

ASTRO forecasts

by Tina Mews

What's happening
in the heavens?

Aries

You may choose to use the current Virgo/Pisces energies for establishing routines that are beneficial for your mind/body equilibrium. The Full Moon Eclipse on September 8 is favourable for introspection and emotional processing.

Taurus

Putting attention to details will greatly increase your creativity and productivity and you can get things the way you envisage them to be. Find the right balance between your imagination and its practical application.

Gemini

This is the time of the year when you want to get your house in order. Clean out the old and make enough space for new developments. Use the Virgo vibes for being practical, organised and applied but also envisage fresh possibilities.

Cancer

This is a great time for perfecting and refining your ability to express yourself and communicate to others. You may choose to start a new study course, or take part in a workshop, especially if you have been thinking about learning something different.

Leo

This is an important time to reflect on and attend to your basic needs. Make yourself feel comfortable and secure, while balancing your personal needs with the needs of those close to you. Try not to 'overinvest' emotionally and/or materially. Let your intuition guide you.

Virgo

The Solar eclipse in Virgo on September 22 might be the start of a new beginning. Be prepared to embark to the unknown as new doors are opening. There are things/people/dreams etc to be left behind or who are moving out of your life. This may especially apply to those born between September 17 – 23.

September

September is a time of accelerated change as we move through the second eclipse season of the year. A very potent total Lunar Eclipse in Pisces (powerful Full Moon) occurs on September 8, followed by a partial Solar Eclipse in Virgo (powerful New Moon) on September 22. Eclipses happen twice a year, when there is an exact alignment between Sun, Moon and the Earth. Energetically, they function as portals that can open new pathways. They amplify opportunities for transformation and can shift old programs instantly. We are reminded to expect the unexpected but also be ready to make conscious choices and use this time of increased energetic potential in a constructive way.

Virgo season is favourable for processing, ordering and integrating the many changes that have occurred in our collective and personal lives. In medical astrology, Virgo rules digestion. However, Virgo can get lost in too many details while missing the bigger picture. Pisces, the sign opposite to Virgo, teaches faith in the universe. Finding the right balance between being reality focused and applied versus aligning with one's intuitive powers and having trust is the challenge of this Full Moon Eclipse. Pisces is the sign of dissolution and surrender but also fertility and imagination. Eclipses amplify the tension between endings and new beginnings, challenging us to embrace the unknown. We may not know the outcome yet as some information is still missing and hidden in the dark.

During the Lunar Eclipse period (September 7-8), we have the opportunity to call in new belief systems, new forms of expression. The Pisces eclipse allows us to let fade away stagnant energies and refill our soul with a new, more nurturing and unifying frequency. We are asked to make our choices by intuiting our own way forward. What needs to be released, cleaned out, and healed so that a new space can open where renewal is possible? This eclipse season can be a fertile time for imagining and developing new alternatives. Nonetheless, let's remain compassionate with oneself and others. Holding too high expectations could lead to disappointment.

The three transpersonal planets Uranus, Neptune and Pluto are in exact alignment during September, forming an harmonious triangle also called a minor grand trine. Neptune, planet of vision, dreams, and wholeness but also ruling illusion and disappointment, is at the midpoint of the fabulous trine between Uranus in Gemini and Pluto in Aquarius. Both planets form supportive sextiles to Neptune. The trine between Uranus in Gemini and Pluto in Aquarius will remain active until the end of the decade signalling a mandate for deep sweeping social changes and a fight against injustice



besides revolutionising our world through ground breaking technologies and discoveries. Trines symbolise accelerated evolution, especially when they involve the outermost collective planets, whose cycles correlate with the making of history. A new historic narrative is forming and we are given the chance to be part of its creation. The challenge is to let go of old beliefs and entrenched perceptions. The shadow expression of this fast moving evolutionary change is chaos and confusion as our old world is still in the dissolving stage while a new reality is emerging.

The Solar eclipse on the last degree of Virgo eventuates on September 22. It is a partial eclipse not visible from Australia.

Astrologically, the Eclipse opposes the Saturn-Neptune conjunction while forming a grand trine with Uranus in

Gemini and Pluto in Aquarius. Uranus and Pluto are in sextiles with Saturn and Neptune, the head of a kite configuration. Kites are growth-supporting if we can manage the challenge of the opposition. The Virgo New Moon Eclipse opposite the Saturn-Neptune conjunction can have a sobering effect, especially if we committed ourselves to a cause with too high expectations on the outcome. It is a cosmic invitation to let go of too much personal attachment and instead work on behalf of a greater vision with more long-term goals. While the Eclipse is active, some information may still be in shadow obscuring the bigger picture. The focus on the Virgo/Pisces axis requests a new balance between the practical (Virgo) and spiritual (Pisces) aspects of life. It offers opportunities for creative problem-solving including refining plans and clarifying priorities once the shadow has passed.

While the outer planets are in retrograde motion it seems to be perfect timing for reflecting on our dreams and ideals (Neptune) and how to help them manifest (Saturn). If we focus on unity and what connects us, we can make use of Pluto's power and determination as well as the scientific and technological advances signified by Uranus in Gemini in a constructive and life improving way. Neptune is ultimately the path of love while Uranus connects us to the higher mind, to flashes of insights that align us with a broader, more cosmic consciousness. Uranus encourages us to break free from limiting beliefs and Pluto in Aquarius enables us to embrace our innate potential as co-creators.

Navigation by the Stars:

Personal and/or relationship astrology; Life cycles and your year ahead transits: plans, directions, concerns for 2025-2026; in person or on-line consultations. Phone 0457-903-957 or email: star-loom@hotmail.com

One-day workshop:

'Medical Astrology', October 11, 10am – 4pm
Lillfield Community Centre. All welcome.
All info and bookings: 0457-903-957 or star-loom@
hotmail.com

Libra

Make use of the weeks before the equinox (September 23) by emptying out and releasing what needs to be left behind and prepare for a fresh start once the Sun enters your Sun sign on September 23. Dream up a new vision of creative expression.

Scorpio

The energies of the moment are favourable for team building, community work and social activities. The Full Moon Eclipse on September 8 might be the start of a new creative project. Get involved in something you really enjoy.

Sagittarius

While the earlier part of the month may be dedicated to family, home and personal roots, the focus changes in the later part onto your career and public life. You may embark on a new direction developing fresh goals with the vision of a renewed public image.

Capricorn

You may find a need for re-evaluating how you communicate and interact with your environment, thus shifting your field of influence. New horizons open when you include different perspectives and philosophies on life, or trying to understand those better who hold different beliefs.

Aquarius

This could be a good time for investments, depending on your ability to plan your steps carefully and wisely. Details are essential. On a different level, it is a great time for investing in personal or even business partnerships. Find the right balance between giving and taking.

Pisces

The pragmatic mode of the current Virgo influence might help with solving day-to-day tasks and keeping your feet on the ground. The vibes of the Lunar eclipse (Sept 8) might highlight your caring and empathetic nature. Use these energies to nurture yourself and engage in what is emotionally fulfilling to you.

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by Marilyn Devlin

Well, August was a number... whoosh! And yes, change is the constant... but jeez... how about a few breaks... back to the old non-emergency states. Where everything could be even boring... sigh... the good old days.

Yeah... it's 2025... whatever that means. I read... that astrologers a hundred years ago looked at this year and marked it as 'something big'.

Well... something big is always happening... the breath that comes into me and gives me life. One chance... to be here on this sensational Earth... once chance to get it right. Find the real that makes it true.

And our allocated time to accomplish this task will be over in a wink... just like that. No more time.

August... the rain plundered (well, at least in these parts)... our boundaries invaded, our 'normal' reversed for a while... to show us the turmoil that lies beneath.

The ocean raged... the drains flooded. Old grief raised, regurgitated by the pounding waves... to be released and healed. Safety issues highlighted.

Confusion... as to the state of things. So much obvious, some shrouded in concealment. And that breath... keeps visiting me. I can't ever tell you how much gratitude I have for that.

It's that time of year for me... preparing for rebirth, as I rise from the ashes. A brand-new cycle. Completing my journey around the sun.

I journeyed through the local neighbourhoods... some friendly, supportive... others confusing and demanding. As I made my way around our solar system... learning new things, letting go of others.

This last cycle began in the depths of grief for me... my brother's death... overwhelm and surprising strength as I took care of all his affairs.

A first time for me. It was hard, really hard... like swimming in a depthless dark. Just one step after the other... keep moving.

The new house... new neighbourhood. Struggling to adjust, meet the demands. Find peace in it all. I've both been successful... and terribly lacking.

And yet... breath still visits me... have I told you how grateful I am for that. Finding our place... our sacred space... often within a world of turmoil. It's gotta be within.

We're in the final third of a year that dug deep. We can't change anyone else except our self. But yes, we need to learn... once again... how to truly live as a community.

It's after all what we are... the human community living within Earth's community. What's the report card? How are we getting on? It imprints us all on the macro and the micro levels.

We need peace... we need joy. We need contentment, we need safe and happy spaces... where we can thrive. Yeah, it seems like a big ask... when really it's the most natural thing. We've strayed so far from what's right and true. We wear the scars... and the wounding continues.

What will it take? Another calamity... when it's said to bring out 'the best in us'. Why do we need to wait till then? As a so called intelligent species; we're not very bright. I go back to a day... so many years past... I was young, it was a brand-new era. Of promise, of a renaissance of a special kind. It was the early 70's... and the heavens were pouring down blessings. So much beauty was occurring. So much promise and potential being offered.

It was my birthday... I was at a group gathering... and no one knew it was my birthday. A woman took to the stage and sang like a beautiful bird... everything around me disappeared... there was just me and the song.

"Until the 12th of never... I'll still be loving you."

Born on the 12th of September... nearing the midnight hour... a sacred place in the mountains... protected and guided by the ancient Land Spirits.

One life... one chance... to get it right.

Nimbin Trivia Time

by Eclectus

Questions

- When wishing ill upon someone in Australia, especially after they've done one a bad turn, one is entitled to say "I hope your chooks turn into emus and [what]?"
- Fur, leopard and elephant are all kinds of what creature?
- Animal, Mineral and Vegetable: Samphire, sapphire and salps. For a point each, which is which?
- For what is the Titan Prometheus credited in Greek mythology?
- Using the same letters reordered, can you turn a four-letter word for bread into a four-letter word for horse?
- Well into our fourth consecutive wet year in the Northern Rivers, many will have noticed a slimy green growth spreading over the ground from time to time. Can you say what it is?
- Oodla Wirra and Oodnadatta are remote outback towns in which Australian state?
- In August, which national Australian football team fought back from 22-nil down after 20 minutes to defeat their hosts 38 to 22? Take an extra point each for the opponent and the code.
- If you're unlucky enough to have a plantar wart, where on the body is it?
- What's the challenging new event making a debut at the Nimbin Show on the second day (Sunday!) of this much loved local extravaganza to be held on 20th and 21st September?



to the wire. Are you up for it?

10. The Nimbin Hay Bale Toss will go down (up?)

recommended.

9. On the sole of your foot. It's OK though, they are easily removed with a small sharp electrically heated spoon. Plenty of local anesthetic is highly recommended.

8. Australia's Wallabies defeated South Africa's Springboks in their first rugby union match of the first time Australia had beaten South Africa

7. South Australia. Oodla Wirra (population 5) is halfway between Adelaide and Broken Hill.

6. Australia (population 102) is 870 kilometres north of Adelaide.

5. Prometheus was eventually freed by Hercules.

4. Prometheus is credited with creating humans for eternity (his liver regenerated each night).

3. Samphire is salty succulent plant (of a variety of genera) that grows near the sea in most parts of the world; (M) sapphires are typically blue, precious gemstone and (A) sapphires are usually like sea creatures, although far more sophisticated than jellyfish, as Nimbin

2. They're all seals.

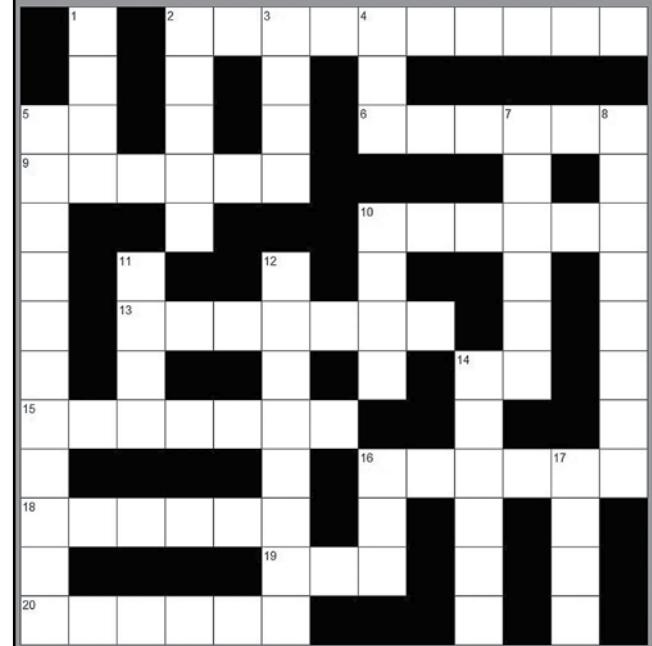
1. "..... kick your dunny down!"

Answers

Nimbin Crossword

2025-09

by 5ynic



Across

- Daisy pizza?
- Therefore
- Walk-in food cupboard
- Stimulate
- Turn ideas into action?
- Forestall?
- Hard wheat flour, for pizza, say
- Front tooth
- Harass, goad
- Request (to come in, say)
- Chop (chop)
- Plot?

Down

- Microsoft gaming console
- 4 fl. oz. steamed milk + double ristretto = Melbourne _____.

Solution: Page 34

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• Open Mic, Wednesday 10th September, 6pm

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Nimbin Central students make their mark on pool

by Nimbin Central School Visual Arts faculty team

Students at Nimbin Central School are making waves in the community, quite literally, through a vibrant new public art project that is transforming the floor of the local swimming pool into a stunning spiralling mural of aquatic life.

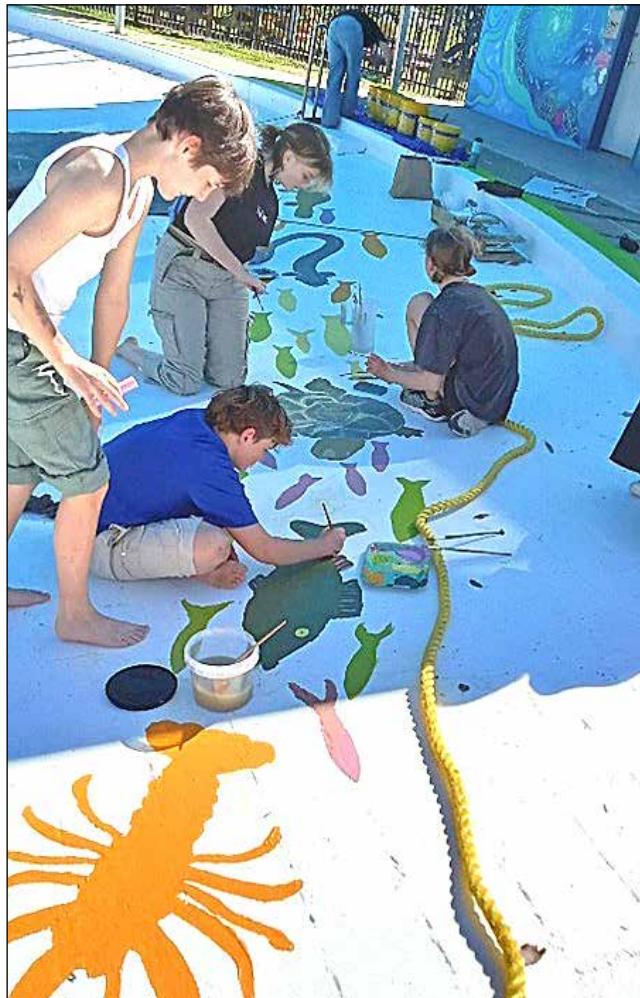
What started as a conversation with local caravan park and pool owner, Greg Young has turned into a dynamic, cross-curricular learning experience for our Stage 4 and 5 students. The mural begins with freshwater creatures and gradually transitions into reef and deep-sea marine life, spiralling inward to symbolise depth, growth, and creative energy.

This project is not just about painting a pool, it's about engaging students in real-world learning that extends beyond the classroom. Under the guidance of the Visual Arts Faculty team, students are developing essential skills in design, problem-solving, teamwork, and public art practices, while also experiencing the personal impact of contributing something meaningful to their community.

As part of their 'Make a Mark' Visual Arts unit in Stage 5, students work with a real client brief, manage unpredictable weather, and collaborate to bring the large-scale design to life. They learn to adapt, persevere, and work together, all while enhancing their visual literacy and understanding of art's role in shaping culture and place.

But the learning doesn't stop there.

Our Stage 4 and 5



Theatre sports groups have joined the project to support team engagement and morale, with many students expressing how much they look forward to being part of something big and visual. Their involvement has boosted attendance and teamwork, with students taking pride in their contribution to the shared experience.

Meanwhile, Stage 5 Photography students document the entire process as part of their unit 'Through the Lens' on photojournalism and social documentation. They will interview peers, film their progress, and capture powerful moments that will soon be edited into

a student-produced short film to showcase the story behind the mural, and its community impact.

The mural already attracts curiosity and praise from locals who stop by to admire the transformation. And for our students, the experience has been nothing short of inspiring.

"It's so cool to be doing something that will be here for years," said one student. "We're making our mark, and it feels like we're really part of the community."

Stay tuned, this is just the beginning of what promises to be a powerful and lasting story of youth creativity, community pride, and learning through art.

Athletics carnival stars

The North Coast Athletics Carnival was held on Thursday 31st July at Kingscliff.

Students from Nimbin Central School who were representing Northern Rivers Zone battled out in their events of track and field.

U/13's Girls 4x100m relay team: Honu, Kyesha, Aila and Matisse had great effort in competing, representing Nimbin finishing with a time of 1.05. Well done girls.

U/15's Boys 100m: Mereki Dufes ran an amazing time of 13.2, showing tremendous speed, finishing 4th in his heat, and 7th overall.

U/15's Boys Shot Put: Max Frey showed a lot of strength and technique throwing 10.8m placing 2nd.

U/16's Girls

Mikayla Frey had an outstanding day in the field and track, dominating all her events, smashing the old Triple Jump Record which stood since 1988, with a phenomenal jump of 11.80.

Mikayla's results are:
100m dash: 14.2 – 1st place
Long jump: 5.31m – 1st place
Triple Jump: 11.80m – 1st place
Discus: 26.93 – 1st place
Shotput: 10.10m – 2nd place
Javelin: 24.90m – 1st place

17-19 Boys

100m sprint: Felix Kraft, running an electric time of 12.5, finished 3rd in his heat and 5th overall.

Daniel Frey had a fantastic day out showing his strength and his dominance with his field events of Shotput, Discus and Javelin, finishing 1st in all three.

His results are:
Discus: 47.36m – 1st place
Javelin: 50m – 1st place
Shotput: 17.04m – 1st place.

Daniel and Mikayla both were the North Coast Age Champions for their age



Daniel Frey throwing the discus at the national athletics meet in Perth earlier this year



Mikayla Frey on the first place podium in Perth

group, What an amazing achievement!

Max, Mikayla and Daniel all have progressed onto the NSWCHS Athletics Carnival in Sydney, Olympic

Park, on the 10th-12th September.

The Nimbin community wish these students the best of luck at the state carnival, keep up the great work!!



The Rainbow Ridge Spring Fair and Open Day is a fun day out for the whole family. This year it will be held on Saturday 20th September from 10am to 3pm, at 279 Lillian Rock Road, Lillian Rock.

Come along and enjoy a relaxed and enjoyable day at our beautiful school and in our lovely gardens.

The classrooms will be open for our school community and visitors alike to have a glimpse into Steiner Education and the things children make and do, with teachers there to talk to.

You will be entertained by musical performances including the student strings ensemble. The maypole, with its colourful ribbons being woven into lovely patterns by the children as they move around is always a treat. Minstrels will fill the air with their delightful music.

This year we will have local and community artisans selling their unique handmade wares. The Parents and Friends Craft Group has been meeting regularly to make items from natural fibres for our fundraising craft stall.

Wool yarn, knitting needles, pencils, crayons and handcrafted wonders will fill our stall again this year, and there will be craft activities for you and your children to enjoy, making something to take home.

This event is cash only.

If you are interested in more information about Steiner Education at Rainbow Ridge School or would like to enrol your child, go to the information desk where you can make enquiries.

The school has classes from Kindy to Year 8 and a playgroup and has been operating on the current site at Lillian Rock since 1996. For enquiries, phone 02 6689-7033.

Kindergarten Orientation

5th November	9.15 - 10.15
12th November	9.15 - 10.15
19th November	9.15 - 10.15
26th November (Teddy Bear Picnic)	9.15-10.15

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0266897033

A wonderful start to school life

by Shannon Brinnand

Every Monday morning the playground at Barkers Vale Public School comes alive with the joyful sounds of children and parents as they gather for the popular playgroup session.

Running successfully for several years now, this playgroup is designed to support our wider school community and provide an opportunity to gently ease children into the exciting world of school.

For one hour each Monday, parents join their children to participate in a variety of fun and engaging activities both indoors and outdoors, alongside current K-2 students. These activities are designed to be enjoyed together and foster a shared learning experience between parents and their children.

Playgroup also provides an invaluable support network and a sense of community for parents, offering shared experiences and advice in a safe, nurturing environment.

Staff and parents at Barkers Vale Public School have observed positive transitions through this process for new kindergarten students, alongside our traditional transition to school program that starts in Term 4. It fosters



critical social, emotional and cognitive development in young children through guided play and interaction, preparing them for school and building confidence.

The playgroup also offers a valuable opportunity for parents to gain insight into what happens in the classroom, helping them feel more connected and informed about their child's early

learning experience.

If you have a child starting Kindergarten soon, the Barkers Vale Public School playgroup is a great way to start their school journey with confidence and joy. Please ring the school on 6689-7202 if you would like to come and join our playgroup on Monday mornings.

Why we chose Tuntable Falls Community School

by Kelly Conway

We moved to The Channon in 2023, and after a stint at the wonderful Dunoon preschool, we decided to enrol our spirited six-year-old in Tuntable Falls Community School (TFCS) for 2025.

Not a day goes by that I don't pinch myself, wondering how lucky we are to find ourselves amongst this beautiful community.

Transition into the Buribi Kindergarten class could not have gone smoother for our little guy. He made fast friends with a small cohort of classmates (six in total) and as a family we were welcomed into the school, as if we'd always been a part of the community.

We are continually encouraged to participate and take part in our child's schooling journey, because that's the nature of TFCS. It's a parent-run, community-minded, educational space, and the well-being and education of our children is



our collective driving force.

It's a parent-run school, but it's truly child-led. While the education the children receive complies with the NSW curriculum, the lessons are delivered with great care and respect to each child's individual needs and capabilities.

I've watched my son's literacy and numeracy skills grow beyond expectations this year, as a result of his teacher acknowledging his capacity and offering him greater challenges to build upon his knowledge and learning. This has kept him

engaged and enthusiastic about his education.

Self-expression, self-respect, mutual respect, mutual aid, compassion and mindfulness are just a few of the other wonderful traits my child has been encouraged to build upon this year at TFCS. He enjoys circus lessons each week, an absolute treat for a little boy obsessed with movement, climbing and tumbling.

Cooking lessons are in the communal kitchen, planting and weeding in the communal veggie garden. Science is explored

kids, a maypole dance and a performance by the Jiggi Primary School.

Other stall spaces are available for local businesses to display and sell their goods.

At the end of the day, the art, produce, flowers and leftovers from the White Elephant stall are auctioned off to a, by now, spirited crowd of local bidders.

Then the night is taken over by live music, dancing, supper, a bar and circles of locals chatting around the fire pits.

To book a stall, please contact Danielle Deidun at: jiggivalleyresilience@gmail.com or Kenrick Riley on 0404-111-603.

Small is beautiful

The annual Jiggi Spring Fair will be held at the Jiggi Hall from 11am until late on Saturday 13th September.

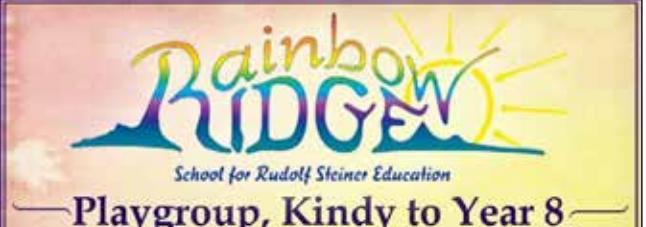
Each year, Jiggi Valley locals pool their resources to mount a memorable day of food and drink, fun and games, community stalls, raffles, a welcome to country and live music.

An annual highlight is the fierce tug-of-war competitions between men, women and children of Jiggi and Georgica. The engraved trophies for these long-contested local battles hang

on the walls of the Jiggi Hall and bear testament to the sweat and strained muscles that make the event such a cultural highlight.

The Spring Fair also features displays of local art and produce, a history display up on the walls and the ever-popular White Elephant stall where someone's discarded memories are recycled as someone else's must-have acquisitions.

Daytime entertainment includes an open mic session for music and poetry, a kidszone run by



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Success Through Diversity

Nimbin Crossword solution

From Page 31



Wooden spooners to semi-finalists

by Mark Wright

Finishing last in 2024, the Nimbin Headers Senior Men's 4th Division have turned the results around.

With the core group of players returning and some quality additions, the squad immediately gelled and got off to a winning start.

Most of the core group from last year are 16, 17 and 18 year olds, now in their second season of senior football.

The development of these young exuberant players, combined with older level-headed players, has resulted



Men's League 4 team 2025

the perfect blend of youth and experience for success in 4th division.

We enter the final game of

the regular season in second place, guaranteed of finals football.

It has been a great, fun-

filled and successful season, with more to come.

Go the mighty Headers 4th division men!

Nimbin Miniroos season comes to a close

by Kelly Conway

Soccer season for the Miniroos is coming to a close, and as we get ready to pack away the gear, it's time to reflect on the experience of plopping our kids in a team sport.

Every Saturday morning since May (weather permitting), parents and guardians of the grade 6 Nimbin Miniroos have diligently rubbed the sleep from their eyes and travelled near and far for matches.

There were icy cold mornings, rainy mornings and sometimes lovely sunny ones too, but no matter the weather, our mini sportspeople pulled up their little socks and shin guards and gave their all to the game.

Thanks to the weekly training sessions at Nimbin Headers, the Nimbin Miniroos teams were all set to run the field each weekend and kick a few goals against some mighty competitors.

Our teams of grade 6s – the Bandicoots, Naturals, Nitros and Pademelons – played teams from Lismore and Goonelabah.

There were skids and spills, sore knees and the occasional fisticuffs, but mostly we watched the kids enjoy the



Giri, a grade 6 Nimbin Headers boy.

playfulness of sport and teamwork. And we all shared many belly laughs, Miniroos and parents alike.

Soccer has so many benefits for kids, the most obvious ones being fitness and a decent dose of vitamin D. But there's so much more to be gained from joining them up to a team sport.

Over the past few months, we've watched our kids learn to co-operate with and care for their teammates and

friends. We've seen their confidence grow and their hand-eye and foot-eye co-ordination skills improve.

They've learned to be resilient, to keep trying. Even if something feels kind of hard or you're a bit tired or you just want to sit on the sidelines eating snacks instead.

We are all just so proud of our little Miniroos and their perseverance.

Special shout-out to the parent coaches who offered their time and energy to train the kids once a week after school and coach their matches on the weekends.

Watching them consistently dedicate themselves to herding our crew of tiny, often tired, hungry, and relentlessly distracted misfits was heartwarming.

And an extra shoutout to Alex Beasley, who organised and strategised and kept us all up to date and in the loop about trainings, matches and rained-out soggy boggy sports fields. All while keeping her own Miniroo on the field and another up-and-comer toddler at her heels (actually, she was at his heels.) He could be a marathon runner one day.

We hope to see everyone again next year, after some well-earned rest and many Saturday sleep-ins!

Nimbin's under-15 basketball team

by Harry Witt
sports co-ordinator
Nimbin Central School

On Tuesday 19th August, the Nimbin Boomers U/15's basketball team competed in the Northern Rivers Gala Day at Lismore Basketball Stadium.

The team consisted of Zac Kirkwood, Max Frey, Kiama Jalaki, Cameron Johnson, Sohten Kato, Jak McKenzie, Cohen Wilson and Zane Knapen (assistant coach).

These students played extremely well, winning Game 1 against Richmond River School.

After trailing 18-21 at half time, the students dominated the second half, defending really well, getting the rebounds and sprinting up the court, with Zac Kirkwood and Max Frey dominating the second half, winning comfortably 44-35.

Nimbin Boomers continued their winning streak against



Nimbin warming up before their first game.

Below: Half-time chat.



game.

In the final they played against Maclean HS, who got off to a flying start of 16-4. Nimbin fought hard until the final buzzer, Cohen Wilson making his debut on the court, using his height to his advantage.

Max, Cameron, Sohten and

Zac used great tactics to come back from such a deficit.

It was a nail-biter finish. Down by 3 points with 20 seconds to go, Zac took a three-point shot. The ball swirled around the ring in slow motion until it fell out, Maclean narrowly taking the win, 51-48.

The Nimbin Boomers were great sports throughout the day, and all the students had a great time competing with other schools around the Northern Rivers Zone.

They are all looking forward to their next opportunity.

Beauty

The art of practice

by Susan Paget

I reckon my phone was spying on me the other day, because not long after browsing skin care in the "mature" category, the algorithm caught on.

My news feed started spitting out reels praising Kris Jenner's new face and Insta doctors vlogging on the latest less invasive cosmetic surgeries.

And then there were the 'before and after middle age makeovers' where normal but tired looking women morphed into supermodels half their age, courtesy of luxury medical holidays in South Korea.

As I went down the rabbit hole of "safe" and "affordable" procedures, I recognised that I would be categorised as a "before". A quick glance at my reflection proved it. The mirror went evil funhouse on me.

I was ashamed of myself. How had I allowed my 63-year old face to get so wrinkled and jowly? Was I irresponsible and insulting to humankind that I haven't considered getting a sneaky facelift?

I haven't noticed this wave of insecurity since being a teenager with a borderline eating disorder. In those tough years, my perfectly healthy body was my enemy.

I got over it but here it was again, decades later, this time it was extreme aesthetic content marketing that left my sense of self distorted.

With a little research I've learned I'm not alone. Facial dysmorphia, also known as 'face hate' is a thing. In my birthplace of Los Angeles, the looks-centric epicenter of the world, this is a mental health issue with support groups and therapists to combat it.

And this is where practice helped.

My temporary tailspin was rescued by years of mindfulness and self-care practices. I'd taken them for granted because I usually feel quite good in my skin regardless of my age, but I could see with this latest kind of social pressure it was time to dust them off and bring them back.

A disclaimer before we go further. Some of you reading this are probably appalled by the vanity of it all and have no idea what I'm carrying on about. If so, I salute you! For everyone else, here are practices that bring a sense of balance when the scales of beauty get tipped:

Find your beauty power words

How we want to feel about ourselves is a choice. Finding words that we believe to describe our physical selves helps.

I recently saw an interview with Justine Bateman (*pictured*), a former child actress who refuses to have work done and describes her natural face as looking "rad" – California slang for "cool" or Nimbin slang for "radical".

Putting your naked face out there with confidence is both of those things to me, so I'm co-opting that one. "I look rad" are my power words. If we can find the right wording to describe our looks it changes everything. What are your beauty power words?

Mirror work

Yes, this particular practice is super cheesy and at first feels absolutely ridiculous, so just take a deep breath and do the following.

Look in the mirror every day and tell yourself all the nice things you'd say to a bestie who needs cheering up. Stuff like "I love you", "You're enough", "I've got your back".

It's all weird, but I think it works because beauty ultimately is an inside job. When you do this practice for years, you start seeing the real you in your eyes.

For me this broke the spell of the evil funhouse mirror. Try it. If it's difficult you probably need it.



Justine Bateman

Take the hint

I'll give this social media doom scroll some cred. It was a needed kick in the pants that I'd slacked off with some of my beauty self care.

I'm usually faithful to my DIY glow ups but I'd gotten a bit lazy and a little too daggery for comfort up here in the remote rainforest.

Getting back on track with my lotions and potions (I support companies that celebrate mature skin and use older models in their marketing) and making time for my beauty rituals is nourishment for the soul.

This is a practice of worthiness and it matters.

Here's the wild thing. Once I got back on board with these beauty practices, the age-erasing content on my feed stopped showing up. Kris Jenner was nowhere to be found! The plastic surgeons of Instagram had vanished!

I couldn't even find the South Korean surgical makeover holidays – and I tried because they're fascinating!

But it was like my phone was back doing the spying thing and knew I wasn't a target audience for this anymore.

Believing you look rad is more than just some beauty power words. It might be a super power.

Susan Paget is a television producer, well-being writer and yoga teacher who lives at Tuntable Creek. Listen to her podcast 'The Art of Practice'. For more information, email: theartofpracticeofficial@gmail.com

Don't get me started: Locals

by Harry Gumboot

– played with a round ball (sic) – and Marngrook – an indigenous game in which a tight bundle of possum skin and kangaroo sinews was used in a continuous game of kick-to-kick.

Those same Irish, who suffered as a result of an artificially induced famine, along with the Scots forced out of their communities by the highland clearances, knew who the real enemy was. Unfortunately, many of them behaved in a similar fashion when it came to dealing with the locals.

Frankly I'm confused. How far do I have to go in order to go back to where I came from – Victoria, Ireland, Scotland... Africa?

And having done so, how should I respond if the locals object to my presence based on a dubious claim that an ancestor may have lived there in the distant past.

While I'm not sure if was intentional, the organisers of the MFA picked the right date for their little protest. The weekend formed a hiatus between regular games and the finals for both the AFL and NRL.

Sporting tribalism aside, the majority of ordinary Australians still like to think they believe in the fair go. Unfortunately that fair go is often practised at a distance.

Palestine is easy, a Voice referendum not so much.



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AGENCY OF THE YEAR

2019 | 2020 | 2021 | 2022 | 2023



FROM THE HILLS TO THE COAST!



NEW

182 Bentley Road
Tullera 25 Acres 3 1 4
\$1,200,000

Samara & John



NEW

Lots 2, 4 & 5/7 High Street, Nimbin
Land, Land Land!
\$462,000 - \$480,000 Agent: Jacqui



Coming Soon

176 Gungas Road
Nimbin 6070m² 3 2 6
\$800,000 Agents: John & Michelle



Coming Soon

372 Ettrick Road
Ettrick 101 Acres 2 1 6
\$1,280,000- \$1,320,000 Jacqui & Suzy



NEW

11/52 Cadell Road
Mount Burrell 3 Acres
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Agent: Jacqui



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Larnook 66 acres 3 2 4
\$1,000,001
Agent: Jacqui



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37/1157 Stony Chute Road
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\$150,000 Agents: John & Michelle



NEW PRICE

345 Blue Knob Road,
Blue Knob Land 20 Acres
\$350,000 Agents: John & Jacqui

Recently SOLD Properties:

1112 Afterlee Road, Afterlee
19 Tareeda Way, Nimbin
13 Stewarts Way, Nimbin

Agent: Samara
Agent: Jacqui
Agent: Samara

2210 Nimbin Road, Coffee Camp
33 Alternative Way, Nimbin
305 Borton Road, Tullera

Agent: John
Agent: John
Agents: John & Samara

ACRES ACRES ACRES ACRES ACRES



19 Moffit Road
Nimbin Land 165 Acres
\$1,750,000 Agents: John & Samara

- Outstanding views
- 3.7km to Nimbin village
- Bountiful water
- Productive cattle country
- Volcanic soil
- Situated in one of Nimbin's best valleys



489 Davis Road
Jiggi Land 120 Acres
\$575,000 Agents: John & Michelle

- Magnificent stands of millable timber
- Comfortable shed
- Elevated plateau with great soil
- Super private
- Make an offer!



20 Gungas Road
Nimbin Land 178 Acres
\$1,100,000 Agents: Samara & John

- Large holding 1.9km from Nimbin
- Beautiful soil & water
- Panoramic views
- Ideal for horticulture
- Ideal for grazing
- Excellent value



345 Blue Knob Road
Nimbin Land 168 Acres
\$950,000 Agents: John & Jacqui

- Multiple use property
- Creeks
- Dams
- Views to die for
- 3.5km to Nimbin
- Run cattle or grow crops
- Lots of extras