of book-lovers, dreamers, and friends. Because when we read together, we're not just turning pages;

we're building bridges that span generations and hearts.

Tuntable Falls Early Childhood Centre

A welcoming environment within a natural setting.



117 Upper Tuntable Falls Rd, Nimbin Preschool program: Tue-Wed-Thurs 8:30am-4pm 6689 1179 tuntablepreschool@gmail.com



Cawongla Playhouse

Tuesdays Wednesdays Thursdays Enrolling ages 2 1/2 - 5

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Near Cawongla Shop



6633 7167 cawonglaplayhouse.office@gmail.com

It's Term 2 at Nimbin Open Learning

Term 2 classes at Nimbin Open Learning begin on Wednesday 8th May, with Creative Writing and Cosmic Collage.

On Thursday 9th May Life Drawing Sessions begin, and on Tuesday 14th May, Landscape Painting starts. Gelli Plate Monoprinting (print by Nuro Oliver at right) classes commence on Saturday 18th May.

All courses are \$60, and are held in or near the Nimbin Community School's room at the Community Centre.

For more information and enrolments, phone 6689-1477 or find us on Facebook at Nimbin Open Learning.





Headers keep growing

by Ruben Mack, Club President

Nimbin Headers are rolling into our biggest season to date with some massive news. 2024 is shaping up to be our year of 'firsts'.

After much work and anticipation, we can finally announce the completion of our \$450K installation of game quality LED lighting across both fields.

This included pole and transformer upgrades on the street, new trenching and power supply to the club, new 18m poles, LED lights and connection on BOTH fields.

Our successful grant application in the NSW Government's Stronger Country Communities grant program was a huge undertaking for those involved.

The management of the project was also a lengthy process, which we are extremely glad to see complete.

We can now look forward to a town first, which is a huge win for not only sports, but the community as a whole.

Last year, we also found success in

an additional NSW Govt funded grant via LCC, which enabled us to get a comprehensive sports field drainage upgrade completed on our second field 'NH2', finally making it seasonally usable.

We had our first set of simultaneous games played across both fields on 13th April.

On 25th April we have had our first official night game, which saw the Senior Women's 5th division make Headers history and also take a win on the same night.

This aligns well with the ethos of the grant, which was to increase female participation in sport across

As the season progresses, we have many exciting night games to come. Saturday May 18th will see all five men's teams playing on the one day/ night, this will be an event weekend with night games to finish the

Saturday. Then we have both women's teams playing on the following day (Sunday 19th).

We encourage our members, supporters, friends and extended community of sports loving

people to come down and enjoy

Further details on this event day will be broadcast on our FB page and shared to Nimbin Hook Ups.

Nimbin Headers are a volunteer run club, managing and facilitating sports in our community. We are the only team sports enterprise the community currently has.

We are so fortunate as a community to have an asset like this that belongs to us.

If you or anyone would be interested in being a player, member or volunteer, please get in contact and become part of the club.

Please keep your eye out for the monthly schedule here and we hope to see you down at the pitch.

nimbinheaderssportsclub@gmail.com





FUN TRIVIA NIGHT

The Nimbin Bowling Club and Sibley's Bistro host a community fundraising trivia night on the second or third

Organised by the trivia team, Claire Delacey and René Norwie, April's fundraising partner was the Nimbin Preschool who raised a whopping \$1,000.

It was wonderful to have a room full of people to support Nimbin Preschool's trivia fund raiser. There was a great atmosphere and plenty of good-humoured competition

Thank you for everyone's support! It was another great community fundraising trivia night.

and the fundraising partner is Nimbin Environment

Saturday of each month.

among the 11 trivia teams. The Nimbin Preschool auctioned autographed art pieces

by Ayla Hambly-Hudd, and received generous donations for raffle and the winning team prizes from the following local businesses: Armonica Cafe, The Hemp Embassy, Nimbin Service Station, the Environment Centre, Black Dog Honey, Tribal Magic, The Heart Connection, Nimbin Sourdough Bakery, Mad Hattery, Ethical and Sustainable Produce, The Green Bank, Nimbin Building Supplies, The Apothecary, Nimbin Herbs, Nimbin Candle Factory, The Mended Drum, Sibley's Bistro, and the Nimbin Bowling Club.

The next trivia night is on Saturday, 11th May at 7pm, Centre. We look forward to seeing you there.

Crystalline Clarity nme people simply see

by Daryl Spilberg,

crystals as shiny rocks, while others see them as magical energetic conduits that can shift energy and change lives.

As a practitioner who works with crystals, I come from the latter of these sentiments, and would like to explain practically how and why they work.

Crystals are laced throughout the earth on our beautiful planet and are rich in history, having been used in ancient civilisations dating back many thousands of years.

Many healing modalities, rituals and spiritual seekers use them for all kinds of ailments, bringing healing and balance to the many layers of our being.

Fundamentally, crystals have a unique molecular structure which creates a vibrational makeup, giving off a certain frequency. As human beings we have an electromagnetic field, as do

Therefore, when we touch or come close to a crystal, we interact with it and the energy of that crystal can be absorbed or worked with



The healing power of shiny rocks

by the individual within proximity.

As crystals are formed in the earth over time, by using them, the Earth's energy can be used to impart our planet's energy for healing. Crystals can absorb and transmute negative energies, helping to release unwanted and uncomfortable energies, emotions, attachments and much more.

Crystals can also be formed in different combinations to create intricate grids or patterns, such as the crystal mandala used for the powerful modality of Crystal Dreaming, of which I am a

Within this modality

and its process, the crystals can assist in journeying through an altered state of consciousness, where the superconscious can be accessed.

Within this space, profound experiences can take place and amazing insights reached, with their effects manifesting back in the physical reality.

Different crystals have different properties, and therefore different components that can be worked with. Quite often, the colour of the crystal can be matched and worked with the colour in our chakra

For example, blue Lapis

Lazuli is powerful for expressing and making us heard, when aligned with the blue throat chakra.

Another example is the golden Tiger Eye, which is wonderful for finding our power and taking action, when aligned with the yellow solar plexus chakra.

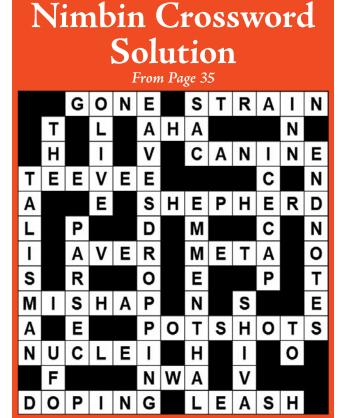
There are of course other crystals that are outside the chakra colour spectrum, such as the volcanically formed black obsidian, which runs rich through the ground in our Northern Rivers region.

This is known to release blocks and emotions as well as bringing grounding and clarity.

Overall, crystals can be used in a huge variety of ways and can bring about phenomenal healing and change when utilised properly.

I am extremely privileged to regularly witness profound healing and change in my clients, often in as little as one session.

If you are interested in finding out more about the amazing healing properties of crystals or having a Crystal Dreaming session with me, please feel free to contact me for a chat at: www.crvstallineclaritv.com.au or phone 0422-717-905.







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The artist

He thought of Sally centre stage reading one of her quirky creations at the pub poets night, Sally at the piano belting out one of her jazzed-up classical tunes with glass of wine ever near at hand, regularly topped up by one of her avid listeners, Sally with the bright yellow backless dress and the untamed tumbling mass of vibrant red curls, Sally with the infectious abandoned wicked laugh, Sally the life of the party.

He thought of her pensive too, at her easel, concerned with the pattern of light in the scene coming to life on her canvas, musing. And Mum Sally and her gorgeous identical twin daughters – the only family she had left after the horrific fire that had claimed the lives of her husband Jack and boisterous young son Mikey.

Sally, playing with the kids laughing and scolding and then laughing again, at once their age and 39 hard years old. Sally, through whom life force flowed a zestful torrent, ideas erupting faster than her strident happy voice could tell her ever-rapt audience, impossible not to be swept along by the sweet winds of her presence.

As he thought of the rugged potholed road of the life she had travelled, he marvelled at her equanimity, underpinned, he supposed, by her Buddhist faith as she faced each new trial with courage and resolve – trials which would have broken a lesser spirit. And he rued the awful mistake, the reluctant compromise of her second marriage to the wealthy silver-tongued stockbroker Bill – a martyrdom more about providing a secure future for her girls than her own personal happiness.

And he pondered with sadness the changes wrought in her demeanor after she had moved in with Bill – the tired pinched face, sagging shoulders and downcast eyes – a precious rose trampled, and he recalled how he had prayed that she would rebel before it was too late. That was before she took to wearing long sleeve shirts and makeup to hide the bruises

In his mind's eye, he saw again the twins, Belinda and Jane, resplendent and adorable in matching gingham dresses and beribboned blonde gossamer curls, shyly and warily accepting their ostentatious sixth birthday presents from the man who drinks lots of bottles of beer and hurts Mummy.

And he was overcome by a surge of killing rage as he remembered Bill outside the courthouse, jubilant and scotfree due to insufficient evidence, as he placed a single rose on Sally's grave.

– Brian Forbes







What's on at Flourish Sanctuary in May

Nestled in the hills of Nimbin, Flourish Sanctuary stands as a beacon of light, offering a place for those seeking spiritual exploration, holistic wellness, and community connection.

Here's a glimpse of what awaits in May:

- Monday morning meditation classes: Embark on a journey of self-discovery and inner peace with our Monday Morning Meditation classes led by Jagad. Every Monday from 11am to 12.30pm, participants are invited to explore the transformative power of mindfulness and meditation in a serene and supportive environment.
- Satsang Sessions: This month, Flourish Sanctuary invites seekers to come together in the company of truth on 12th May, starting at 1pm. These sessions offer a sacred space for insights, connection and spiritual communion.
- The Grail Retreat: Men, mark your calendars for the weekend of 24th to 26th May as Flourish Sanctuary presents the Grail. Organised by the team at SheMatrix, this retreat promises a transformative journey of self-discovery, empowerment, and spiritual awakening.

- Sound Healing: Join us every
 Thursday morning from 9.30am to
 10.30am for rejuvenating sound healing
 sessions with Michael Deanshaw.
 These gatherings offer participants a
 profound sense of relaxation, renewal,
 and well-being, providing a sanctuary
 for the soul amidst the hustle and
 bustle of daily life.
- Biodanza with Jazmin: We are excited to welcome back Biodanza with the 4-Elements being run every Tuesday evening in May, from 6.30pm to 8.30pm. Experience the transformative power of dance, movement and joy, offering a unique opportunity to connect with yourself and others.
- Permaculture Gardening: Join us every Wednesday from 9am to 11am for hands-on permaculture gardening classes, where you can learn sustainable gardening practices and connect with the earth.
- Yoga: Nurture your body, mind, and spirit with our Friday morning yoga sessions led by experienced instructors, from 9am to 10am. Participants are invited to delve into the practice of yoga, embracing

- movement, breath, and mindfulness to cultivate holistic wellness and inner balance. Bookings are essential.
- Call for Festival Contributions: Flourish Sanctuary is seeking individuals who have offerings to contribute to our year-end Festival for World Peace. Whether it's a workshop, performance, or presentation, we welcome your participation in spreading messages of unity, harmony and peace.
- Radio Show: Tune in to Jagad's spiritually inspired radio show on NimFM (102.3 FM) every Monday from 7.30am to 9am, featuring his spiritual truths and favourite music to uplift and inspire listeners.

Whether you're drawn to dance, meditation, sound healing, yoga or communal gatherings, we look forward to welcoming you, remembering the path forward is illuminated by the light of our shared intentions and the warmth of our collective spirit.

For the most current information on events and initiatives at Flourish Sanctuary, visit our website: www.flourishsanctuary.com.au







For more information & Uri's latest listing scan the QR code with your smartphone

Find Uri Ross on Google G & Facebook of today!







591 TUNTABLE CREEK ROAD, TURNTABLE CREEK 3 BED | 1 BATH | SHED | 64.7 ACRES



13 THORBURN STREET, NIMBIN 3 BED | 1 BATH + 1 BED SELF CONTAINED MODERN GRANNY FLAT | 575SQM





75 THORBURN STREET, NIMBIN 18.3 ACRES | CREEK FRONTAGE | 6 BED | 3 BATH | RAINBOW RETREAT



537 TUNTABLE CREEK ROAD, TUNTABLE CREEK 3 BED | 1 BATH | SHEDS | 132 ACRES



2298 NIMBIN ROAD, NIMBIN DAMS | VIEWS | 330M SEALED DRIVEWAY DWELLING ENTITLEMENT



5326 KYOGLE ROAD, CAWONGLA 2 BATH | 1 BATH | 1335QM SHED | 13195QM



74 ROSE ROAD, TUNTABLE CREEK 3 BED | 2 BATH | 50 ACRES



8 SILKY OAK DRIVE, NIMBIN 3 BED | 1 BATH | 7795QM



869 NIMBIN ROAD, GOOLAMANGAR UNDER CONTRACT

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AGENT OF THE YEAR 2020 2021

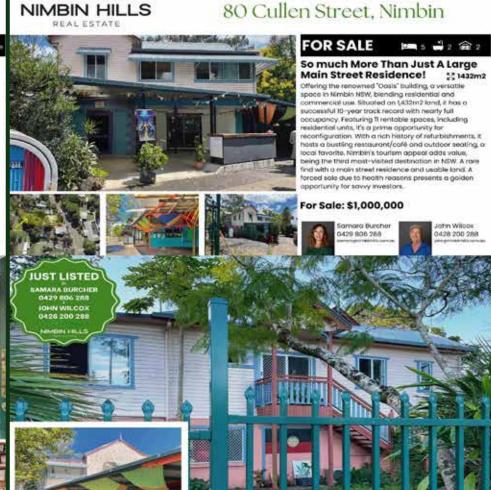
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