

ASTRO FORECASTS WHAT'S HAPPENING IN THE HEAVENS?

by Tina Mews

Aries

Spend your energies wisely because Mars, your ruler, is in retrograde mode from September 9 until November 15. This is not your most energetic phase in life but excellent for reviewing your true wishes and wants. Clarify what is worth fighting for. Avoid pushing ahead with new ideas because your efforts might be blocked or stopped by forces beyond your control.

Taurus

If you are not sure about where to move next, sit back for a moment and feel into your own inner wisdom. You can be a great strategist who prefers to function as the power behind the throne. However, you might have to express your true beliefs to others and assert yourself concerning an important issue. Know how to protect yourself.

Gemini

Review your goals and ambitions and network with the wider community to remain on common ground. Try not to force your point of view onto others, instead find out if you have the support for manifesting your ideas. Some more planning might be needed to make future projects successful. Adjustments are necessary to have everybody's needs met.

Cancer

Your focus is on your life's path and where it is taking you, whether to take on more responsibilities or not. Reassess your career goals and take a step back so others can take charge. Review what motivates you, especially if you feel frustrated or exhausted. Redirect your energies and acknowledge what you have achieved already.

Leo

Taking a step-by-step approach helps with grounding and getting life back into balance. Then you are in a good position for exploring your beliefs and examining where you want to focus next. Be careful with putting too much onto your plate as you could deplete your energy reservoir. Take a good rest. Time-out from your busy work schedule might be helpful.

Virgo

This is a good moment in time for planning and organizing that also includes others. It is essential to find common ground with your closest allies even though you might feel easily discouraged when they do not agree with your ideas and methods. Try not to take it personally, instead channel your surplus energy into your own creative project.

September

September marks the beginning of our spring, astrologically symbolised by the Sun's entry into Libra on September 22, the time of the equinox. In western astrology we use the tropical zodiac, meaning that we work with the yearly cycle of the Sun as seen from the Earth and shaped by the equinoxes and solstices. The Sun crosses the ecliptic each March and September to travel either northward or southward. Thus, the equinoxes denote a time when night and day are of approximately equal length. In our yearly cycle, we still are in the sign of Virgo until September 22. Virgo is mutual like Gemini, Sagittarius and Pisces, signifying a phase of transition. Virgo is analytical and pragmatic, concerns itself with health, healing and the right cure for an illness which of course is the major theme at this moment. Virgo likes to remain on rational ground dedicated to research, preparation and detail to then give birth to the new energy or product at a later stage, which may or may not happen. The emphasis for Virgo is on the process of detailed preparation. Will a vaccine be found and if, will it be safe and do its job?

The Full Moon on September 2 is in emotional Pisces opposite the analytical Virgo Sun. It forms an exact sextile with Uranus, the planetary liberator and awakener and a wide conjunction with Neptune, the planet of imagination but also confusion. This Full Moon highlights the need for discernment while taking a practical approach. We are reminded that disease starts in the mind. A good way to counterbalance the threat of falling ill is to support the immune system and keep body, mind and soul in a balanced state (Virgo). Worry and fear lowers our energetic frequency and our immunity and creates its own health concerns. **The New Moon in Virgo on September 19 trines Saturn Capricorn and opposes Neptune in Pisces.** It carries a similar message. Stress creates illness (Virgo). However, handing over responsibility to authorities (Saturn) will not save us (Neptune). The more self-responsible and self-sufficient we can get, the better for each and all of us. The New Moon reminds us to employ our rational mind, be organised and pay more attention to the details in preparation for the next season!

The intensity which we have experienced during this year will continue. Mars, the planetary energy associated with drive, action, confrontation and the expression of free will has been in fiery Aries since June 28 and will remain until January 7, 2021. **On September 9, the red planet begins its retrograde phase while in the sign of the warrior (until November 15).** A retrograde planet is at its closest point to Earth during its orbit around the Sun and therefore

observed as more potent in influence on earthly matters. Mars is retrograde once every two years but has not been retrograde in Aries since 1988. Aries drives on action, wants to break new ground and is very physical. However, this energy must be contained, reviewed and directed into productive channels while Mars is retrograde as it easily gets out of control. **During the entire month of September Mars is squaring Saturn in Capricorn signifying a time of great tension.** On a collective level, it signifies the conflict arising between the rights of the individual (Mars) and governmental strategies of power and control (Saturn). Burning anger and frustration can ignite a revolution, as we have already witnessed in other parts of the world. However, while Mars is retrograde, it will be difficult to achieve constructive breakthroughs. More likely, we can expect a hardening of conflicting positions and possibly a regression into old patterns. On a more personal level, our

own approach to conflict, assertiveness and knowing when and when not to act requires rethinking, regrouping and reintegrating. We might feel motivated to do something but then get blocked or stopped by an outer force. Burn outs, accidents and energy depletion are another side effect associated with Mars retrograde. **The Black Moon Lilith conjoins Mars retrograde (exact September 10-11)** further activating resentment in the collective about unresolved themes around inequalities and power imbalances. Additionally, we can expect more information surfacing during this time that might reveal an intended onslaught on the environment by authorities in support of a proposed 'economic recovery'. With Jupiter, Saturn, Pluto, Uranus, Neptune and now also Mars in retrograde motion, lots of activity has been behind the scenes and hidden from public scrutiny.

On September 13, Jupiter, planet ruling our beliefs, morals and ethics, is the first to turn direct again after its yearly 4-month retrograde phase, followed by Saturn on September 30 and Pluto on October 4. It initiates a phase of questioning, assessing and processing of all the occurrences of this year, starting with the bush fires and followed by the pandemic. What lessons have we learned and what are the consequences? While the temperatures are rising, the memories of the January bush fires come alive again.

Navigation by the Stars: Personal and/or Relationship Astrology; Life Cycles and Your Year Ahead: Plans, Directions, Concerns for 2020/21; contact Tina on 0457-903-957, email: star-loom@hotmail.com

Astro-mornings at the Lillifield Community Centre: Thursday September 3rd and 17th, October 1st

"Planetary Archetypes and Their Energetic Influence" from 10.30am – 1 pm

Libra

Mars is retrograde through your sector of relationship during September 9 until November 15 triggering important issues that need discussing. Say what you have to say and remain objective. Focus on the issue not the person. Assert yourself, stand your ground and be willing to negotiate.

Scorpio

Mars retrogrades through your sector of health, work and daily routine during September 9 and November 15. Challenges in these areas may force you into reorganising your energy so that you take better care of yourself. It is a helpful phase for changing bad habits and committing to a healthier way of living. Stop burning the candle at both ends.

Sagittarius

Mars retrograde requires some reviewing and revisiting where and how to spend your energies to feel revitalised. Redefine your creative projects and choose what really excites you to maintain a positive outlook. Creative expression may be a way of clearing frustrated or blocked energy out of the system.

Capricorn

Mars retrograde might trigger unfinished business from the past. If this is the case, try not to hold onto old resentment. Instead work through the issues either alone or with the help of someone else. On the other hand, you might overload yourself with responsibilities. Try to do one thing at a time to avoid feeling overburdened.

Aquarius

Communication can be highly charged urging you to be more conscious of how you express yourself. You might feel unable to put across your point of view which can be frustrating. Learn to discipline your thoughts and allow yourself to think things through before you spill them out. Drive carefully while Mars is retrograde (September 9 – November 15).

Pisces

The current situation might have a negative effect on your personal income possibly generating some frustration and anxiety. On the other hand, this is an opportunity for tapping into your creative forces and reactivating your reservoir of talents and abilities. Appreciate yourself more and make the best of what you have.



Star-loom
Navigation by the Stars
Astrological Counselling
Chart Readings
Workshops
Tina Mews
0457 903 957
star-loom@hotmail.com
nimbin-starloom.com.au

Water is life...

NIMBIN WATER BEARERS

0491 700 105
nimbinwaterbearers@gmail.com

Lismore Council/Rous Water/NSW Dept Health-approved
Water carrier lic no: 50.2019.2330.1



13,000 litres of drinkable water.



Empowerment Coaching, Energy Healing, Vibrational Essences

Marilyn Devlin
0413-442-808
manymagickmoments@gmail.com



Sacred Earth

by Marilyn Devlin

It's Virgo time. Virgo brings our focus back to the Sacred. Her attention's on health and wellness – a functioning, thriving organic system in our body and our world. Time to purify.

Virgo shares a connection with the Ancient Roman Vestal Virgins... priestesses in the temple of Vesta, whose role it was to protect the Sacred Flame. This was considered necessary for the continuation and security of the whole city of Rome.

Virgo's attracted some flack during patriarchy... her entire self remodelled by the powers that be. If you look up the dictionary meaning of Virgin you'll get "a person who has not had sexual intercourse" ('sexual intercourse' is such a mouthful!).

But the ancient meaning of Virgin was very different... in fact you could say a complete about face. A different person entirely. Virgin was used to describe a free woman, independent, autonomous, untied. Her own sovereign, her own lover. Two different gals entirely.

Virgo works with the micro and the macro. She understands the interconnectedness of everything. When I lived on the land, I saw her as the 'Spirit of Earth'. Her presence was strong there.

So we have a month to turn our attention to thriving. Not just existing... but blossoming into another level of our self. Before the new is born, the old must die. That's not always comfortable. In fact, it can be down-right confusing. 'Cause if we change inside... our whole world changes.

I keep coming back to what's really important to me? What's at the core of my deepest desire? Desire is powerful... and important. What is it I want to commit myself to? What part is mine to play? The deep desire to be my most authentic self. I guess it's a journey.

When we're our truest authentic self... our expression is effortless. Who we are speaks volumes. Our 'truth' vibrates from our skin. We are our purpose; we walk our intention. We are our values. We celebrate and honour the existence of our self as part of the whole.

Participation and contribution have always been important to me... contributing to the whole, the collective; loving the Earth. Now it's more important than ever. We play a significant role in the birthing of this new world (the one currently rumbling under the surface).

It's not just physical, it's energetic, vibrational. When each of us is connected to our sacred sovereignty, the sacred flame within us... and we unite in spirit, this creates a potent field of energy. One that holds the power to transform our world. We hold a lot more power than we believe.

But we need to be united... not split apart. The power of unity, of conscious intent and focused commitment. What is the most important thing to you? What is your deepest desire? What do you long to contribute to the whole? How do you want to live this precious short life you were given?

What would you do if there was nothing holding you back? Where would you go, what would you do? What do you long for? What brings you the greatest joy? What do you long to believe is true? What are your strengths, what are your sweet vulnerabilities? Do you love your self? What do you need?

We're all balancing on the crest of this enormous tsunami of irreversible change. It's both scary and exciting. It's unlikely I'll be here to experience the full manifestation of the new in our world... but being here now and playing a part in this humungous shift happening here on Earth is an honour in itself.

Treat yourself kindly this month. Splurge on your body and health. We heal, our world heals. In fact, the ocean said that to me once: "It's humans that need to heal... you don't realise how powerful we are."

Nimbin Trivia Time

by Eclectus

Questions

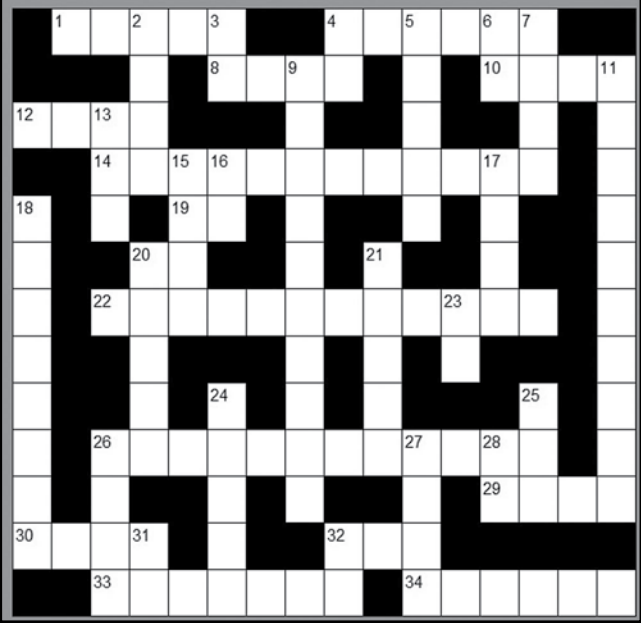
1. This is the official state reptile of New Mexico in the United States, the New Mexico whiptail (*Aspidoscelis neomexicanus*). Found only in the southwest of the US and in northern Mexico, this little lizard has a most remarkable secret. What is it? Hint: Pillow talk is unlikely to provide the answer. (Photo: New Mexico State Secretary)
2. Who said "goons in blackface creeping in the road"?
3. Can you name an eight letter word containing all five vowels? Hint: you might find yourself in this happy state if you do.
4. Does the term gharial refer to an animal, an architectural element, a ballet movement or an engineering tool?
5. Who put the Hammer, Stirrup and Anvil in your ears?
6. Which Australian newspaper, published for 93 years, was described on national prime time television by Phillip Adams as "the Sorbent of Australian journalism, fit only for the bottom of a cocky cage"?
7. What is shagreen?
8. Where would you find the cuboid bone in the human body?
9. What game, played in a "terrain", is won by the player whose tossed boule is closest to the cochonnet? Hint: The name means "feet planted".
10. Peter Pan lived on the island of Neverland, never growing old. Dead men lie on the Never Never. Who did which first?



- Answers**
1. The New Mexico Whiptail is a species of lizard consisting entirely of females that reproduce parthenogenetically and through hybridisation with two closely related species (male hybrids are not viable).
 2. Bruce Coburn in 'Where the Death Squad Lives' from his 1988 album *Big Circumstance*. Eclectus, in company with good citizens of Nimbin, made the same remark quite pointedly on meeting a dozen darkly clad police officers in the shadows of the Nimbin Bowlo carpark one MardiGrass in the mid-noughties when Blaney Lyons and his copper mates evicted the good citizenry of Nimbin from that august establishment. Mrs. Eclectus, the only sober person not wearing blue for miles around, replied succinctly: "Shut the fuck up and get in the car."
 3. Euphoria.
 4. A gharial is a large fish eating crocodilian once common in the river systems of the northern Indian subcontinent. Nowadays they are critically endangered with a vastly diminished distribution.
 5. The thoroughly postmodern Chumbawamba on ABCDEFG, their 14th and final album released in 2010.
 6. *The Melbourne Truth*, also known as 'The Old Whore of La Trobe Street' and once described by a High Court Judge as "a wretched little paper, reeking of filth, injurious to the health of house servants and young girls", was an archetypal tabloid published in Melbourne from 1902 to 1995. Rupert Murdoch bought *The Truth* from Fairfax in the 1960s. When he found out how much money there was in bare boobs and brazen bullshit, he went to England where he turned the tabloid into an art form. And then came social media.....
 7. Shagreen is a type of untanned leather with a rough granular texture. Often used on sword hilts due to its moisture resistance and good grip, it is usually made from the skin of stingrays or sharks.
 8. In the foot. Named for their fairly cubic shape, cuboid bones were sought after by Roman soldiers because they made very useful dice.
 9. Petanque.
 10. Dead men lay where the hear-waves dance forever in the second half of the nineteenth century while Peter Pan only stopped growing old in the early twentieth century.

Nimbin Crossword

2020-9
by Synic



Across

1. Country on Hispaniola island, site of a successful slave revolution
4. (Of a castle?) Surrounded by water
8. Very bad
10. Award? Bell
12. Brain part
14. Lewdly?
19. Sun's rays
20. The tube
22. Central leadership?
26. Co-ordinates (the dance)
29. Small island or peninsula
30. Remove to safety (abbreviation)
32. Spanish cry?
33. Month of Bolshevik revolution
34. Location of 33 across

Down

2. Thought?
3. Ego, superego, and...
4. Myself
5. Where photos were kept
6. For example
7. Sleepy
9. One full turn?
11. Preferred execution of France's 9 down?
13. Rallying cry on the streets in the USA's protests? (init.)
15. Capital of Fiji
16. Resume?
17. Look 14 across?
18. Stormed, before the use of 11 down
20. Gnashers
21. (Intensity of) passion
23. Sorry, I didn't hear you
24. Well done! (Italian)
25. Donkey
26. Greeting/Farewell (Italian)
27. Affirm?
28. Greeting
31. Measure of volume
32. State North of California

Solution: Page 28

The Nimbin GoodTimes

MISS SOMETHING?

There's an extensive archive on-line.

Has Your Hot Water System Been Checked Lately?

Ever Heard Of A Sacrificial Anode?

A sacrificial anode is a vital part of your water system, and having it inspected can be the difference between an efficiently working system and a costly replacement.

Manufacturers recommend that you maintain the anode in your system in order to prevent damage from rust + corrosion. After its 5th birthday – warranty expires.

THE ANODE IN YOUR SYSTEM SHOULD NEVER BE ALLOWED TO CORRODE AWAY, WHATEVER TYPE OR BRAND OF SYSTEM YOU HAVE – Solar, Electric, Gas or Heat Pumps.

FOR A LIMITED TIME we will check your anode in your area free of charge.

"REMEMBER, YOU CAN'T LOSE. NO ANODE REPLACEMENT, NO CHARGE"

Comes with a 5 year warranty
Make your Hot Water System last for 30 years without replacement.

AUSSIE ANODES

Arrange a free inspection: phone
1300 166 673

Cutaway section of a typical electric hot water heater

Northern Rivers
DRAFTING & BUILDING DESIGN

CONSULTING
PLANNING
DESIGN
ARCHITECTURAL DRAWINGS

NEW HOMES, RENOVATIONS, BARNS, WORKSHOPS
& RETROSPECTIVE COMPLIANCE

SEAN SPAIN 0490 178 927 NORTHERNRIVERSDBD@GMAIL.COM

Nimbin Post

Open 8am – 2.30pm Monday – Friday

- BANKING • MOBILE PHONES
- IT SUPPLIES • BILL PAYING
- WESTERN UNION • GIFT CARDS

Mail leaves at 2pm sharp

Locally owned and operated 

NIMBIN PLUMBER
Licenced, Qualified, Experienced

- Gas Fitting
- Machine Cleared Drains
- Hot Water Units
- Maintenance
- Over 25 Years Experience

PH: Rico 0459 356 270 Lic No: 185612C
nimbinplumber@gmail.com



Adam's Auto Repairs
Lic. No. 43839

0429 672 723

Nimbin and Districts

Mobile Mechanic

Nimbin Crossword Solution

From Page 27

H	A	I	T	I		M	O	A	T	E	D	
		D		D	I	R	E	L		G	O	N
L	O	B	E			E		B		Z		U
		L	A	S	C	I	V	I	O	U	S	L
B		M		U	V		O			M	E	
A			T	V			L	A		E		L
S		H	E	A	D	Q	U	A	R	T	E	R
T		E				T		D		H		T
I		T		B		I		O			A	I
L		C	H	O	R	E	O	G	R	A	P	H
L		I		A		N		V		I	S	L
E		V	A	C		V		O	L	E		
		O	C	T	O	B	E	R		R	U	S
											S	I
												A

My Ozone Odyssey

by Simon Thomas

My partner Kiwi Kim runs a business called Natural Ozone. It's not just a business, it's a passion!

So as I got to know her, I heard many stories about how useful this O₃ gas can be to eliminate viruses and bacteria, as well as heal the sick.

Being more interested in music and writing, I just took her word for that and never looked too closely at it.

Then Covid happened. I was happily ensconced in Kathmandu in late March when the shit hit the fan. I jumped on the first available flight and, with more luck than I care to contemplate, landed on the Covid-free shores of Corsair Bay, NZ.

Kim was overwhelmed with orders from people convinced that filling the room with ozone gas would eliminate pathogens, or that ozonated water could be used as both disinfectant and drunk as a health tonic.

"What's going on?" I thought. "Have these people voted early in the legalise pot referendum?" If only half of what the ozone enthusiasts claim is true, then this is a fantastic weapon to keep



Covid at bay.

With the plague casting our lives into disarray, I decided to cast my sceptical mind towards this issue and began my ozone odyssey, exploring these claims to see if they stack up with the science.

Check out my YouTube video called My Ozone Odyssey. I set myself a series of questions to answer.

Could an air ozone generator kill Covid?

A little Googling soon alerted me that there were people far more qualified than me asking similar questions.

A paper by a group of PhD scientists hoping to help people in remote locations build a sanitisation chamber using readily available materials concluded that a dosage of over 20 parts per million ozone would almost certainly oxidise the coronavirus, rendering it

harmless.

The only problem is that this density of gas can be harmful for humans, so a room needs to be treated when vacant.

So giving a nightly ozone treatment to public spaces seems like a bloody good idea. It dissipates back to oxygen in a short time, so there is no problem with residue. In fact, one of Kim's customers trialled this idea in his day-care centre and reported a 30% drop in absenteeism.

This week, a Japanese university which has access to the SARS-Cov2 virus reported that it requires only 0.5 to 1ppm to finish the bugger off, a level compatible with safety guidelines for human habitation. Why aren't clinics and schools signing up for this, I wonder?

water?

Another paper I discovered, just as hand sanitiser became the flavour of the month, found that ozonated water is more effective against bacteria than the weird gooey stuff we get subjected to now, and has none of the harmful side effects. It is also used extensively in Japan to wash fresh food to cleanse chemical residue and extend shelf life.

What's the hype about ozone therapy?

Ozone has been lauded as a wonder cure for a plethora of chronic diseases since the 18th century, but modern medicos seem to hold a grudge against it. A search of Google Scholar revealed numerous placebo-controlled clinical trials, links to which you can find on Kim's website: www.naturalozone.co.nz

I will leave you with the conclusion of an Italian trial on hospitalised Covid-19 patients suffering from Acute Respiratory Disease Syndrome, published in the International Immunopharmacology journal: "Our results show that O₂-O₃ treatment would be a promising therapy for Covid-19 patients. It leads patients to a fast recovery from ARDS..."

A journey to the mountains

by Pobblebonk and Oink

Winter has gone in our Northern Rivers region with the Winter Solstice now a mere blip on the rear horizon as the season morphs back into the summer's humidity.

The last of the cold nights led Pobblebonk and Oink to curl up in front of their open fire with their books to contemplate past explorers and adventurous mountaineers.

Old photographs of mountaineers clutching jagged rocky outcrops led Pobblebonk and Oink to an age-old question: what is the highest mountain in Australia?

Not Mount Kosciuszko. Not just the mainland, but in all of Australia. That includes the mainland, the external territories, and the not to be left off the map, Tasmania. Interestingly, the Polish engineer and military hero in numerous countries, Andrzej Tadeusz Bonawentura Kościuszko (no doubt Andy to his friends) never set foot on Australian soil.

But back to snowy peaks that stretch far into the sky. What is a mountain you may ask? How do we define one? There is certainly a range of dictionary definitions, but the scientific literature is not as prescriptive as it is in many other things geographic.

Some classify a mountain as a landform that rises at least 300 metres or more above its surrounding area, and some say it relates to the height above sea level, but this is not as cut and dried as it might seem.

So with that in mind, could the Antarctic Mount McClintock be the highest? The authoritative Geoscience



Australia tells us that the Mount McClintock is 3,490 metres above sea level which makes it the highest point on Australian territory. In contrast, Mount Kosciuszko is a mere blip at 2,228 metres above sea level. But this is the case only if we don't consider ice as being earth, rock or terra firma.

The highest point above sea level in the Australian Antarctic Territory is Dome Argus (sometimes called Dome A) at 4,019 metres but about 3,000 metres of that is ice, some dating back a million years or so.

Interestingly, Australia is home to the Petermann Ranges, situated in the vicinity of the juncture between Northern Territory, South Australia and Western Australia. The highest point of the Range is close to 1,158 metres, now a mere shadow of their former glory when they were estimated to be of comparable height to the present-day Himalayas.

Closer to home is our glorious Wollumbin. Once a fine volcano but no longer a breather of fire; now just a toddler in the volcanic world. There are only two active volcanoes in Australia, both in the Southern Ocean. Big Ben, atop Heard Island, is the highest rising to 2,745 metres. The last eruption was as recent as 2018. How pleased we should be that our Wollumbin is comatose.

One small protuberance that has tickled our fancy in recent times is Cutheringa Mountain, sometimes

called Castle Hill, which is situated further north in the warmer climes of Townsville. Is this Australia's youngest mountain? It is to many Townsville folk at least. This little knob was transformed from hill to mountain through the annual ritual of carrying buckets of soil to its peak.

Pobblebonk and Oink realise that the definition of a mountain is not enough to help them answer this question. Instead, Australia's highest mountain depends on the definition of Australia. Mount Kosciuszko is considered the highest mountain on the Australian mainland at 2,228 metres, followed closely by Mount Townsend at 2,209 metres. If our definition of Australia includes our external territories, then a number of other mountains in the Australian Antarctic Territory also need to be considered.

And lastly, in a more universal kind of way, the tallest known mountain in our solar system (that we know of) is called Olympus Mons, which is situated on Mars. Not to digress further, but 'mons' is an interesting word.

And as the kettle whistled in the background, "Time for a cuppa," said Oink. Hooroo.

If you have a comment or a question, or a suggestion for further musings, you can contact Pobblebonk and Oink at: pobble.bonk@gmail.com

Double happiness

The world according to
Magenta Appel-Pye

When we moved, we had no room inside for our ping-pong table and we missed it terribly. Happily, we found out that there are outdoor, all-weather ping-pong tables, so we got one.

The brand was called Double Happiness, which was rather nice as we got it for our wedding anniversary. It was perfect during lockdown with fun and sport to be had in our own home.

I saw a TV show evaluating three sets of people over 60. The first group walked briskly for 20 minutes each day, the second group danced, and the third group played ping-pong. The results showed that all groups increased their fitness levels, the walkers most of all. The dancers also increased their co-ordination and balance.



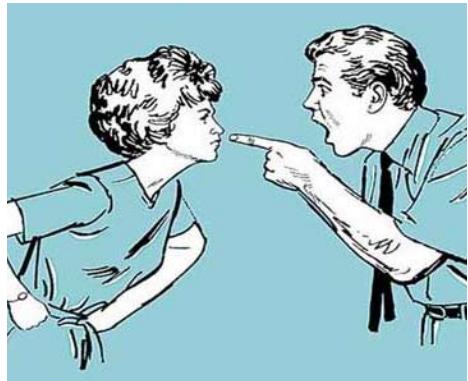
However, the surprise result was that the ping-pong players' brain function increased dramatically over the four-week period. This makes sense. Every shot is different, so the brain is constantly working out where the ball is coming from and how to hit it back into the right space.

I find that my brain feels rested after a few games. It means letting go of all my usual thoughts and worries and just being in the moment. For me it's easier

than meditation.

The best thing about ping-pong is how much fun it is, especially when friends come to visit. Many people haven't played since they were children, but find that the skill is quickly recovered and that they return, for a short time, to their carefree, childish state of playing an all-consuming game.

If you can walk, dance and play ping-pong, you will boost your fun, fitness and brain function. Triple happiness!



Going commando

Why is it considered not only OK, but sexy, for women to go knickerless, but if a guy goes commando it's gross?

– Nicholas Balzac, Bangalow

by Auntie Maj and Uncle Norm

HE says

Dear Nicholas, I'll confess that I love going commando. As soon as I get home from work, I rip off my grundys and breathe a sigh of relief. Until recent times, it was generally considered that anything women did was sexy and anything men got up to was gross. Really, the only people, whatever their gender, who can get away without wearing underwear are the young and beautiful. Their fruit (and veggies) are ripe and ready for picking, so why not let it all hang out.

There are some men who don't find certain types of knicker-less women attractive. These women may be voluptuous and of a certain age. They may be wearing nothing under their tight gym gear, revealing a twin mounded protuberance around the pantular area known as 'cleavag', resembling the bonnet of a VW beetle in miniature. Or they could be bending over at the beach having removed their wet swimmers under a towel, revealing a hairy clopper and an arse big enough to stick a candle in and play cards on. Personally, I enjoy seeing these attractions. It's the skinny young ones I have no interest in.

Each to their own, but blokes going commando are not my cuppa tea. The sight of a bogan in a pair of trackies with his bell end showing through with some sort of wet patch on the front is not attractive.

So, Nick, if you fit the bill, go ahead and burn your y-fronts and set willy free! If you offend anyone, they'll soon let you know, or at least the police will.

Tight underwear it like a big smile...it makes your cheeks go up!

Send your relationship problems to:
normanappel@westnet.com.au



Dialogues

by S Sorrensen

Hello. Hello, my friend. How's it going? You look really good. You have a lovely glow. Or is that a love glow? Ahh. Spring is here and the butterflies are dancing around the snap pea flowers. Life is good, yeah? Have you met someone? There's definitely a buzz about you. Are you in love?

You really have been in isolation too long, haven't you?

Why makes you say that? I'm just having a pleasant chat with you, my friend, on this perfectly perfect spring day.

I'm a silverbeet.

I love silverbeet. I adore silverbeet. But not, you know, in a weird way. I'm not a vegophile. But look how shiny your leaves are. It is love, isn't it?

You're talking to a silverbeet.

Love, like isolation, teaches you to live in the moment, to slow down and smell the roses. (Sniff.) Mmmm. And you smell delicious.

I'm a silverbeet.

Love makes you shine, doesn't it, Silverbeet? I remember when I was in love. It was Tuesday... She kissed me as she left, saying something about me being in lockdown too long. It was beautiful. Sad, sure, but beautiful. I was shining like a... a... *A silverbeet. Sometimes called chard.*

Yes! Like a silverbeet! Love coursing through my veins like sap through a... a... *Leafy green.*

Yes, exactly, Chard. You know me so well, don't you. Your whole life, actually. I'm like a father – or mother – to you, I guess. Which means, of course, I can't be your lover.

What?

Just saying. So there's no confusion here in the garden. And I'm not jealous if you have something going on... I'll always love you for what you are.

A silverbeet.

Or a chard. Oh, is that the bee? I knew there was a buzz. He's gorgeous! Hello Mister Bee. I'm cool with it. How are you?

Bees don't talk.

Oh. Of course. That'd be stupid. But, if he could, I wonder what he'd say.

You really have been in isolation too long, haven't you?

You already said that, Chardy.

No. That's what the bee would say.

Oh. Well, you tell that bee, that, no, I haven't been in isolation too long. Losing my job and spending a lot of time at home is really good for me. Everybody says so. Why would I miss earning money in a stimulating environment (that is not home), doing what I'm passionate about (which is not gardening), with other inspired beings (who are not vegetables), when I can be home a lot (a really big lot), with the garden and the peeling paint and the overflowing toilet and the lonely Netflix nights and–

He doesn't understand English very well.

So he's not a native bee?

Actually he is. A green carpenter bee. Usually don't see them this far south.

Don't tell me he's from Queensland. Oh god, Silverbeet. A springtime dalliance is one thing, but to do weird pollination with an untested illegal border hopper while the rest of us are doing the right thing, having the best time of our stupid lives restricted to our stupid homes (which is really great) just makes me angry!

We have rules for a reason, you know. I could break the rules if I wanted! I could be a carefree bee with interstate love on my mind and fresh pollen on my sticky little legs, but I choose, for the benefit of mankind, to stay here in isolation just talking with you, my little sweet veggie.

You really have been in isolation too long, haven't you?

Yes. And I'm hungry, Chardy. Or may I call you Dinner?

Oh.



Revenge of the Loon

by Laurie Axtens

inability to accept the science of climate change this year, there is a solid chance they will fail you again.

Covid dislocations will make the season even more dangerous. Get ahead of the game.

POT OF GOLD CAFE



OPEN 7 DAYS
8AM - 7.30PM

6689-1199

1/45 CULLEN STREET, NIMBIN

Monday to Friday
8.30 am - 4 pm
Now enrolling

**Nimbin
Preschool**



Showgrounds, Cecil Street
nimbinpreschool.director@gmail.com **6689 1203**

RAINBOW RIDGE SCHOOL FOR STEINER EDUCATION



Kindergarten through to years 7 & 8
Sunsparkle Steiner Playgroup, Wed's 9.15-11.45

'If you would like to know more about our beautiful school, then please contact us for a chat and a tour.'

279 Lillian Rock Road, Lillian Rock, NSW 2480
ph 02 6689 7033 www.rainbowridgeschool.nsw.edu.au


Cawongla Playhouse

Tuesdays
Wednesdays
Thursdays
Enrolling ages 2 ½ - 5



5325 Kyogle Road
Near Cawongla Shop
6633 7167 cawonglaplayhouse.office@gmail.com

**Tuntable Falls
Community School**



www.tuntablefallschool.nsw.edu.au
Unique place and unique education

Call 6689 1423 or email tuntableschool@gmail.com
Limited spaces available

Kindergarten enrolments

by Fiona Campbell,
Kindergarten teacher

If your child is ready to commence Kindergarten in 2021, make it a positive experience at Tuntable Falls Community School.

We are an independent parent-run community school, governed by an invested board of committee members and a wonderful School Co-ordinator.

Our open doors allow you to visit, join in and get involved with any part of your child's school day.

Our students have opportunities for exploration, investigation, for self-directed work and learning through play. Children are gently guided through curriculum expectations where valuable existing knowledge is nourished and continues to grow.

Learning through play is an important part of Kindergarten, made all the more exciting by the beautiful forest setting out the back door of the classroom. We integrate learning experiences into the environment as one of the many ways to ensure all children have gained access to understanding new concepts. Due to the small class sizes, vital individualised elements are included within all learning experiences.

With the younger children in mind, the abundant school vegetable garden was planned around children gardening, learning, playing and resting. As the garden is featured in many of the learning programs, Parents at the school ensured there were suitable play and rest areas including

a sand pit for creative play, sheltered areas and sensory spaces.

Our school is currently extending all these areas to develop an exciting playscape. The Kindergarten class loves the responsibility of growing herbs and flowers. It is so delightful when they proudly munch on their own fresh produce.

The older children help them find all the right tools and take much pride in sharing their snow peas, broccoli, carrots, celery and much more.

Our educators believe in supporting students to gain knowledge through their interests, empowering them with self-confidence and independence.

Come and see the benefits of learning with adventurous children and motivated teachers in an idyllic, tranquil forest.

Kindergarten classes are held four days a week, Monday-Thursday 9.05am- 2.45pm.

Specialised teachers model their passion and expertise in learning areas such as Sustainability and Environmental Education (SEE Program), Science, Creative Arts, Circus and many others.

Experienced and loving Teacher Aides support individuals with literacy and numeracy and with classroom activities.

There are bus services available to and from school and they link up to all major bus lines within the Nimbin area.

Our school holidays align with most NSW primary schools (three weeks break between each term, plus



summer holidays).

- Many adventures are delivered through our thoroughly engaging learning programs that often extend beyond the classroom.
- Your child can enjoy delicious freshly-made healthy vegetarian lunches, provided three days a week by our brilliant family volunteers (\$4 each).
- Tuntable Falls Community School is small and personable, delivering sensitivity and flexibility to individuals and their families. The big warm homely heart of our school community fosters feelings of equality, safety, belonging and connectedness.

Our unique school may be a perfect fit for you and your family, so contact us to arrange a visit and see just how special our lovely school is. Phone (02) 6689-1423 or email: tuntableschool@mail.com

Collect a Kindergarten Pack after your appointment to help you and your child prepare for this exciting change.

We look forward to meeting you.



Appreciating our support staff

At Nimbin Central School we have a wonderful dedicated team of non-teaching staff (SASS) who ensure we are able to provide a quality education as smoothly as possible.

These amazing staff range from the first smiling face you see when you visit or the willing to help you anyway they can when you call.

Our School Learning Support Officers support both students and teachers in classrooms.

We have a community liaison officer, our general assistant, our canteen team, as well as a specialist music tutor.

In the official SASS appreciation week, we wanted to acknowledge and thank our special team who work tirelessly for our school community.

We couldn't do it without you. Please know that we appreciate you every day!

Senior SASS team member Kathleen McMahon cuts the cake.

Nimbin Headers Fun in the sun



by Gary Whisker

In these crazy times we find ourselves in, it is very heart-warming to see our kids having a ball playing the beautiful game... and wearing fantastic new playing shirts!

Massive thanks to our sponsors Rainbow Power Company (Grade 6),



Grade 6

Grade 7

Grade 9

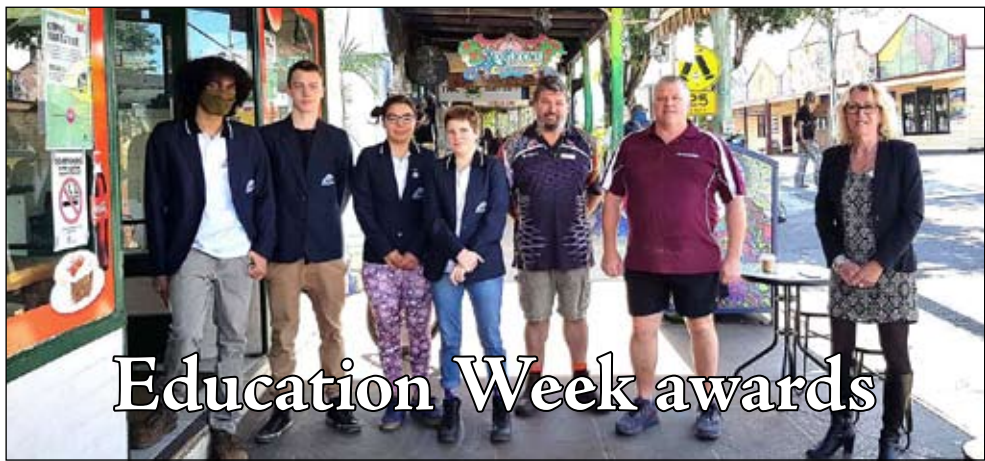


Koker Civil (Grade 7), Nimbin Water Bearers (Grade 9), and Figtree Building and Design (Grade 10) for supplying our Mini Roo teams with amazing new uniforms.

The pride and satisfaction on their faces is obvious when you see them darting around the pitch strutting their stuff.

We would also like to say a big thank you to all of our coaches and volunteers, and to Football Far North Coast for giving us all an opportunity to actually play any football this year... the effort and organisation required to make this a reality is huge, and often overlooked in the bigger picture.

Come on you Mighty Headers!



Education Week awards

by Cath Marshall, Principal

It was my absolute privilege to present our Education Week Awards at the end of August. These awards are based on contribution to the improvement of student learning and enhancing the quality of school life for staff, students and the whole school community. Although we could not invite the recipients to the usual regional function held at the Lismore Workers Club, we did our best to ensure these people understood how much we value and are proud of

their contribution to public education and Nimbin Central School in particular. Our Community winners were Darren Butcher for his ongoing support for the wellbeing and nutrition of our students, and Uri Ross for his support and mentorship of our young people through donating his time and valuable gym equipment to the school. Our student winner was Grace Bellamy for her continuous contribution as a friendly and positive role model, volunteer and advocate for Nimbin Central. Due to the unusual nature

of 2020 and the demands of such a challenging time for the entire school community, this year's staff award was also an unusual one. It was presented to the entire staff for working tirelessly to ensure the learning and wellbeing needs of all students were met during Covid-19 restrictions and in recognition of their commitment, teamwork and compassion. I am immensely proud and grateful for the contribution of all of these people to Nimbin Central School, and I know you join me in congratulating and thanking them.



Being, becoming and belonging

by Cath Marshall, Principal

An introduction to big school looks a bit different this year at Nimbin Central School because for the first time, parents and children can't visit to engage in all the fun orientation activities that are offered each year. However, you can see a video all about kindergarten 2021 on the school's Facebook page or on the school website. Children who are starting their schooling at Nimbin Central in 2021 are encouraged to experience a sense of belonging and creativity, fuel for their learning and self-confidence. The knowledge children bring with them is celebrated and valued, to build fluency in speaking, reading, writing and a range of problem-solving skills. Learning to work together respectfully helps young people to thrive in a rapidly changing and interconnected world. Future-focused teachers at Nimbin Central School know and understand the needs and talents of their students, valuing difference and the development of critical and creative thinking. A school-wide Indigenous Language program ensures cultural connections,



Mindfulness

particularly for Aboriginal and Torres Strait Islander children and their families. Core values of kindness, respect and curiosity are nurtured amongst all members of the learning community at Nimbin Central School. Please contact the school to receive an information pack, including how to enrol. When Covid restrictions ease you are welcome to come and visit, go on a tour and meet our team and children. The caring and diverse early school learning team looks forward to welcoming a new crop of jarjums to help them grow into their futures.



Preschool welcomes littlies

by Lisa Boyd

We have had so many new friends join us in the last couple of months at Nimbin Preschool, and we are loving it! We welcome all of our new Preschool small people and their families. As a community preschool, we value our families and the community we create together. Nimbin Preschool is an inclusive early childhood education facility. The preschool staff are patient, caring, and diploma qualified. The Director, Katie, is an experienced teacher and oversees a democratic, child-focused program where children's ideas and inquiry are central.






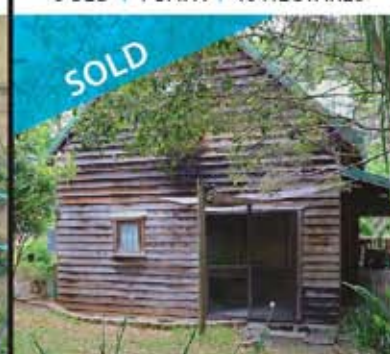
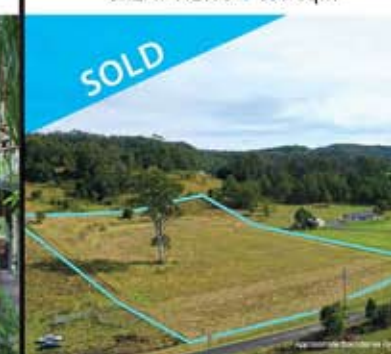

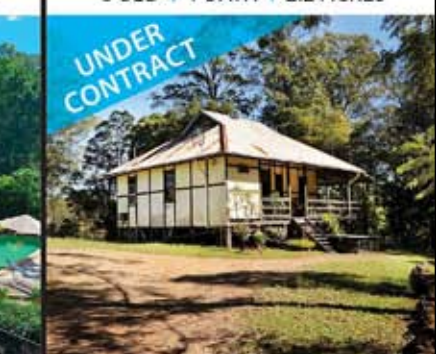
Nimbin Preschool is rated as "Exceeding" the National quality standards in 2019 by the Australian Children's Education & Care Quality Authority (ACECQA). The Preschool has a community garden, chooks, guinea pigs, a rabbit, an educational support dog, an enormous outdoor shaded play area, and a lovely, air-conditioned indoor area with library. The preschool is open Monday to Friday 8.30am-4pm at the A&I Showgrounds in Cecil Street, and is taking enrolments now. If your child is aged 2.5 to school-age and you're looking for somewhere to send them, please feel free to call 6689-1203, email: nimbinpreschool.director@gmail.com or drop in for more information. Find us on Facebook: Nimbin Preschool.

For **FREE** appraisals with state of the art technology, contact your only locally grown agent Uri Ross!

Find Uri Ross on Google  & Facebook  today!

URI ROSS
@realty



FOR SALE				
 <p>\$429,000</p>	 <p>\$965,000</p>	 <p>\$205,000</p>	 <p>FROM \$197,000</p>	 <p>\$658,000</p>
3/78 CECIL ST, NIMBIN 2 BED 1 BATH 2,000 sqm	306 CROFTON ROAD, NIMBIN 3 BED 1 BATH 46 HECTARES	32 ROCKVIEW COURT, NIMBIN GREAT VIEWS 899 sqm	4 BLUE KNOB ROAD, NIMBIN 360 DEGREE VIEWS 2,500 SQM	764 JIGGI ROAD, JIGGI 3 BED 1 BATH 2.2 ACRES
 <p>SOLD</p>	 <p>SOLD</p>	 <p>SOLD</p>	 <p>SOLD</p>	 <p>UNDER CONTRACT</p>
1267 JIGGI ROAD, GEORGICA	12 SILKY OAK DR, NIMBIN	453 JIGGI ROAD, JIGGI	227 WARBY ROAD, JIGGI	85 LILLIAN ROCK ROAD, BLUE KNOB
URI ROSS 0423 280 278 uri_ross@atrealty.com.au www.atrealty.com.au				

NIMBIN HILLS REAL ESTATE



Support Your Local Business

CHECK ALL LISTINGS & MOBILES AT
www.nimbinhills.com.au

#1 AGENCY 2020 **LOCALLY OWNED** GLOBALLY CONNECTED



Agency of the Year
Suburb: Nimbin NSW

RATED IN THE TOP 10% OF AGENCIES IN AUSTRALIA



JACQUI SMITH
AWARDED
RATE MY AGENT'S
No 1 AGENT 2020

NEW LISTINGS THIS MONTH **SOLD IN THE LAST MONTH**



SIBLEY STREET

Circa 1910 Queenslander on a large 1018m2 block. Prime village location
\$355,000

*Jacqui 4 1 2



GOOLMANGAR

82 acres, two thirds being under Biodiversity Conservation Trust. Lovely country style home
\$735,000

*Yvonne 3 2 5



THORBURN STREET

Two properties total 2055m2. One vacant block and one with renovated and extended home
\$620,000

*John 4 1 0



THORBURN STREET

Fabulous investment. Two dwellings. All refurbished and nicely presented
\$522,500

*John 4 3 1



ROSEBERRY CREEK

5 acre fenced and cleared share. 1 of only 9. Two homes and 2 dams
\$330,000

*Jacqui 3 1 0



LEYCESTER

Sensational home plus cottage plus workshop on 15 rolling acres. Pretty creek
\$649,000

*John 4 2 2



ALTERNATIVE WAY

Currently Nimbin's only storage facility. 10 existing sheds with DA approval for 10 more
\$670,000

*John 0 1 20



STONY CHUTE ROAD

Views Views! Fertile, gentle 27 acres with dual yurt style home. Sheds, power & solar galore
\$565,000

*John/Jacqui 2 1 6



KOONORIGAN ROAD

'Wow' factor terraced and mature garden on 12 acres of prime farmland
\$695,000

*Jacqui 3 2 2



OLD DYRAABA

Lovely off-grid home on well maintained 100 acre property with great creek frontage
\$500,000

*Grant 3 1 3