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Beyond the Rainbow
New issue available now at Perceptio & Nimbin Enviro Centre

Birth and Beyond

by Kirrah Stewart

Growing and birthing a baby takes a lot of energy. In many cultures, the time after the birth is treated with reverence. It is believed, that many chronic ailments can be cured during the postpartum time, as long as the mother is cared for properly. It is considered a potent time for healing and renewal. However, if the new mother isn't given the right support, it is a time that she is susceptible to physical and emotional burn-out. In modern society, many women feel fatigued and postpartum depression affects around one in six people.

There are many practices and rituals that help the new mother to heal. In China, the four - six weeks after birth is known as the golden month, also known as 'sitting the month'. There is a belief that proper postpartum care affects a woman for the rest of her life.

The main focus during this time is helping the mother to rest and recover and learn to feed and bond with her baby.

Rest

Many people have heard that it's important to 'sleep when the baby sleeps'. This can be difficult in modern society especially if it's not the mother's first baby. During pregnancy, it's a good idea to have a think about how you can get the help you need so you can take time to rest during your postpartum. Are there grandparents that can help with older babies? Can you hire a cleaner to help with the household chores? Have you considered a postpartum doula to help with cooking your nourishing foods?



The golden month

Food

Nourishing foods are important for rebuilding strength. During postpartum, soups and stews are great for helping the mother to heal. As mentioned before, get help with this. Either cook during the last month of pregnancy and store these meals frozen or enlist some help in the early days so others can cook for the mother so she can rest.

Emotional support

Traditionally, during the golden month, the mother would stay indoors. Every body is different with their needs. Have a think about who you could call on for emotional support. Do you want visitors? Who do you know that really understands your needs and can support you in the way you would like to be cared for?

Stay warm

Warmth is important to help restore health and vitality. Traditionally, the

new mother would not shower or wash her hair in case she caught a chill. Today, we have the ability to heat our water and heat our homes. Hot showers and baths are great for warming the body and improving circulation. You can also use heat packs and have hot drinks to help keep your body at a good temperature.

While many women may not want to stay 'confined' in their home for a month, at least take time to rest, eat well and accept help. By mothering the mother, she can better bond and take care of her newborn. The benefits last well beyond the postpartum time.

Kirrah Stewart is a doula with 10+ years experience helping women feel confident about birth and nourished in early motherhood. She has a free postpartum cheatsheet to help you feel more prepared for after your baby arrives. For more information phone/text 0429-308-851 or visit www.doulawisdom.com

Dispelling dream clouds

Most of us, much of the time, are caught up in clouds of anxiety, thoughts, memories, feelings of shame... general inner noise. These clouds whirr around us in a vortex of "what ifs", "should I", "and then...", making us increasingly confused. A lot of my work is about sorting through these clouds and making real what needs to be real, and releasing what is inessential, and thus freeing my clients from much unnecessary anxiety.

The making real is grounding the something into a tangible form; something that can be worked with, and something rich with actual possibilities.

In my own life in recent times I spent months of craving to travel again to Europe, but not feeling able to decide where to start. I mulled, thought, planned, changed the plans, mulled some more, but was essentially stuck in swirling clouds of indecision, even though a mid-September conference in Heidelberg, Germany beckoned. I dragged my feet and dithered, but then one night I woke up and thought, I'll do it. So I went online, registered with the conference people, just before the early bird

registration sang its last song and the later bird took over.

Mid-September in Germany is the time of Autumnal cooling and dancing yellow-red-bronze leaves, ripened berries and gorgeous apples and the conference is at the New Campus of Heidelberg University next door to the Botanic Gardens. How beautiful that will be.

In this time of observing my own inner processes, I also began noticing with clearer insight the processes of my clients and I began again thinking of the Tibetan Buddhist cosmology, of the three planes of existence (*trailokya*): the desire realm (*Kāmaloka*), the form realm (*Rūpaloka*), and the formless realm (*Arūpaloka*). Of particular interest in so far as this article is concerned is the desire realm. Here, is populated with lurid hell beings, of demons, ravenously hungry ghosts, demi-gods, animals and humans, all in a state of suffering and unfulfillable desires.

Elements of *Kāmaloka* well describes those horrible confusing and tormenting psychological states of wanting but not being either able to receive nor give, nor even know which path to travel on. Gabor Maté writes



by Dr Elizabeth McCardell
M. Couns., PhD

of addiction as being like the realm of hungry ghosts, but I'm thinking more generally here. I'm also, at the moment, more interested in how to dispel those dream-state clouds of anxiety and confusion.

As I've noted above, making real, that is grounding what matters is part of the clearing and healing process. To do this, developing a good understanding of what makes us individually ourselves in body, mind and spirit is really useful. Treating confusion and anxiety with Valium just conceals what needs to be attended to. Now I'm not saying don't take this or any other prescribed medication, but at least take it and do the necessary psychological work as well, so that when you decide not to use medication, you have the useful skills to deal with what is bothering

you.

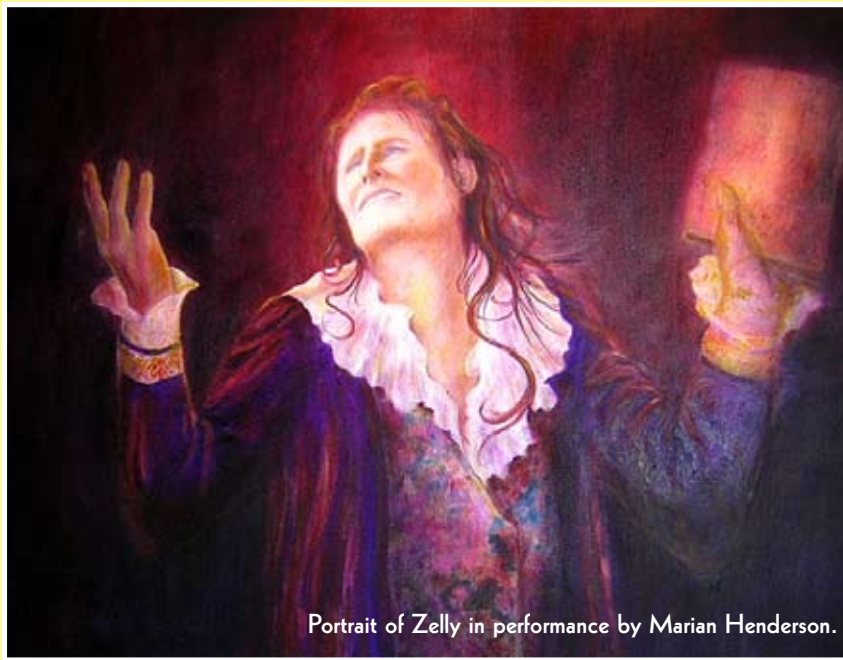
Making real, and dispelling the inessential, can include writing things down, painting, drawing up actual life-career, etc. plans, and/or engaging in psychotherapeutic work. Part of the latter might include dreamwork.

What is involved in dreamwork is bringing both the metaphor of dreams into the conversation (anxiety and confusion have a dreamlike quality), and also the tools learned through remembering, following, and shaping dreams. Dreamwork teaches us how to dispel dream clouds in our whole life, whether awake or asleep. It's interesting that Tibetan Buddhists practise a dream yoga which has its parallels in the psychotherapeutic process in dreamwork. Lucid dreaming is a possible part of this process, but my focus is broader than this. I am more interested, here, in the bringing of conscious awareness to everyday life, and thus dispelling the illusory nature of dream-cloud confusion, with its attendant anxiety. Such a process may need to be continued throughout life, but at least we get the tools to do it.

dr_mccardell@yahoo.com



Stephanie Petrik
Photo Peter Ptschelinzew



Portrait of Zelly in performance by Marian Henderson.

Performance Poetry World Cup entries open

Nimbin will once again be delighted to showcase this year's annual Nimbin Performance Poetry World Cup, to be held on the first weekend of September, the 1st and 2nd. A wild and wacky yet sensitive weekend of performance poetry.

Organiser Gail M. Clarke emphasises that the order of the day is enjoyment, communication and participation. Over \$5000 is up for grabs in prize money, and of course the Great Big Shiny Cup to take home.

Heats are held all day Saturday at the Nimbin Town Hall, and this is when the participation part comes into play – you have a chance to vote for your favourite performer at each

heat. There is a \$500 award for the winner, so get your vote in.

Semi-finals begin on Sunday at noon, depending on the number of performers another heat is at 2pm. From the great pool of poets performing on the weekend we will end up with eight finalists who will perform on the big stage from 7pm.

The veranda cafe will operate all weekend for snacks and light lunch, and dinner will be served on Sunday evening from 6pm.

Entry forms and further information is available on our facebook site, or email: poetryworldcup@gmail.com or phone Gail on 02 6689-7424 and leave a message.

Don't call me 'elderly', dear

Recently, I was exposed to an unexpected stay in hospital. Finely skilled hands, nurturing conversation and lousy food gave me the life that I still have today. Thank you Ganesh!

But, I am duty bound to the evolution of humanity. So. I must spit and infuriate about the title, 'elderly', after being exposed to a world where one is safe, if one fits within a chronological hypothesis. 'ELDERLY' is a word that needs to be decapitated from every language on the planet.

Us marvellously mature beings should piss this brain-washing attitude that stems from a general, sadly mistaken belief of how to be a family, back to where it belongs. 'The Land of Nowhere'.

Here we are, personally dealing with our what-ers, that would never have dared to show their face in our yard, when we had bodies that did what we wanted. (Most of

the time, anyway) And now!? Those who love us are saying, "Oh well, you heal more slowly when you're 'elderly'."

What happened to the wisdom that I gleaned through the choices, bad and good, of my life? 'Elderly' is a title that I would never have imagined, even in my wildest nightmares.

Love you all, but f--k off!

A government recorded decision that a wine is 'elderly' is inclined to appeal to those with limited funds, who are willing to lay it down for a further, at least, ten years, so that it might bring them a good return. When it's old.

In the 18th century, 'elderly' meant 35 years for most, 50 if you lived like the very few.

The deepest wrinkle on my face today comes from those who expect me to look and act a certain way, because I am at a certain chronological age and supposedly 'elderly'.



by Tonia Haynes

'Elderly'? Get over yourself!
Love, light and giggles.

NATURAL LAW



by Helene Collard

In the Southern hemisphere we are well into Winter, whilst the North steps into Summer. The recent Solstice (wherever you are) marks a major transition point for the Earth and her inhabitants, and the call is to "Step Up and Step In" as the pointy end of 'change' will continue for the next two months.

Change is inevitable, or rather essential. For example, the complementary therapy 'Reiki', works on the premise that illness or imbalance occurs when there is a block or disruption, to the flow of life-force energy. Therefore, a Reiki treatment seeks to restore the FLOW of life energy. Staying in the universal flow of life is the key to accepting and adapting to change and being in Right Relationship with ourselves and others.

You may have heard the saying 'What we resist persists'. When we recognise the blocks and challenges we experience within ourselves and with others, and name them with integrity and respect, we create the potential to restore the healthy flow.

We are in-between a major ending (dark) and beginning (light) – metaphorically, in-between worlds. The message this month is to bring light to whatever feels stuck or blocked. You may do this in myriad ways, trust your instincts. Be aware, you may feel despair at times, as you confront whatever you need to clear and purify for the highest good of yourself and all concerned. Your self-care routines will be critical during this period.

I am also available to support you through this time of transition. Reiki treatments work on all

levels to reset your nervous system and clear residual energy from experiences across all dimensions of time and space (i.e. current and past life experiences). I also offer Healing Heart Attunements for those who feel ready to clear that intense 'stuck' or 'blocked' feeling. This process includes a commitment to 4 sessions over 4-weeks. Finally, for those who have studied any level of Reiki, I am available for Refresher Attunements, which can support further integration and healing. If you're feeling like this is exactly what you need, I'd love to hear from you. Contact Helene 0405-656-797 or: yemayacentre@gmail.com

Coming up at the Yemaya Centre

- **Yogalates with Martha** Fridays 9am and 11am;
- **Holistic healing treatments** reiki-aura treatments, healing heart attunements, craniosacral energetics, reflexology, life alignment, shiatsu.
- **Reiki courses** Level 2: September 22 & 29 (two Saturdays). Reiki Master by appointment.
- **Room rental enquiries:** Helene 0405-656-797 Visit www.yemayacentre.com.au for more information.

Helene has a Bachelor of Trauma & Healing (Law & Justice), is a Reiki Master and the founder of the Yemaya Centre and Evolve Events in Lismore.

Chronic pain is debilitating, frustrating and... common

Chronic pain is debilitating, frustrating and also common. The colder months can be the time when pain is worse, with cold or damp constricting blood and qi flow.

In Chinese medicine chronic musculoskeletal pain is known as bi syndrome or Painful Obstruction Syndrome.

Sometimes when there has been a specific injury to part of the body, the local channels are blocked and local treatment will be all that is needed to relieve pain and return function. In other cases, there are constitutional or systemic problems that are stopping resolution.

Often there is a combination of both. The problem is caused by an injury, but there is an underlying problem making the injury more likely and stopping it being resolved. For example, stress causes qi constraint and muscle tightness, predisposing to injury. Years of qi stasis results in a more serious stage, blood stagnation. This is seen in long standing cases of neck and upper back pain where the muscle has become knotted, or in joint pain where bony deformities have developed.

Even though these cases are chronic, they can respond well and quickly to acupuncture and moxa.

Another cause of musculoskeletal pain is cold damp. Cold

constricts and stops blood flow causing significant pain and stiffness. Hands and feet are commonly affected. Pain that is worse over winter is due to cold constriction. Cold damp causes aching and heaviness or numbness in joints or muscles that is worse in wet or humid weather.

Another situation causing chronic pain is qi and blood or yin deficiency. Good blood supply is needed to keep muscles elastic and to lubricate joints. Deficiency causes stiff creaky joints and muscle wasting. Predisposing factors can be long-term use of analgesics, or poor diet, or the aging process. There will be other signs of deficiency such as tiredness, weight gain or loss, insomnia, dryness or palpitations, depending on which sort of deficiency predominates. The treatment needed is to tonify the underlying deficiency as well as locally stimulating blood flow to the area. Deficiency is common in many cases of chronic inflammation. It is likely to take longer to treat than cases of straight qi or blood stagnation, and diet and other factors need to be looked at to return good health. But when there has been many years of pain and health problems it is well worth persevering to



by Brigid Beckett

find relief from symptoms, as well as decreased dependence on pharmaceuticals.

Chinese medicine treatments for chronic pain use acupuncture to move qi and blood as well as tonifying and balancing. Cupping may also be used, it is very effective at moving blood and qi and relieving tightness and pain. Moxa is used as a warming treatment using the herb artemesia, a type of chrysanthemum, also known as mugwort. This is a pleasant warming treatment that warms the channels and penetrates deep into muscles. It is very beneficial for cold and damp conditions. Moxa also moves stagnant blood in many inflammatory conditions and is generally tonifying. Also herbal formulas are often beneficial especially when there is a deficiency.

All these treatments directly or indirectly help the free flow of qi and blood. When qi and blood are flowing freely there is no pain.

Brigid Beckett is a registered acupuncturist working at Lismore Community Acupuncture. She can be contacted on 0431-702-560.

Such big shifting going on... back of house, at the root, behind the scenes. The planetary influence happening is enormous.

Thing is – we're not separate from everything else... all this shifting, breaking open, revealing, renewing and restructuring going on in our energetic realm, is happening inside our bodies as well. All these supersonic light waves bathing our Earth. Our body takes in all that surrounds it... it's a powerful receptor. An awesomely amazing creation... with enormous transformational power.

I get curious, often. I have a passion for growth and healing. Been with me since I was a toddler. It's strong in me. We're born with what we call in my coaching world – our Original Essence; that core part of us that holds our values, truth, aspiration and inspiration... our unique genius and contribution. It's like we're born with a map, and maybe we can feel it more when we're a child. Then life happens, we get knocked out of shape; we get

bent and twisted. We forget our dream, our purpose... or we're afraid to trust it. Acceptance is a powerful force. You accept something and you make it be.

I was down at the wall at Bruns... watching the sunrise. Looking back at the beach (pictured)... my eyes were drawn to a spot. A major journey has unfolded from that evening I sat on that patch of sand. I'd only recently arrived back in the area and I really wanted to watch the Moon rise out of the ocean. It was a Virgo Full Moon... the Goddess Full Moon.

It was late in the day and the horizon was thick with dark clouds. I was determined to see her, so I waited. Ended up being a few hours... getting dark and cold. Those hours I sat waiting for the Moon I watched and observed... so many people loving and enjoying the ocean.

Out of the blue, Fukushima came into my head. I rarely ever think of it. As it did, I thought of all the whales and dolphins... all the sea creatures living in the ocean. An overwhelming ball of grief formed



in my lower belly. I looked at all the people... knowing how directly the ocean impacts all our lives.

Almost on cue Moon peeked through the clouds. I then did something I'd never done... I requested something of the Moon. I asked if she'd give me an answer to healing the oceans. A request that came from a deep core part of me.

Events and synchronicities unfolded pretty quickly. A pathway illuminated. Yes – it's always a journey. Trips back to ancient times... being there, witnessing, experiencing the atrocities that occurred. Feeling

it all inside my body. Discovering the Jade Egg... Tantric Coaching Training. Coming back home to my body. Transformation and integration happening deep inside me.

I was terrified of saying yes. To committing myself... to this journey. I had a vision... I was standing on a step in front of a closed door, feeling the fear of stepping forward. I looked behind me and everything had disappeared... there was only vast open space. There was no going back.

On the morning of the call... when I needed to say yay or nay to doing the coaching training, I headed down for

an early swim; and to see the whales. It was a glorious season last year.

Just before heading back for the call I stood on the beach watching the whales play, such joy; and I heard it: "Don't forget us," it said. It sounded like a young one. I had my answer.

The ocean is Earth's womb. I kept getting these words in my head "If we heal our womb, we heal the ocean." I'm starting with me... so much already unfolding. Profound transformation... discovering love, safety and belonging inside of me.

Practising loving and caring for myself – that's super powerful juju.

ASTRO FORECASTS

by Tina Mews

WHAT'S HAPPENING IN THE HEAVENS?

Aries

The transformative energies of the moment favour endings of old security patterns and the start of new beginnings especially concerning your family relationships. Focus on your foundation and establish the type of home life that feels comfortable and satisfies not only your own emotional needs but is supportive to the well-being of the entire tribe

Taurus

Endings and new beginnings might eventuate through networking with others. Maintaining a flexible attitude is the key for embracing and integrating new information. This could be a good time for entering a new study course which ultimately will transform the way you perceive the world.

Gemini

This is a time for reflecting on your values and the way you handle your own resources, including your material possessions, personal skills and abilities. Self-worth and security issues might be on your mind, as well as coming to terms with the fact that nothing is solid or permanent in this world. This could be a quest of having faith in yourself while focusing on what is essential, lasting and true.

Cancer

This is a period when entrenched security patterns are challenged through the evolutionary impact of others in your life. You are urged to grow beyond what feels familiar. Acknowledge the 'other' as the mirror of your soul and your un-lived potential. You might find that you are far more powerful than you could ever imagine.

Leo

This is a period when observing your dreams might provide important clues about your soul's needs and desires. You might be asked to surrender what you cannot control and trust that all will work out without you interfering and trying to micro-manage the details of your life. Reflect on how and where to apply your energy in a more productive way.

Virgo

This is a time when you must explore your own creative potential and contribute to the world by recognising your role as co-creator. You can make long-term future plans while trying to imagine how life could be in the years to come. Connect with your authentic core instead of trying

July

Since the winter solstice (June 21) the Sun has travelled through the water sign Cancer. The archetype of Cancer symbolises our earliest roots, our patterns of belonging and ancestral lineage as well as the flow of emotions and the capacity to feel and care for others. Domestic stability and material security is highly essential. Cancer signifies the receptive and sustaining powers of the feminine, the "Great Mother" who brings forth, supports and protects life. Most people born under this sign have deep attachments to their family/mother and are loyal to the values of the past. They love the preservation of family bonds but can be extremely touchy, highly sensitive and moody because their inner world changes with the cycles of the Moon. Physically, Cancer rules the breasts and the stomach, the function of giving out nourishment to others and taking in nourishment for oneself. Many Cancerians love cooking and good food.

During July, we enter the second eclipse season of the year. This time around, we will have an additional Solar eclipse in August. Solar eclipses are extra powerful New Moons while Lunar eclipses are powerful Full Moons. The Solar Partial Eclipse in Cancer on July 13 is opposite Pluto, Lord of the Underworld and hidden emotions. We are urged to confront our fears and overcome insecurities. What challenges our deepest sense of personal or social security? Our family dynamics or life direction might need examining. Are there entrenched safety patterns that need changing? Individuals with major planetary placements between 15 – 25 degrees of Cancer/ Capricorn are most affected. As always, when an eclipse interacts with our personal chart, there could be sudden endings leading to important transformations in our life circumstances. The soothing energies of a Grand Trine between Jupiter, Neptune and the Cancer eclipse allow us to flow and go with the energies instead of resisting and going against it.

A Total Lunar Eclipse follows on July 28 (6:20 am AEST). The Aquarian Moon passes through the Earth's shadow



intensifying what is hidden in the subconscious and demanding our attention. The emotionally challenging vibes of the Lunar eclipse are emphasised by a stressful alignment with Uranus in Taurus, the planet associated with sudden changes, wilful eccentricity and unpredictable incidences. On the positive, Uranus accentuates the need for freedom, originality and enthusiasm for life. Mars

retrograde is conjunct the Moon and opposes the Leo Sun. Remaining calm in a crisis is the key to dealing with this overly emotional lunar eclipse, which can coincide with a tendency towards restlessness, fierce reactions or family conflict. Our drive for independence is best aligned with serving a higher purpose that benefits the entire tribe. We could experience a powerful energy release bringing to the surface unresolved issues from the past. This is also accentuated by Mercury's retrograde period from July 26 – August 18. On a collective level, aspects of the shadow masculine may erupt, leading to further violence, uncontrolled outbursts of anger and domination. However, more often than not, rage and the drive for hurting others is anchored in feelings of inferiority, deep emotional wounds and prior experiences of humiliation. On a higher note, Mars in Aquarius is the humanist, the freedom fighter, someone who goes against inequality and fights for the underdog. In his distorted form, he is the anarchist, the rebel without a cause, the willful eccentric. Chiron in Aries (April 2018 – 2026) signifies the need to heal the 'wounded masculine' in men and women alike. Chiron's message is to rise above these old pains through acceptance, helping others to heal and thus finding new meaning and understanding.

Navigation by the Stars:

Personal and/or Relationship Astrology; Life Cycles and Your Year Ahead: Plans, Directions, Concerns for 2018/19; email: star-loom@hotmail.com

Weekly Classes: "Astrology for Beginners: Planetary Themes & Aspect Patterns", Tuesday evenings 5.30pm – 8pm, starts August 28 at the Lillifield Community Centre; for bookings and info email: star-loom@hotmail.com

to please others.

Libra

This is a time in your life when you might feel pressured to align your inner reality with your outer role in the world. Being recognised for who you are is essential but simultaneously can strengthen feelings of discomfort and old fears. Believing in yourself and trusting in your innate resourcefulness is the key to success.

Scorpio

This is a time when your way of seeing the world will be transformed. Be open to new information which has the power to expand the walls of your perception. Examine your beliefs and observe old ways of thinking. If you assume you know all that you need to know about the world, prepare to be surprised. You might be ready for a quantum leap.

Sagittarius

The focus is on activating the deeper levels of your soul. The alchemical processes of the moment allow for transformation, the shedding of what is not essential in order to discover what is lasting and true. There is the potential of healing ancestral themes if you embrace this journey into the inner dimensions.

Capricorn

This is a period when relationships that are solid and satisfying will be strengthened. On the other hand, partnerships that have outlived their time and where contracts have ended may separate. Reflect on your agreements with others. Do they inspire you to grow and evolve? Feeling fulfilled and valued is important to your emotional development.

Aquarius

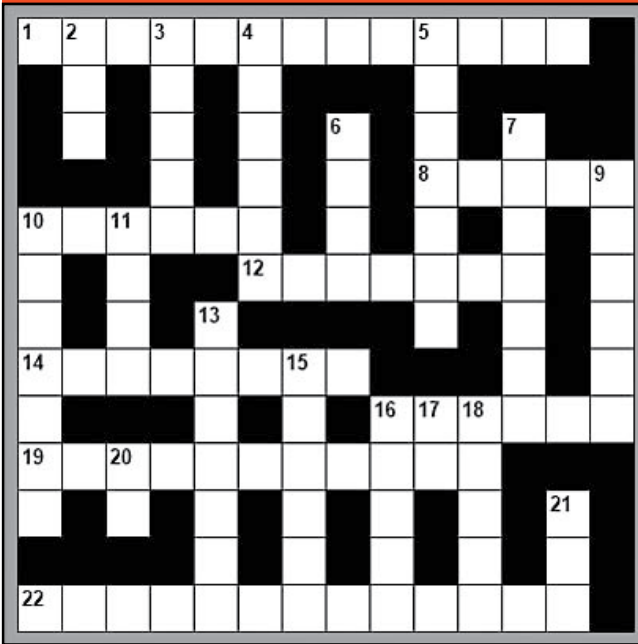
This is a period when acting independently can create conflict, because others might not feel considered. Therefore, think before you act and find a way to express your own goals positively and co-operatively. This is a great moment in time for changing habit and daily routines. Establish a new balance between mind, body and spirit.

Pisces

The energies of the moment favour endings and new beginnings in the area of your creative self-expression and authentic living. Step outside your familiar ways and allow yourself to be seen. This is a time when you might be asked by your 'higher self' to take a risk or two. So, be prepared and try new things!

Nimbin Crossword

2018-07
by 5ynic



Across

1. Believable
8. Ancient Irish runic writing system
10. (volume of) product?
12. Small passerine bird (unladen flight speed disputed)
14. Hindu scriptural language
16. Shameless
19. Belonging to Hogwarts' principal
22. Accidental

Down

2. Stuff up
3. Pause (rain, for example)
4. Displays? Competitive games
5. President Emanuel

6. South American Emu
7. There ain't no biz like...
9. See 18 down
10. Behind the defenders (soccer)
11. Work wood? Rotate
13. Pan
15. Land of 14 across
16. South African BBQ
17. About
18. (and 8 down) British sports car (5,6)
20. Parliamentary
21. Laughs online

Solution: Page 37

Nimbin Trivia Time

by Sue Stock

Questions

1. When did the level of water in Sydney Harbour rise significantly to what it is now?
2. Which planet in the solar system has the largest number of moons?
3. What novel introduced the concept of "Big Brother"?
4. Excluding Tasmania, which is Australia's largest island?
5. What was the final Beatles album to be recorded?
6. What is regarded as the first psychedelic rock hit?
7. What is a bustard?
8. In which year did TV begin transmission in Australia?
9. When did Queensland become a separate colony from NSW?
10. What are you doing if you are drinking on your Pat Malone?

- Answers**
1. Approximately, 7,000 thousand years ago sea levels rose 200 feet to what we know today.
 2. Jupiter (presently counted at 67).
 3. Nineteen Eighty-Four by George Orwell.
 4. Melville Island, NT (5786 square kilometres).
 5. Abbey Road, 1969 ('Let it Be' was released in 1970, but recorded earlier).
 6. 'Eight Miles High' by the Byrds (1966) is considered the first psychedelic rock song, as well as a classic of South Wales in 1859 and Brisbane was chosen as the capital.
 7. The Australian Bustard is one of our largest birds. They are still widespread in the north, but are rare or extinct in the south.
 8. Mainstream television was launched on 16th September 1956 in Willowoughby, New South Wales with Nine Network station TCN-9-Sydney.
 9. Queensland was proclaimed a separate colony from New South Wales in 1859.
 10. You are drinking alone.

Jayne's tax tips for 2018



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

by Jayne Alleman

Group Certificates – If you lose or misplace your group certificate, don't panic. Once your employer has lodged their Payroll Summary with the Australian Taxation Office, your tax agent can access it immediately along with HECS debts, health insurance details and interest income.

If you lose your receipts, keep a diary (has to be a proper one with months, dates and days printed on it), because this is a legally recognised receipt with the ATO. Obviously the employee can't use this as their only proof of payment but it covers employees for those receipts that get blown out of the car window, forget to get a receipt or the spouse burns them, (by accident). Just note for that day – place of purchase, what one has purchased and the amount, of course. It is also extremely handy for claiming things like extra laundry which is explained further on in this article.

Car expenses – You can only claim car travel for work if there is a travel allowance on your group certificate unless:

1. Your employer writes a letter stating that the employee has used their car for work;
 2. The employee has to use their car to carry bulky tools (ladder, chainsaw etc.);
 3. The employee had to carry tools of the trade considered dangerous on public transport (butchers knives etc.).
- If an employee can claim car travel then it is a very good idea to keep a travel diary. This allows your tax agent to calculate the percentage of car use for work and then the employee can claim that percentage of their petrol, registration, insurance, repairs and maintenance.

Travel expenses – claimable for an employee incurred whilst performing their work duties include (keep receipts or diary):

1. Taxi, bus, tram, parking,

tolls, leased car or short term hired cars;

2. Accommodation and incidentals (bedding, toiletries)

Clothing – claimed can be:

1. Protective (heavy duty shirts and pants, hats, boots, socks, overalls, smocks, aprons, non-slip shoes, safety hi-viz clothing, nurses stockings, sunglasses if your employment takes you into the sun, safety glasses, sunscreen;
2. Occupation specific (eg chef's pants).

Laundry can be claimed at 50 cents per load if washed with other clothing. \$1 per load if it is only work clothes. I recommend that anyone who has to wash their clothes a lot keep a note in their diary. Just a tick will do, those ticks can add up to a \$365 deduction if one is a nurse or an employee who works in a particularly dirty job. Dry cleaning of work clothes can also be claimed.

Education expenses

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

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

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

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



Tips and tricks – what to do in winter with stand-alone solar

by Guy Stewart,
Rainbow Power Company

We are usually blessed with near perfect winters in Nimbin; cool nights and beautiful sunny days.

Every so often though, we will get a cloudy week, when all through the valleys, thousands of stand-alone power systems cry out for attention.

When the weather turns bad, we have got a few options. If you have planned ahead, you can start up a generator and battery charger.

Ideally this is only used a dozen times per year or so, and allows life to carry on as normal, while also helping you to appreciate how amazingly clean, quiet and easy solar panels normally are in comparison.

If the generator has conked out or you never had one to begin with, you can cut back. You might even want to consider switching off the inverter and going very low tech for a few days.

At the very least, take the time to do a home energy review and walk around and see if anything can be unplugged or used more efficiently.

After a few days without the sun, or a backup, we begin to enter the danger zone of battery consumption.

The longer and lower the batteries stay, the more damage is being done to the plates inside and you risk a blackout due to low battery voltage. Crystals begin to form, and then even when the sun comes back out, some capacity is lost.

Older batteries are more likely to suffer, and could lead to a premature failure that usually means a few very costly decisions at the most inconvenient time.

So pay attention to the weather and get your systems ready for the inevitable cloudy week by making sure your generator and battery charger are working and ready to go.

Also take the time to have a look at your panels throughout the day. Trees grow up quickly around here, and a few years of growth can easily take an hour of sun from your panels. Consider pruning branches or cutting next year's firewood.

If you think your batteries are reaching the end of their life, get in touch with us before they fail.

Solar panel upgrades are much cheaper these days, and we still have options to make the most of what's left and provide a plan for what to do when it happens, so you aren't caught out.

Give Rainbow Power a call on 02 6689-1430.



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7.00am	7.30am	8.00am	8.30am
8.00am	8.45am	12.00pm	12.35pm *
12.00pm	12.35pm *	2.35pm	3.10pm
2.35pm	3.10pm	5.30pm	6.00pm
3.20pm	4.15pm		
5.30pm	6.00pm		
		Leaving	Arriving
		Nimbin – Main St. (Park)	Lismore Transit Centre
		9.00am	9.35am
		12.45pm	1.15pm *
		3.25pm	4.10pm
		4.25pm	5.15pm
		6.05pm	6.35pm

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