

Don't wait for another day – work on making your day better

I've only just recently arrived at the inviting but hard to navigate spot of self-care.

It took me a while to understand that looking after myself is an act of love. Self-care has nothing to do with selfishness, and yet why do we feel guilty when we sneak in a meeting with a friend, a visit to the bath house – I hear that's the latest in self-care – or just taking time out with a cuppa.

Real self-care is a conscious act of doing what is most enjoyable for oneself, and what is most needed to calm the nerves, and to re-evaluate, sometimes even our life in general.

Self-care has a purpose with a goal attached, that of bringing yourself back to yourself. If you are good at reading the first signs of burn out, and know what causes your aggravated state, you

probably are on your way to take care of self-care.

If you can, allow yourself the moments of reprise that you need. Do it before your body forces you, because once the body rings alarm bells, recovery will take longer.

Then you may have to get rid of a headache before you can start to indulge and luxuriate, like lying in a full bath tub infused with lavender and rose hip oil, if you like, and letting go of tomorrow.

As the Fijian saying goes, "Tomorrow takes care of itself". So should you take care of yourself.

It takes courage and maybe a bit of convincing to make your own wellness a top priority.

Your family will notice the difference, your workplace will breathe easier, while you radiate that special aura sending a subtle signal that

says, "I do look after myself to be able to look after you guys."

Through self-care you are role modelling well-being, due to treating yourself with the same empathy and care that you extend daily to your partner, your kids and work colleagues and friends.

Say, a friend is in distress and needs your attention, how are you able to fully be there for them if you are feeling stressed and miserable yourself?

How do you respond to your children's affairs and whims if you are not emotionally in trim form? Giving them only half of your usual attention may leave you feeling quite mortified.

Stressful events and thoughts can activate inner conflict. If you have experienced stress, it is not expected of you to put the experience behind quickly. The formula to inner self-compassion is that you look inside and feel for those deeply hidden aspirations that got steam rolled by duties, responsibilities and an ever-complying behaviour. Lift the



by Antionette Ensby

In reality, triggers are ever-present.

Don't wait for a better day, work on making your day better. Carve out a niche of comfort and solitude, and let the pressure drop down to zero.

Self-care appears to be more than taking a minute to relax, it actually is a vital ingredient to live life fully and satisfactorily – in spite of all the shortcomings and challenges we face personally and globally.

Resilience and strength comes from the core, where your stability is centred, and radiates out to touch on the world surrounding you.

screen and look to find the "pink panther" that is in you. I'll tell you what you need.

Listen to the inner voice and commit to care for yourself holistically, in all aspects of your life: your physical and psychological self, your relationship with others and your environment, your emotional and spiritual being.

It seems what started as a reflection on self-care has turned into a journey of rejuvenation of the whole person.

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That could be a pilgrimage, a mountain hike, a yoga retreat or adventure tour.

Most importantly, the break needs to match your comfort zone, and ideally consist of enough rest in order to release tension and nervousness, to reflect on things and to support you to re-engage with life once you have fulfilled your quota of self-care.

Bahzooley

Nimbin Central School recently held its much-anticipated annual performance night, Bahzooley, delivering an unforgettable showcase of student talent across dance, music and drama.

The evening was a vibrant celebration of creativity, featuring dynamic dance routines, soulful musical performances and captivating dramatic scenes that truly highlighted the diverse skills of the student body.

There was something to delight every audience member.

Adding to the night's enjoyment, the school canteen offered a delicious selection of meals to energise attendees before the show. Crowd favourites like lasagne, butter chicken and a variety of curries were warmly received.

A special thank you goes to the P&C committee for providing a tempting array of sweet treats during the interval.

Indulging in scrumptious cakes was the perfect way to recharge and appreciate the remainder of the performances.

This year's Bahzooley was a fantastic evening that left both performers and audience members inspired and entertained, brilliantly showcasing the vibrant spirit and talent of the Nimbin Central School community.



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School for Rudolf Steiner Education

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Education Towards Freedom

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www.rainbowridgeschool.nsw.edu.au

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A welcoming environment within a natural setting.



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Preschool program: Tue-Wed-Thurs 8:30am-4pm
6689 1179 tuntabalepreschool@gmail.com

Nimbin Central School

In praise of local school

by Emily Jett

NIMBIN CENTRAL SCHOOL
YR 6-7 TRANSITION 2026

School Visits
Week 1 and Week 2
2026 Year Adviser, Mr. Witt, will be visiting your school in Week 1 and 2 to meet with you. This is a great chance for you to ask current Year 7 students about their experiences and find out about high school.

Enhanced Transition
Week 4 and Week 5
For students who require additional transition days to high school.
4th November
11th November

Taster Days
Week 7 and Week 8
An opportunity for all students to visit Nimbin Central School and experience life as a high school student.
25th November (Extra)
2nd December (DOE)

Contact:
Please contact Mr Harry Witt, Year 7 Year advisor for 2026 at Nimbin Central School for further information. I look forward to meeting you all.

RSVP to Nimbin Central School Office:
Transition Days: 21st October
Taster Days: 11th November

02 6689 1355
nimbin-c.school@det.nsw.edu.au
23a Thorburn Street, Nimbin 2480

0491466619 / tuntabalepreschool@gmail.com / www.tuntabalepreschool.nsw.edu.au

Tuntabale school ramps up the fete for a pottery studio

by Gina O'Brien

It's almost time for Tuntabale Falls Community School's annual School Fete Fundraiser on Saturday 15th November, 10am-2pm.

This is our biggest fundraiser of the year and an opportunity to showcase our amazing school to the wider community.

Funds raised will directly benefit our school, ensuring that our alternative education philosophy continues to thrive.

This year the children have voted to dedicate the raised funds to a community pottery studio. It's a huge endeavour and will likely take several years of fundraising, however the children have the foresight to plan for the school's future students.

In her role as craft teacher, Catherine has inspired and supported so many children in Steiner School curriculum arts that include doll making, woodwork, clay, beading, macramé, mosaic making, crochet, knitting, embroidery, needlework skills and much more.

Catherine's kindness, care and passion for craft and art have long been a great asset to our school community, and this gift speaks to how appreciated and loved she is.

We are happy to report that she's not leaving us entirely, as she stays on in her roles as school librarian and policy development and implementation.

Have a great long service leave, Catherine!

performances, and wood fired pizzas return. Also there will be new and exciting activities for all ages: baby chicken nursery, henna tattoo, rock painting.

Thank you to all the community organisations for donating vouchers to the raffle: Uri Ross real estate, Treetop Challenge at Currimundi Wildlife Sanctuary, Ballina Climbing Jungle, Anna Lusty massage voucher, Nimbin Bowlo bistro, Greenbank, Nimbin Headers, Jax Fiddles and Chris Seymour ceramics, Billie Jade clothes designs, Kaali King, Whalebone Nursery, Evergreen Beauty, Channon Tavern bistro, Bi-rite Lismore and Nimbin Newsagency.

We are so grateful to the community for your support.

Come along between 10-2pm to enjoy the day's activities and get your raffle tickets to be in the draw for awesome prizes. Raffle will be drawn at 1.30pm.

Looking forward to seeing you there!

Cawongla Playhouse

Tuesdays
Wednesdays
Thursdays
Enrolling ages 2 1/2 - 5

532 Kyogle Road
Near Cawongla Shop
6633 7167 cawonglaplayhouse.office@gmail.com



TUNTABALE FALLS COMMUNITY SCHOOL
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Another Headers season done and dusted

by Lisa Lucken

What a year for the Nimbin Headers. The weather delaying both attempts at training and actual play started to feel like a cruel joke.

Keep in mind that the logistics behind the games, from all the cute little MiniRoos to the seasoned adults, are multi layered and every delay meant the games that were expected to be played kept piling up with some teams playing less than a dozen games all season.

But the positivity of the Headers didn't fail. We took that frustration at the things we couldn't change and revised.

Training opportunities were discovered at alternative facilities including the Nimbin Central Schools MPU, GSAC, Nimfit Gym and the rail trail. The coaches and players rallied to remind each other that it would eventually stop raining... in the meantime the season ticked on.

In spite of adversities, the



Zavier Rooney being presented Junior Club Person of the Year Award and a Club Appreciation Award by club president, Ruben Mack. Photo: Chibo Mertineit



At the after-party
Photo: Max Pike

Nigel Hayes was awarded a beautiful trophy, made by another awesome Club member/player/coach/volunteer, as well as numerous speeches extolling his virtues. Thank you to Nigel for being so fabulous.

The presentation was a lovely example of how people supporting other people, encouraging them, finding outlets for their talents, can build things up.

As we learned at the presentation, the Headers beginnings were with the sowing and mowing of the first grass seeds, 4 years later, are mowed and painted, for almost year-round use.

We watched eloquent speakers and emotive speakers and some that simply showed up. It all counts, parents for their kids, partners for each other. It's how we demonstrate that we care. And as Nigel is testament to, that care finds

as to what a supportive club can sound like.

All the while in the background, the club had members organising the Summer Socials teams and the end of year celebration. So many puzzle pieces are needed to pull off something that feels effortless to just walk into.

The Headers Presentation held at the Bowling Club (another Nimbin community institution) before the big party, took the opportunity to thank a lifelong member/player/coach/volunteer.

For all his selfless efforts,

a way to stick, to influence, to motivate...

Not content to bask in the glory of being a great club, many of us headed straight back to the fields and clubhouse to put the finishing touches on the party. And what a fantastic job they did!

So much effort, so many people rallying to create a wonderful vibe.

I personally thought the sprinkles and showers settled the dust and cooled the senses, just enough to reset the appreciation scales.

So, since time continues on, the Summer Socials will continue through to the new year, and planning has begun on the 2026 year of soccer and the evolution of all we have learned. It is exciting to be surrounded by such positivity and aspirations for better...

I encourage anyone even mildly curious to pop down on a Tuesday evening during the Summer Social to watch some fun friendly games, or pop onto our socials to inquire about becoming a member.

There were oodles of raffle prizes to be won, the musical talent ranged from a high school rock/cover band to DJ sets playing into the night. The food options were varied for all people's tastes and the mood was happy and fun.

I'm sure many of the

organisers were enjoying a bit of relief. Sure, the next few

days would mean cleaning up and packing down, but for that evening they could feel good that all their logistical efforts came to fruition. And that the gratitude was immense.

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40 years strong and still scoring goals

by Nigel Hayes

It may be hard to believe, but the Nimbin Headers are celebrating four decades of goals, glory, muddy boots, magic moments and unforgettable memories.

Since our first game in 1985, we have represented Nimbin with pride, tackled every challenge with passion, and both on and off the field built a club into a community.

To every player who has pulled on the green, to every coach who has shaped our skills, to every supporter who has shouted from the sideline, to every sponsor who has helped us pay our way, to every parent who has trusted us to care for their children, and to every volunteer and committee member who has kept us going – thank you!

We have fun on our old, cracked and creaking tennis courts, and our beautiful football fields host both competitive and social games, and with the recent acquisition of great lighting, we can also play at night.

We champion Nimbin in every way, boast having the loudest and proudest supporters, the best views, the best canteen food, and the best little club in the whole wide world... so listen up and hear us say, the Mighty Headers are here to stay!

You are our beating heart, have produced our egalitarian ethos, and have made the Headers into the amazing, resilient and radiant social movement we are today.

Working and playing together has enabled us to build, expand and develop the Headers facilities and create, nurture and sustain the Headers family.

It's the most important part of our amazing journey and our legacy.



Nigel Hayes - recognised for 40 years of contributions to the Headers.
Photo: Chibo Mertineit

Nimbin Crossword solution

From Page 31



Panic attacks – listen to yourself

The art of practice

by Susan Paget

or use a band-aid. Instead I sat with the feelings and observed.

And just to put that disclaimer in one more time: please consult your doctor if you need help managing a panic attack because some don't benefit from a 'white knuckling it' approach.

CSI time

How does a panic attack start? I used the time to get forensic about how I got to this point. The best that I could come up with was that it was a perfect storm of terrible world news, family stuff and work challenges that tipped me over.

We're living in a time where there is so much information coming at us from every angle and for those who are sensitive or prone to sensory overload, it can be very difficult.

Normally I wouldn't be so specific or tie all these things together but once I became aware of these weird sensations, I was able to connect the dots that something wasn't right. The great thing about this awareness is that it gave me the heads up that it was time to take care of myself.

Through all my practices, the one thread that binds them all together has been cultivating the ability to listen to myself. This was really the first time in the history of me that I took a bout with anxiety seriously and dedicated a whole chunk of time to down regulate my nervous system and think about what brought me there.

It wasn't the first time this has happened and I'm pretty sure it won't be the last but the next time, I'll have an action plan in place to make sure I acknowledge where I'm at and take good care to get through it.

Every mindfulness practice I do – from meditation to walking to journaling to yoga nidra (guided meditation) to even knitting – was on the agenda. I did them with an intention to recalibrate.

To be honest, in the past I would've reached for a glass of wine to self-medicate, but this time I chose not to. I didn't want to fast track the situation

With that out of the way, here's how I managed my day.

Recognise the signs

It kind of blows my mind how as humans we're very used to disregarding the messages the body sends to us. At least that's what I used to do.

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PROPERTIES FOR SALE AND SOLD BY THE TEAM

URI ROSS PROPERTY @realty

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agent of the year award SUBURB WINN 2022

agent of the year award SUBURB WINN 2023

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\$995,000
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Rumours

Don't get me started

by Harry Gumboot

It was a good week for rumours.

The first, that an event trading on the Nimbin brand had let its registered name lapse and an alert local had snapped it up.

This was denied almost immediately by the event's ever-optimistic organiser, who announced it had merely been passed on to someone with similar organisational skill.

A local wag immediately dubbed it Splendour in the Mud.

Some suggested a consortium of creative locals seeking to create something the whole village could own was involved. Others, that the Chamber of Commerce had imposed unreasonable demands on the organisers, leading them to seek a more coastal lifestyle.

It was also rumoured that a certain council officer – no, not the parking inspector – had been asking questions about sanitation, public nudity and illegal camping at last year's event.

For the years I've maintained a mental list of people who've arrived in the village promising all sorts of wonders. Some departures have been quick and relatively painless; others a drawn-out agony that takes years and always seems to be someone else's fault. Nimbin has a way of doing that to you.

The latest appears to be a

Gold Coast-based developer proposing to berth a flotilla of tiny homes on the banks of Mulgum Creek just east of the village.

One local, after consulting his AI oracle, suggested the promoter was the wife of Pete Evans, who had been briefly involved in the failed (sic) Bhula Bhula community near Kunghur.

The AI further suggested that, having had her breast implants removed in order to realign her wealth chakra at Pete's request, she had decided to go to the whole hog and phoenix herself as a man.

Rumours aside, I can confirm the following:

- A group of liquidators took control of the Bhula Bhula land in October.

- The Nimbin Candle Factory is now hosting the operations of the Nimbin Tourism Office at the Bush Theatre.

- The Nimbin Weave and Mend Festival is on at the Showgrounds on 8th and 9th November.

- Nimbin Valley Dairy has re-opened its food cart on the hill and serving coffee, toasters, burgers and cake from Thursday to Sunday.

- Finally, last week the Cronulla Sharks signed former Nimbin Central School student, Elijah Thaidai-Shinn to its juniors program.

I'm told Michael Balderstone is already negotiating with ScoMo to have the Nimbin MardiGrass logo placed on the team jersey.





John
0428 200 288



Jacqui
0439 15 6666



Samara
0429 806 288



Suzy
0429 492 477



Vicki
0409 914 433



Michelle
0489 238 889

AGENT OF THE YEAR
| 2020 | 2021 |

AGENCY OF THE YEAR

2019 | 2020 | 2021 | 2022 | 2023

FROM THE HILLS TO THE COAST!



NEW

417 Davis Rd
Jiggi 25 Acres
\$950,000

2 2 6
Agent: Jacqui



NEW

4358 Kyogle Rd
Lillian Rock 135 Acres 5 3 2
\$2,400,000



NEW

1844 Nimbn Rd Farm Land
Coffee Camp 40 Acres
\$730,000

Agent John



NEW

442 Blue Knob Rd Blue Knob 120 Acres 5 2 3
\$1,495,000

Agent: John



NEW

21 Shipway Rd
Nimbin 8.8 Acres
\$1,095,000

5 1 4
Agent: John



Coming Soon

257 Creegans Rd
Barkers Vale 102 Acres 3 1 6
\$1200,000-\$1295,000



NEW PRICE

67/265 Martin Rd Larnook 2 Acres 3 2 6
\$760,000

Agent: Jacqui



NEW PRICE

372 Ettrick Rd Kyogle 41.13HA 2 1 6
\$1,250,000

Agents: Jacqui



Coming Soon



NEW PRICE

20/265 Martin Rd, Larnook 2 Acres 1 1 3
\$385,000



SOLD

376 Boorabee Crk Rd Boorabee Crk 100Acres 3 3 4
\$ Contact Agent

Agent: Samara



SOLD

1, 4 Silky Oak Dr Nimbin Duplex 2 1 3
\$ Contact Agent

Agent: John



SOLD
JACQUI SMITH
0439 15 6666
Nimbin Hills Real Estate

129a Bolziccos Rd
Cawongla Land 52.98 HA
\$740,000

Agent: Jacqui



SOLD

JACQUI SMITH
346 Sargents Rd Homeleigh 12.74 HA 3 1 4
\$ Contact Agent



SOLD

37/1157 Stony Chute Rd, Wadeville Land 2.44 Acres
\$ Contact Agent

Agent: John



SOLD

40 Cullen St Nimbin 1012sqm 1 1 5
\$ Contact Agent

Agent: Sam & John

Client Testimonial



Nothing But A Pleasure

I couldn't have asked for a better real estate agent than Jacqui. She was quietly professional, approachable, intuitive and honest. Thank you Jacqui; working with you on the purchase of my new home was nothing but a pleasure.

- Buyer (TUNTABLE CREEK)

Client Testimonial



We Would Definitely Recommend John!

John was very thorough and committed to helping us sell our property. We would definitely recommend John and Nimbin Hills Real Estate for selling your property.

- Seller (THE CHANNON)

Client Testimonial



Highly Recommend - 5 Stars All The Way!

Nimbin Hills is an outstanding Real Estate. Carl Bell is truly professional, helpful, and diligent at his job. I was extremely impressed with Carl's abilities to help me, even in out of office times, she always responded with a very pleasant and kind manner.

In addition, John Wilcox is a great agent and is extremely honest (one in this industry), and given good insights to help you find the perfect property.

Overall, if you want to list your property for sale, or lease I highly recommend Nimbin Hills. The staff are experienced, approachable, and have excellent knowledge of the area, which is valuable when finding the right property.

I would not use any other agent in this area.

- Tenant (NIMBIN)

Client Testimonial



Fantastic Agency!!

So refreshing to receive such wonderful service ...they go beyond your expectations. 5 stars from someone who has bought/sold over the years and worked in the industry.

Congratulations to the Team!

- Elizabeth Noden

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