ASTRO FORECASTS by Tina Mews WHAT'S HAPPENING IN THE HEAVENS?

Aries

A new beginning is possible especially in your life direction and career path. These are times of huge challenges as well as great opportunities. Use this period of social distancing to reflect on your values and what is really important to you. What kind of society do you envisage for the future? Which are the values that can survive change and challenges because they are based on something substantial?

Taurus

At the moment, career goals are under review as the country is shutting down. Nevertheless, 2020 marks an important year of your personal transformation. Changes are unavoidable. Maybe, this could be a good time for you to embark on a serious vision quest. Expand your mind and design new goals that serve the greater good. Expect challenges on the way which are only there to test the power of your persistence and conviction.

Gemini

Digging deeper might bring to light some long forgotten vision. You can make it come true, if you persevere and commit to working hard. You cannot go it alone, so involve others who support your aspirations. Reflect on your standards, patterns, habits and attitudes while Venus, the cosmic symbol of love, relationships and values tours your Sun sign for a prolonged period from April 4 until August 8.

Cancer

Being in harmony with others and sharing responsibilities supports your own process of identity search. It is a favourable year for making new connections that support your personal and professional growth. Remain flexible and you can avoid being drawn into negativity. Have your filters in place if you have to deal with difficult people.

Leo

You might find yourself looking for a new path that resonates with whom you have become. Take pride in your achievements regardless of others who may or may not recognise the usefulness of your service. A new cycle of creating mature and stable relationships has just started. The task is to form a new perspective on how to create lasting bonds

Virgo

This is a time for planning and preparing for a new step once this crisis is over. Work on your greater vision and make sure that your preparations are sound. Keep one foot on the ground while aiming for purposeful goals. How would you like others to see you? Communicate your goals and clarify expectations. Revise and adjust your values.

April

2020 was meant to be the great game changer and the start of a new era. We truly have entered strange, unfamiliar territory. First the bushfires, then the floods and now the Coronavirus.

Astrologers regard the triple conjunction of Jupiter/Saturn/Pluto as the important cosmic signature correlating with what is happening currently on planet Earth. The last time these three planets met in Capricorn was in 1284, the time of the crusades and the start of an early form of international banking and trading which linked the east with the west. This century-old cycle is ending now and we are standing at the threshold of something really new. It ultimately includes the re-distribution of wealth and

This year, Saturn and Pluto had their exact conjunction in Capricorn on January 12. It was also the time when the Coronavirus developed into an epidemic in China. It is followed by Jupiter and Pluto which have their first exact conjunction on April 4 and they will meet twice more until November. Then, on December 21, Saturn and Jupiter will complete their conjunction once they entered the next sign Aquarius at our Summer solstice starting their new 800-year cycle in air signs. These are epoch-building cosmic events which are meant to catapult us into a new world order.

We can regard the Coronavirus as the catalyst of this deep sweeping transformation (Pluto) that affects anything Saturnian; all our structures and systems, such as governments, big business, financial institutions as well as education. On one hand it teaches us that we are all connected and part of a global community, however, on the other hand it might fast-track the global rollout of 5G technologies and brings the reality of a cashless society much closer to home.

Strict regulations, authoritative rules and laws that diminish our personal freedom are put into place everywhere at the moment to combat the invisible enemy. Fear is a great driver behind all of this and Saturn/Pluto are the two planets that signify fear and death. Jupiter, as part of the mix, brings to our awareness that the consequences of our actions are felt globally, may it be the smoke of the bushfires or the spread of a virus via cruise ships or air traffic. A negative form of Jupiter energy is taking things to extremes!

April begins with a Mars/Saturn conjunction in Aquarius followed by the exact alignment of Jupiter/Pluto. Saturn just entered Aquarius on March 22. Aquarius is the humanist and social worker. Solidarity and co-operation are Aquarian keywords. Saturn brings challenges and limitation

to any sign it is transiting. Right at the time of Saturn's entry, we are practising social (Aquarius) distancing (Saturn). Communication and networking has moved nearly fully online (Aquarius). There is a high expectation within the community that everybody sticks to the new rules and acts responsibly. Mars adds extra strength and will power to follow through with these new arrangements that are designed to protect

Jupiter conjoins with Pluto
exactly on April 4, June 30
and November 13 to start

a new 13-year JupiterPluto cycle. The god
of the underworld
meets with the god of
the heavens. On the
positive Jupiter/Pluto
signifies the resilience and
resourcefulness enabling us
to deal with great challenges.
It offers opportunities (Jupiter)
for the rebuilding of our society

after break-down (Pluto). Jupiter and Pluto meet every 13 years. The last time Jupiter and Pluto met was in December 2007 in Sagittarius, before the start of the Global Financial Crisis. Once the GFC was over, 'business as usual' continued. Since then, the destruction of the planet for economic advantages has skyrocketed and social inequality has taken on extreme levels.

This is now the time to have discussions concerned with what kind of society we would like to create as we move further into the Aquarian Age. This time around the challenges are much greater and 'business as usual' will not be an option once this crisis is over. In its negative expression Jupiter/Pluto stands for extreme overestimations and a ruthless grab for power. On the positive side, Jupiter is the planet of expansion, betterment and opportunity, so this is a time to design new patterns of living together, of looking after each other and taking care of the environment which we all share. The Jupiter/Pluto conjunction ultimately provides opportunities to rethink our values and focus on what is really important. We are truly in for a consciousness upgrade!

The next New Moon in Taurus on April 23 is of great importance, since it is conjunct Uranus in Taurus as well as square Saturn in Aquarius. Uranus is the agent of change and unexpected turn of events. Uranus surprises us with sudden developments and break-throughs. The current situation could change dramatically and the curve of new diseases could reach its peak more quickly which could mean that more limits to our freedom of movement and more tightened control are upon us to contain the pandemic

I am available for Skype, Zoom or phone Astrology consultations. Please contact Tina on 02 6689-7413 or 0457-903-957; email: star-loom@hotmail.com

Libra

These uncertain times encourage a shift in focus on home improvements, on family relationships, and on your inner life. You might start a new cycle and heal long-standing family or relationship conflicts. You might have to review your career goals during these challenging times and you might enjoy being grounded.

Scorpio

Having a strong foundation or a sound home base is important for everybody during these challenging times. Basic security and survival needs are the focus of attention and contribute to the overall tension. You have the energy at your disposal for taking on domestic projects now which you always wanted to do but never had the time. Be aware that transiting Mars in your home sector until mid-May could stimulate conflicts or disputes, so try not to rule the roost and stay calm.

Sagittarius

This year, old debts can be settled and karma ended which enables you to move on to a new level of being in the world. The current process of transformation involves clarifying values and setting new priorities. What is important to you now? How can you best make use of your talents and abilities? Try not to over-reach at the moment especially concerning your relationship with others. Use your wise judgement.

Capricorn

Many break-downs and break-throughs are happening right now which ultimately lead to new developments. A totally new path of self-identification might reveal itself – as if another more unknown layer of your being becomes your new guiding light. Innovation and thinking out of the box are the key to dealing with this crisis successfully.

Aquarius

A new 3-year cycle of inner growth and restructuring just started where extra time is needed for introspection and self-reflection. It is a process of reordering responsibilities and setting priorities to free up time and space for your inner work and spiritual renewal. At times this might be at cross purpose with the demands of your domestic life but it is essential to take timeout and develop your vision for the future.

10isces

Money issues are at the centre of your attention at the moment. Reflect on how you earn, spend and value money. Reset your financial goals during this time of delays and set-backs. Ultimately it may result in a further shift of your priorities toward what is important to you. The demands in life may have been overshadowing your need of looking after yourself and staying healthy.









by Marilyn Devlin

Teel I know less than ever. That my slate's being wiped clean. Feels like such a deep state of dissolution... the tide is high and the waters are thick. It seems life can be created... and it can also be dissolved.

What is there when there's nothing left? But of course while you/ me are here... it's never nothing. Just new. We're fortunate, soooo fortunate.... we have Mother Earth. My god! Have you noticed the changes already? I swear it's transforming before our eyes. As humans retreat, nature springs forth. What a miracle to behold. Miracles will emerge. We're yet to know her true Power.

When all is gone... what still remains? Always present behind the veil... we grow our vision to see. To know and feel. The Beauty of it all.

As tide washes it all away... I'll find myself on brand new ground. But nothing is new, not really. Always there... we just couldn't see it. That we're alive is a miracle.

Life continues - it hasn't stopped. It's just moving a helluva lot faster than us. It's on a mission, ain't stopping for no-one. There's always a master plan. We just gotta sprout to be able to see it. Some bits we won't... it's make-up too simple for our complicated brains. But it's there all the same.

They say we're made of the same stuff as it. That there's no separation...no divides, no different. Not really. Just assorted flavours.

Let loose in wonder land... how special. How blessed are we? Really, truly. What magickal wonders await us? What miracles are here right now...

The 'New World' is birthing... her labour pains we share. But she'll be here... NEVER doubt. It's been planned all along. Life is super creative... her methods are varied. Hard even for the 'Seers' to predict. Life keeps her mystery... safe in the land of Gods and Goddesses. For no mortal eyes to see. Not yet but she allows tantalising glimpses.

And that's enough for our tiny brains. Blasts it off its kilter. We're smart but we can't match their skills... not really. We're appendices in infancy.

Some things just can't be reduced to words. Yet I tell you my mind try's really hard. I'd luv to find words to describe it all. But it can't be done. Well I don't think so. But us Virgo's can be a bit fussy. We can. Our strength and our challenge.

I'm going to try... to find words. Just back from a swim in the river creek, surrounded by mangroves. There's very present Devic life in those mangroves. They're magickal places... requiring our love and honouring.

I noticed it yesterday... the transparency in the water, it sparkled with clarity. I thought to myself as I swam, absorbing more and more of this amazing presence... 'could it have shifted so quickly?'

Yes, I'd read about it happening in other places... the return of Nature. But this presence was stereophonic in its silence. It was everywhere. The stillness, the silence... that's always there. The absence of humans... how stunning the comparison. I felt inebriated with the Beauty.

This morning... again it was there. The clarity, the presence, the stillness... the mind splintering Beauty. There are no words that can really say how it is.

And then the crescendo as I did my final lap in the clearest waters... Eagle appeared. Not just appeared... but stayed for so long. Circles upon circles s/he did above me. Continuing on for so long I was getting cold.

I watched mesmerised as the spirals continued... higher and higher and higher till flying through and behind the clouds; then disappearing into the heavens. What a truly mind blowing experience. Me thinks these next three months are going to be the most amazing of my Life. Lap up the Beauty... wherever you are.

Nimbin Trivia Time

by Eclectus

1. The iconic Taj Mahal (pictured) is located in the Indian city of Agra. It is also known as the world's greatest tribute to what and when was it built?



Photo: Ken Jones

- 2. On 20th October 2018 the Reserve Bank of Australia released a new \$50 note with many new security features. What was the most remarkable thing about the new note and which notable Australians appear upon it?
- 3. Last month a classic 1971 rock anthem survived a five year copyright challenge when the 9th US Circuit Court of Appeals in San Francisco reinstated an earlier jury verdict that the song did not infringe the copyright of one written in 1967. Name the 1971 song and band. Bonus points if you can name the earlier song and who performed it.
- 4. Which former two time FIFA World Player of the Year was recently arrested in Asunción for allegedly entering the country with false documents?
- 5. What is the principle ingredient of Indian staple Chole, ubiquitous street food and essential to every Indian wedding menu?
- 6. South America has two land locked countries. Can you name them? Bonus points if you can name the capitals.
- 7. Two bright purple anti fungal agents have long histories of use in dermatology. Can you name them? Bonus points if you can give their chemical names.
- 8. Are Desert Hearts, Moonlight, The Duke of Burgundy, The Happy Prince and Tropical Malady: 19th century English novels; flowers; gay movies; Neoclassical artworks or progressive orchestral arrangements from the 2019 Boston Pops Spring Season?
- 9. What six letter word can mean any of the following: boat, delicate, fond, painful, inexperienced, money, offer, pathetic, soft or weak?
- 10. When did police first come to MardiGrass in significant numbers?

10. In 2005, the thirteenth MardiGrass, was made much safer, we were told, by the presence of many policemen, policewomen, policedogs, policehorses and a plethora of police paraphernalia. Now, if only they could bring the same level of safety to weekend suburban rugby league matches and Casino's Beef Suburban rugby league matches and Casino's Beef

8. Gay movies. 9. Tender.

7. Gentian violet (hexamethyl pararosaniline), first synthesised by Charles Lauth in 1861, and Condy's Crystals (potassium permanganate), first described by Johann Rudolf Glauber in 1659.

5. Chick peas. 6. Bolivia (La Paz) and Paraguay (Asunción).

4. Brazil legend Ronaldinho who was World Player of the Year in 2004 and 2005.

2. The new note retains portraits of writer, public speaker, aboriginal rights advocate and inventor David Unaipon together with Edith Cowan, social worker, politician and feminist. The most remarkable thing about the new \$50 note was that the first 46 million were printed with a typo misspelling the word "responsibility" in a microtext excerpt from a speech by Cowan, the first female member of any Australian parliament: "It is a great responsibilty [sic] to be the only woman here, and I want to emphasise the necessity which exists for other women being here,".

3. Lead Zepplin magnum opus "Stairway to Heaven", written by Robert Plant and Jimmy Page. The 1967 song was "Taurus", written by Randy California who, song was "Taurus", written by Randy California who, sadly, drowned in 1997.

1. The Taj Mahal was commissioned by the Mughal Emperor Shah Jahan in 1632 after the death of his favourite wife Mumtaz Mahal. This most magnificent mausoleum, completed in 1643, is also known as the world's greatest tribute to love.

219W2NA

Nimbin Crossword

2020-4 by 5ync



Across

- 1. Diseases like Covid-19 and (11 across)
- 5. Belongs to me
- 9. Sport lessons?10. Steam wand wizard?
- 11. Contagious respiratory disease, caught from animals, spread as an epidemic
- 12. She-sheep
- 13. Corona? No, the other Mexican lager
- 15. Emergency department, required to treat severe (1 across) (init.)
- 18. Remains after cremation?
- 19. Ancient monastic order founded a long time ago in a galaxy far, far away
- 20. The afflicted?
- 21. AKA CE
- 22. Exists
- 23. Without wearing a costume

Down

- 1. Bashful?
- 2. Lassos?
- 3. Sibling's son
- 4. Renew
- 5. Communal burial (4,5)6. Mountain goat
- 7. Not spreading (1 across),
- socially?
- 8. Outbreaks, as of (1 or 11) across
- 9. Wuhan, home ———— of (1 across) patient zero
- 14. Guitar-string tension combos e.g open, instrumental, regular
- 16. Hide? Protection from (1 across)
- 17. A symptom of (11
- across)? Relaxes.
 19. Suffering ennui?
- 22. Bad reception? Frozen

Solution: Page 32



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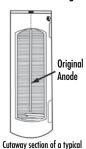
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Nimbin Crossword Solution

From Page 31



ESCAPE FROM KATHMANDU

by Simon Thomas

20th November 2019: I book a flight to Kathmandu with China Southern for 15th February, my Himalayan home.

31st December 2019: China informs the World Health Organisation about a strange new virus.

20th January 2020: Australia's first Covid-19 case.

1st February: Australia bans foreigners arriving from China.

2nd February: Being a "responsible traveller", I cancel my China flight, rebook with Thai to return in June.

20th February: Kathmandu... friends, parties and plenty of gigs. All I need to do is chill, for sure it will be over by June.

28th February: Italy to go into lockdown, outbreaks throughout Europe. 1st March: First death in Australia. Lucky I am in Nepal where we don't have it.

11th March: Australia extends entry ban to South Korea, Japan and Italy, thousands of flights cancelled.

12th March: India closes its borders. There is now no way I can leave Nepal by land. Friends and family urge me to consider returning. I begin searching for a cheap flight out.

Friday the 13th: I resolve to move my ticket forward. After hours on the phone, I hear first available flight is the 24th but he cannot change till Monday.

15th March: Australia and New Zealand enforce 14 days self-quarantine for arrivals.

16th March: I wake late to a panicked message from my partner Kim in Christchurch. She offers to fly me back on the first flight regardless of cost. I line-up at the airline office. The Friday call has led to nothing, they move me to 1st April.

I search flights again. Despite Kim's



offer to pay, I settle for a cheaper one to Christchurch on the 22nd with Qatar. 18th March: Australia urges all citizens to return home immediately.

19th March: Jacinda Ardern announces a ban on foreigners entering NZ unless they are residents or partners of a Kiwi. I do have a Kiwi partner and have lived there four of the last six months but how do I prove that?

Nepal announces that airlines including Qatar will be banned from midnight on the 20th. I spend half the night trying to book another flight. The earliest I can find is the 23rd. The internet is too slow, timing out when I try to pay. After an hour, the 23rd is no longer available, so I try the 24th. When this fails a third time and I go to reload the details, suddenly a ticket via Singapore is available for the 20th!

Kim has woken up and manages to book with good Kiwi internet. There is a choice: either to Brisbane or Christchurch direct. Nobody thinks NZ will admit me, so I opt for Brisbane. Thanks Kim! 20th March: Fruitless hours trying to contact NZ immigration before heading to the airport. Suddenly, my "under the radar" lifestyle seems a liability as I assemble the meagre documents proving my Kiwi credentials. Nepal continues on as normal. My local friends believe that the toxic smog protects them from Covid-19.

At check-in, I ask if I can change my destination to Christchurch. He rings immigration in New Zealand and they knock me back.

21st March: Transit in Singapore. I make another attempt to change to NZ, but encounter a very grumpy clerk. Immigration say "no" again.

In Brisbane I self-isolate in a hotel and book a ticket to Christchurch for the 23rd.

22nd March: Cooped up in the hotel, I watch a video where illusionist Derren Brown demonstrates how to hypnotise a stranger into doing what you want them to do. I rehearse half the night. Singapore closes its borders.

23rd March: I approach the checkin counter. "I am on my way home to Christchurch," I tell the woman. As I pass my documents I say, "Oh I left my umbrella outside the window." She looks a little dazed.

I look her straight in the eye and say, "I'm a resident and you are going to check me in." She nods, rings up immigration and convinces them I should be allowed. Thanks Derren!

It is the last Virgin flight from Brisbane to Christchurch possibly ever. Half of the passengers are laid-off staff. The stewardess gives a moving speech as we land. We applaud in joyful relief.

As we disembark, we are informed that all of NZ will be under four weeks self-isolation. That's fine by me. Thanks Jacinda!

Mooching around

by Bob Tissot

rrived in Munich and settled in with Klara and Lüst, an extremely nice arty couple who live just down the canal from the Palace. They're a rather musical family with Lüst being a piano man, their daughter a classical composer and one of their sons is a theatre sound technician.

We all get along famously; so well in fact that I believe we're the first guests that have been allowed to cook in Klara's vegan kitchen. The only slight strain to the love we're all feeling is when Klara goes upstairs to their private mezzanine and badly abuses Lüst's piano while murdering an operatic soprano piece in the key of X double flat. Even the double sealed doors fail to keep the banshee at bay and the only solution is to abandon ship and run.

On Day 1 we run to the Nymphenburg Palace and its unbelievably huge, forested grounds complete with wild deer, right in the heart of Munich. Hidden within the forests are smaller Palaces and Whimsies; some for hunting, some for rutting and one, Magdalenaklaus, (pictured) just to escape the pomp and circumstance of all the others.

Built to imitate an ancient ruin, the outside has fake cracks in the walls which pretend to have lost all their masonry, a crumbling tower and a derelict facade. Inside pretends to be a cave, and at the back of the "cave" is a grotto with a statue of Mary. We spent our day exploring off the beaten pathways and sneaking up on deer, which was pretty cool.

Day 2 found us in Marianplatz,



Tourista Central in Munich since 1158. The Town Hall dominates with its two, gigantic dribble towers and its clockwork, rotating figurines which do their thing up on the clock tower accompanied by what I believe is the world's largest glockenspiel. Although clockwork is sooo yesterday, the square was packed with a million phones and cameras plus their owners, all there to capture this event. We Philistines tired quickly and scurried off, discovering quite by accident the Bavarian National Museum which was so packed with items of mind-blowing beauty, antiquity, skill and artistry that we didn't emerge for hours.

When we finally did, the street was full of riot police and barricades, very reminiscent of Istanbul and the Armenians (or Nimbin at MardiGrass). Naturally we pushed in to see what was transpiring and lo and behold it was a march by a group of crucifix-carrying fascists, displaying their support for the ultra-right candidates in the upcoming elections. Lining the street and singing songs of co-operative, save-the-planet solidarity were the dreadlocked, rainbow-draped, occupy-movement veterans (our people) and between them

a wall of black-uniformed, helmeted, truncheon-carrying riot police. By golly these Europeans take their politics seriously. Missiles were thrown, baton charges ensued. We retreated home...

Day 3 dawned freezing cold and wet, but Diana discovered the weather was rather pleasant on the other side of Deutschland and so we jumped on a train (this time a 300kph ICE train) and hurtled across the country to Rothenberg am der Taube, a fully-walled medieval town just like Carcassonne.

It was a three-hour journey through the German countryside which, apart from looking very lush (remember the pig shit), was positively littered with solar farms and wind turbines. Sheep grazed in them and each installation would have held a minimum of 500 panels. On our trip we would have passed at least 40 or 50 installations – you can do the maths, but it really makes me look at our pathetic crop of current politicians and shake my head.

Rothenberg and its ancient cobbled streets was just fantastic. We climbed the ancient tower via many flights of steps and gained an awesome 360° view of town and country. The man up there who took our Euros told us that despite the peaceful and loving nature of the locals, their delightful little town was bombed by the nasty allies during the war. I had to bite my tongue not to mention invading Poland; petty I know, but some people take national borders seriously.

Tomorrow is Monday and Monday is Amsterdam, so it's time to squeeze everything back into the packs once again. Auf wiedersehen.

The germ warrior

The world according to

Magenta Appel-Pye

eing an immuno-compromised person due to a tick-borne illness, I have 16 years' experience in not only selfisolating but also on how to protect myself against germs.

Now everyone is in the same boat and it is not always possible to stay at home. So here's a few tips I've worked out over the years.

If someone coughs or sneezes near me, I hold my breath and get as far away as possible before I breathe in. I then put several drops of Olbas or Thieves oil, which is always in my bag, on a tissue and breathe it in.

I don't pay with cash and I use the edge of my card to punch in the numbers. You don't want to be touching those eftpos machines! If you are somewhere you have to sign, especially the chemist, I use my own pen. Remember not to touch your face while you're out.

It's good to have hand sanitiser in the car because shopping trolleys have germs. Or you could wear disposable gloves. I regularly disinfect my phone, steering wheel, and card.

Back home I wash my hands with soap. Apparently, the fat in soap is better at getting rid of germs than hand sanitiser. It's cheaper



and readily available. Sing "Happy Birthday" twice, because we all sing too fast when we're hand washing. I then use an antiseptic gargle. After that I do an inhalation with a few drops of eucalyptus and tea tree oil.

If I'm really worried because someone coughed near me, I will do a nasal and sinus wash. You can get one from the chemist called Fess Sinu-cleanse which comes with sachets, or you can do it at home with anything you can stick up your nose and just use salt water.

Because viruses get in mostly through the nose and mouth and on the hands, you can kill them before they take hold.

Please everyone, learn to cover your mouth with your elbow, not your hand, when coughing or sneezing. Take care!



Dialogues by S Sorrensen

Oh, hi. How are-

Don't touch me!

Foot shake.

What?

Really?

Okay. Sorry. Old habits, you know. Hey, what are you doing with your leg?

Touch my foot with your

Yes. It's the new greeting. No

corona transfer. There...

It's happening, eh mate? The

old world is out; the new

world is coming in. Been

A world of lockdowns and

system is done. We all

toilet paper shortages?

No. That's just for the

bloody virus.

change to go...

This virus has shown

she has rebelled.

virus is done?

waiting all my life for this.

moment. The old capitalist

thought it was going to be

peak oil or nuclear war or

climate change, but no, a

And we still have peak oil,

nuclear war and climate

everyone how shallow and

fragile the old capitalist

neo-liberal structure was.

Nature is angry at all the

You think that those that rule

will just roll over when this

They won't survive this. The

world is changed forever.

Capitalism and self-interest

are finished. People care

about people and want

People won't allow the

old ways to continue.

shit we've done to her. Now

foot! Touch it!

wasn't that good?

Hello!

something better for society.

We're lined up at Aldi with a hundred other people more concerned with stockpiling than social distancing. You're here with, what, twenty bags of potting mix? Capitalism is still at the core of our society, mate.

I'm not stockpiling or hoarding. My wife says this is how much potting mix we need to grow food for our family. I'm being responsible. We have kids you know.

You have five acres! Yes, but potting mix is running out! Everywhere! Bunnings already has empty shelves in the potting mix section! You think I should be the one to miss out because others are hoarding?

Hey, I'm not criticising. I'm here too.

Well, what's that you're buying? Looks like a body bag... Do they have body bags here?

It's a six-person tent. I'm expecting refugees from the decaying social structures will flock to my shack under the cliffs at the end of the world. Hence, I need more

accommodation. And it could be an income - not in a bad capitalist way; in a service-to-mankind way. This tent has heat-sealed taped seams, insect-resistant mesh and internal storage pockets - all for \$179! I love Aldi. I guess I'll miss it in the new world...

We will still have shopping, but like in the old days, with markets where our excess garden produce can be traded for other things we need, without the interference of multinationals and government. A proper free market.

Hmm. How many carrots do you think a new modem would be worth? What?

Well, it's hard to make a modem or a smartphone at home, you know. You need a factory and machinery and capital investment in a business plan...

Oh, here we are. The checkout. Probably won't see you again - I'm selfisolating - unless you're on Twitter...

...or, maybe social-media distancing is the safest way to go in the new world.



Moody

Dear SSHS, My partner is often moody. Any tips on how to handle

- Ike Omplayne, Stony Chute



says

ear Ike, to complain about moodiness is to complain about your beloved being alive and in touch with her emotions. People can't be up all the time. The term 'partner' is ambiguous, so I don't know if it's a she, he or other. If it's a woman then there's the obvious about periods and hormonal changes, especially around child birth and menopause. Do some research, get

Men also have their 'periods', but with longer cycles, and they also go through andropause. I know that women living together start to cycle at the same time. I wonder if this phenomenon happens when gay men live together?

used to it and try communicating with her

about how best to handle these times.

People often, when moody, will pick a fight with their partner so they can get it out and also get a bit of time alone. If, however, your partner is always down and seems to be sinking, take them to the doctor who will check them out to see if there is a physical reason, or refer them to a counsellor for a psychological problem. Or it could be a spiritual issue, which can be helped by seeing a spiritual adviser or even a recommended psychic healer.

If, regardless of the situation, you always have a smile on your face, probably with the help of copious amounts of drugs and alcohol, then you are probably completely out of touch with your emotions. Have you considered that maybe it's you who is giving them the

"In a happy marriage it is the wife who provides the climate, the husband the landscape." - Gerald Brenan

Send your relationship problems to:

normanappel@westnet.com.au

says

ear Ike, not sure what you mean by 'partner' so I'm going to have to work this through. After all, a pair of socks can be partners.

Perhaps you're talking about a tennis partner. If that's the case, they're probably pissed off with you slacking off on the court, making them run around doing all the work while you leave balls at the net that you should be putting away. Shame on you. Get off your arse and pick up your game.

You may be referring to your business partner. If your business partner is acting moody for no apparent reason, it means he's about to take you to the cleaners and run off with your wife.

Of course, there's a distinct possibility you're talking about a romantic partner. Your squeeze, your ole lady, your cheese and kisses. You must be a pretty naive gormless youth to be even asking this question. Yes indeed, when they taught us about the birds and the bees, they never mentioned the blowflies, spiders and

The womenfolk, and I'm talking about all of them, once a month, like clockwork, cross to the dark side. How or why, it's a mystery. Suffice to say it's as nature intended.

The important thing for you, is don't be frightened, don't be flustered, don't be scared, be prepared! Learn to anticipate the crossing over and recognise when it has occurred. Don't take any abuse your partner dishes out personally.

Likewise, don't give her compliments or she'll strike you. Just be armed with plenty of chocolate and platitudes and ride things out until the shit storm passes. Importantly, you must have a planned escape route, just in case things get messy.

I realise, of course, the term 'partner' may also imply you're in a same-sex relationship. I'd be unqualified to help you in that case, and would refer you to the Good Weekend.

would like to preface this month's commentary by stating that I have a La bachelor's degree in clinical science and a masters in osteopathic medicine, and although I'm not an expert in contagions, I have spent the last month absorbed by the details of the coronavirus pandemic.

Presently we are in the business of lassooing a stampeding bull blindfolded, with our feet tied together and a red target painted on our foreheads. Metaphorically speaking.

The bull is the virus, the blindfold is our paltry attempt at testing and isolating all the cases of the virus, our feet are tied because all decent criticism of the government have been throttled because the opposition doesn't want to be accused of politicising the crisis; and finally the red mark on our foreheads means we are destined to get this virus - it's just about how long we can stretch it out before we do.

And that's the important thing: slowing the infection rate so our stretched and inadequately provisioned health care system doesn't snap. Good luck with that.

What we still require is across-the-board testing of everyone who shows flu-like symptoms (ideally test everyone) and put the positives into camp or hospital isolation. Self isolation is a joke, and it's in very poor taste. People have no idea how to do it... the things they think they can do - shopping, cooking for others, doing the shared washing up... isolation requires both education and policing, and we're doing neither.

We can do this - Australia was the first to identify the genetic markers and if we'd concentrated on making a quick test instead of a vaccine, we'd be there by now. That's the scalpel approach. Sadly, instead of that we have adopted the sledgehammer closures,

April 2020



Revenge of the Loon

by Laurence Axtens

total lock-up and the economic collapse

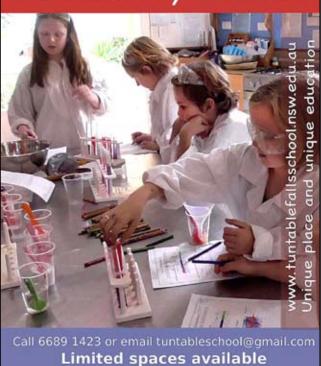
It won't last all that long, again sadly. We're all likely to have the virus in a year and then those who survive can start to rebuild. In the meantime, granted we continue to follow the same road as Italy and US, we will be counting the deaths in the tens to hundreds of thousands.

I so desperately hope I'm wrong, and that we all of a sudden understand the severity of our situation and become amazing self-isolators. Here are some guidelines: www.health.gov.au/resources/publications/ coronavirus-covid-19-isolation-guidance

Next month I will regale you with my journey as a sole trader and casual navigating the torturous trail through the dismembered remains of our welfare state as I apply for the unemployment benefit. Granted that I'm still with you.

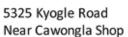
Bonsoir old thing, cheerio, chin-chin, Nahpoo, toodle-oo, goodbye-ee!

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Reflective practice at Cawongla Playhouse

by Leanne Logan

How is it, only weeks ago, life felt the stirrings of abundance? The drought was over, fires extinguished and the rains had returned, abundantly.

The world around us responded in kind. At Cawongla Playhouse, grass grew in places I'd never seen it before. The pecans flowered and set nuts. Our preschool was brimming with children and families – new and old.

It reminded me of times long past, when my eldest daughter attended preschool here. Back then, 20 or more children bounded around our gardens and grounds, and the preschool was open five days a week. I reflected and wondered, will we see that sort of abundance here again? I felt happy and optimistic, gearing up for another year of laughter, tears, stories, art, play, running, climbing, work, and so much more.

And then life changed, quite abruptly. We have had to temporarily close our burgeoning playgroup, much to the disappointment of our many families and ourselves. Our preschool numbers have waned as some families feel it is best to bunker down at home for now. We talk – not in front of the young children – about all that is going on. And we agree that life is a lesson in resilience at present.

Is it all about accepting change? Can



we let go of how we've always done things and bravely face new ways, new possibilities, a new future? Part of me clings to the old – the known – while on the other hand I try to accept what currently is and what positives can come out of it. I'm not comfortable, but I will not give way to despair. It is trust and hope that will rule me in times like this, and action towards a better world for all.

While writing this article, I realise I'm engaged in critically reflective practice, a vital element when working in early childhood. As our preschool director, Stephen Gallen, recently put it: "Critically reflective practice means we are thoughtful about our work

in a particular way — using multiple angles to challenge our own thinking and to be aware of our own biases and assumptions... so that we aren't excluding or disadvantaging ideas, practices or people."

It is during times of challenge that we learn and grow. So thank you Stephen for holding the reins so well at Cawongla. Thank you to the *Nimbin GoodTimes* for helping hold our community with a newspaper that is highly valued. And thank you to our community for holding the trust.

Cawongla Playhouse is open Tuesday to Thursday from 9am to 3pm. For all inquiries, please call us on 6633-7167.

Bushwalkers explore Rummery Park

by Juan Kemp

March had us out and about again after a few cancelled walks due to the weather.

One of our favourite camp and walking spots is Rummery Park in the Whian Whian State Conservation Area, a beautiful forest camp area and a popular camp spot.

National Parks have developed a well laid-out campground catering

to families and groups. It has it all, rainforest, great waterfalls and beautiful varied walks and that's what a keen group of nine enjoyed over three days.

The rainforest was back to life after the recent rains, and there is nothing like the moisture dripping down with the highlighted colours adding a vibrance to the scenery. Plenty of water in the creeks, and we left Minyon Falls to the day trippers and made our way out and about to some of the quieter and less visited falls.

The diverse terrain allowed us to see a variety of features, and being in an organised club had the security of experience and the wonderful knowledge that comes with it. With great weather, cooler and dryer, a most enjoyable weekend was had with friendly members who make everyone welcome.

See you on the trail next time.





Keep walking, with care

by Peter Moyle, walks co-ordinator

In these terrible times of drought, bushfires, flood and now Coronavirus, Australia has had it all in the last 12 months, and Nimbin and the Northern Rivers have not been spared.

The resilience of all will be tested further with now more stringent restrictions on our lives in place, necessary to protect all, especially the vulnerable with health issues.

Bushwalking is a great diversion from these troubled times, but due to the risks of spreading the virus, the Nimbin Bushwalkers have called a halt to their organised walks. We will heed all warnings and restrictions and will resume when this crisis passes.

In the meantime, taking into consideration the directives to self-

isolate and restrict unnecessary outings, the great benefits of walking can still be attained. Walks close to home on the beach or in a local forest alone or with one or two companions can only keep our health, fitness and mental wellbeing in check.

Until we resume, good health to all and as soon as we can, details will be found as usual in the *Nimbin GoodTimes*.

Schooling arrangements at Nimbin Central School

by Cath Marshall, principal

his has been a massive time for us all – school, students, families, communities and, indeed, the entire world. In fact, this week feels more like a month in previous times!

At Nimbin Central School, our staff has worked tirelessly to transform the way we deliver learning to our students as well as support their wellbeing.

I'm immensely proud of the way in which staff have addressed this mammoth task and the way in which students and families have embraced it.

No – it's not perfect (yet!) but we are delivering learning in a variety of formats, reaching and communicating with all our students and families. And I am very proud of this

Please remember that what we are doing at the moment with our online, flexible and home learning is not the same as being at school and the expectations are different as well.

We are not expecting parents to become teachers overnight, and do not expect students to learn in the same way as if they were at school.

Life has changed for us all, and we need to realise this is a time of adjustment, as well as anxiety and uncertainty, and be a bit gentle on ourselves.

The school can still be contacted by phone and email and hard copy work is available for pick-up. Please ensure you are checking our Facebook page, School Stream and website regularly for the latest, accurate information about school and education. We will also just be in touch to support you however we can.

This is a very difficult time and I recognise that you or your children might feel overwhelmed by the information, conversations and the increased levels of stress in our community. Here are some tips to help you and your family manage this as best as possible.

Stay informed

Stay up-to-date about developments related to the infectious disease outbreak by using a reliable and accurate source of healthrelated information, for example, through the services listed below.

- Australian Government Department of Health, www.health.gov.au;
- Healthdirect hotline 1800-022-222, www. healthdirect.gov.au; and
- Coronavirus Health Information Line 1800-020-080.

Supporting children

Children will inevitably pick up on the concerns and anxiety of others, whether this be through listening and observing what is happening at home or at school.

Providing opportunities to answer their questions in an honest and age-appropriate way can help reduce any anxiety they may be experiencing. You can do this by:

- Speaking to them about Coronavirus in a calm manner. Attached are some stories that you could share with younger (www.mindheart.co/descargables?fbclid=IwAR0-wtczsF2OodUPcHve9Mnyb9VJuGMzk6cviSdxtJqZZdDl0JHn7_caJQ) and older children (www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-acomic-exploring-the-new-coronavirus);
- www.unicef.org/coronavirus/how-talk-yourchild-about-coronavirus-covid-19;
- Asking them what they already know about the virus so you can clarify any misunderstandings they may have;
- Letting them know that it is normal to experience some anxiety when new and stressful situations arise;
- Giving them a sense of control by explaining what they can do to stay safe (eg wash their hands regularly, give people space and a bigger 'personal bubble' for the moment);
- Not overwhelming them with unnecessary information (eg death rates) as this can increase their anxiety;
- Reassure them that Coronavirus is less



common and severe in children compared to adults; and

Allowing regular contact (eg by phone)
with people they may worry about, such as
grandparents, to reassure them that they
are okay.

Go even further back to basics. Our children learn by observing.

Keep doing the stuff you love to do (where possible) and the things that are important to you.

Model that there is a life outside of the pandemic, and ensure you're having conversations about other things as well.

Try not to let the children worry about financial or other stresses that may be occurring in your family as a result of the virus.

Schooling from home

Try and keep to the most regular routine you can. Wake at the same time, begin school activities at the same time, and go to bed at the same time.

However, we do not expect you to be

teachers or your children to be following a regular school timetable.

Regular sleep routines will help reduce stress. Reduce access to TV news and social media hysteria to decrease anxiety.

Provide opportunities for your kids to switch off, watch a movie together or play a

Staying active will help them (and you!) to sleep better, manage stress and boost mood and will provide some much needed fresh air and vitamin D.

Work in the garden, cook a cake. Follow your regular routines in a modified way as much as possible – for example, footy in the backyard, instead of at training.

Stay hydrated and continue to enjoy a healthy diet.

For further information on setting up routines for learning from home see: https://education.nsw.gov.au/teaching-and-learning/curriculum/learning-from-home/advice-to-parents-and-carers#Establishing1

When to seek additional help

During this outbreak, particularly when the nature and impact of the disease is still unknown, it is understandable to experience emotional distress and its potential impact on you, your family and your community. Below are some services for children and

Below are some services for children and adults:

- Kids Helpline is available in online chat: https://kidshelpline.com.au/kids and by phoning 1800-55-1800 for children from the age of five.
- Beyond Blue has on-line chat: www. beyondblue.org.au and phone options 1300-224-636 for adults;
- + Lifeline13-11-14, www.lifeline.org.au;
- If your emotional distress becomes severe, please call the Mental Health Access Line on 1800-011-511, or arrange to see your GP. If in danger, call 000.

Together we can support each other to get through this difficult time. Take care of yourselves and each other.

Stay home and stay safe.



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