

Aries

Make use of the Venus retrograde cycle (until Sept 2) by reconnecting with your heart's desire. What naturally attracts you and makes you feel happy? Think imaginatively and allow yourself to be inspired and guided by your emerging creative impulses. It is okay to have some fun and be less focused on achievement.

Taurus

This Venus retrograde period (until Sept 2) could well be a phase of self-discovery and inner searching. What do you truly hold dear to your heart and what is holding you trapped in the past? Your soul is calling for more freedom from your own restraints and expectations.

Gemini

What are your favourite books, songs, locations to travel and places where you feel good and at home? Use this Venus retrograde cycle (until Sept 2) to examine your likes and dislikes. Reconnect with your imagination and pictures that seem to emerge from deep within. Let them guide you, pause and slow down.

Cancer

Playing creatively with what you have makes you more resourceful and inventive. Use this Venus retrograde period (until Sept 2) for sorting through your possessions. What is still of value and what can be tossed out, including the feelings attached to it? It is time for a spring clean.

Leo

It is Leo season and your time to have fun and connect with your authentic core. Venus being retrograde in your Sun sign until September 2 will not leave fiery Leo before October 10, so lots of time for creating, playing and courageously imagining. There is lots you can dream up during these weeks and yes, take your time!

Virgo

It is truly retrograde time, meaning slowing down, catching up with yourself and clearing unfinished business. However, with Mars transiting Virgo until August 28 you may feel like taking on a new great big project. Mercury will turn retrograde in Virgo on August 23 initiating a 3-week period when you may be retracing the steps that you are taking now.

August

Like always, when the Sun journeys through the sign of the Lion (July 23 – August 23), we are encouraged by the cosmos to live our authentic self and thus contribute creatively to the world that we are co-creating. It is a time to celebrate life and be generous to oneself and others.

Leo and the Sun rule the heart centre, the core of our unique essence. This time around, Venus is also in Leo while moving retrograde until September 2 emphasising a phase of soul-searching and self-discovery. We are guided towards a process of evaluating desires, likes and dislikes as well as relationships and friendships. What we truly value is under review which includes our sense for beauty, art and enjoyment but also refers to our relationship to resources and money.

Venus goes retrograde approximately every 19 months, or five times in eight years. And every fifth time (8th year), it happens in the same section of the signs (Aries, Gemini, Leo, Libra, Capricorn). When these five points are connected, it forms an almost perfect pentagram. Venus was last retrograde in Leo during August 2015.

While Venus is retrograde, it is wise to remain flexible and observant and not too fixated on a particular outcome as things might manifest differently to our expectations. Indeed, we may want to use this period for fun activities and engage in whatever makes us feel happy.

The first Full Moon of the month eventuates in the airy waters of Aquarius on August 1-2, in square with Jupiter in Taurus. This Full Moon may kindle the desire to expand our mental horizons in search for new answers and possibilities. Jupiter is the planet of opportunities. The challenge is to be aware when we take 'the grass is greener on the other side approach' or defending our choices with an attitude of entitlement. This Full Moon illuminates how well we are balancing and integrating the energies of the Leo Sun with the Aquarius Moon.

The ultimate purpose of Leo is authentic self-expression – learning to love and appreciate oneself without needing the approval of others. This includes living from our core rather than following the expectations of others. Aquarius moves the focus from the centre (Leo) to the fringes of society and for the service of humanity.

The Waterbearer can remain cool and objective in crisis situations while providing balance to Leo's dramatic

expression. The sole purpose for those who live on the Leo-Aquarius axis is finding a balance between head and heart, ideas and action.

The second Full Moon will be in Pisces on August 31 and conjunct Saturn ending this month with a focus on grounding and practicality. Saturn teaches us to take on life's challenges so that we can grow in self-respect and maturity. Both Full Moons are Super Moons, meaning that they are close to Earth and exerting a greater gravitational pull which not only influences the tidal waves of the ocean but also our emotions.

The Leo New Moon on August 16 is tightly square Uranus, closely conjunct Black Moon Lilith and widely conjunct Venus retrograde. When the Lord of Change and Chaos is involved, things can happen unexpectedly - more so if this New Moon directly interacts with a natal chart. The Black Moon Lilith reflects our inherent power and greatest resistance to control by external forces. BML is the untamed feminine, but not restricted by gender. She exists inside everyone.

When triggered, she activates important processes that can free us from false behaviours, values and illusions. She fosters authenticity and connects us to our core being and our original unformed strength, unshaped by the socialising forces of family, society and authority. This is a very potent New Moon that may force us to change course and thrust us into a new direction.

Mercury goes retrograde in detail-oriented Virgo on August 23 (until September 16) just hours before the Sun enters Virgo too. We have entered a 3-week period of reviewing plans and projects. Communication may not be as straightforward during this time because unresolved issues – technical or otherwise – seem to surface during Mercury retrograde cycles demanding our full attention.

Virgo season is the time of purification when we are asked to separate the wheat from the chaff and discern the essential from what can be left behind.

- Navigation by the stars

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Libra

Venus, your ruling planet will be retrograde during the entire month (until Sept 2). Use this time for reflecting on what makes you happy and fulfilled including catching up socially and spending time with some good old friends. This might be for the purpose of getting closure with relationships from the past.

Scorpio

You may find that you have entered a period of examining your goals and strategies that guide you into the future. Things that seemed to be certain in the past are not certain anymore pushing you towards rewriting your personal résumé. Use your imagination when feeling into yourself figuring out what you really want from life.

Sasittarius

Living with uncertainty while feeling inspired to follow your vision requires of you to be present in the moment. Some of the grand plans might need trimming back to the pure essentials. Then your enthusiasm can be rekindled with new vigour and spirit once this phase is completed. Refocus, pull all the threads together, clarify your goals and then you will be on your way again soon.

Capricorn

There are things money cannot buy. Make use of the Venus retrograde cycle (until Sept 2) by looking deeply into your own psyche. What do you need for a fulfilling relationship? Unresolved hurts from the past may rise to the surface for you to look at and heal, including old resentments or regrets.

Aquarius

This is a time of soul-searching and diving deeply into your relationship dynamics. What is it that you truly need from a partner and what does your authentic self have on offer to inspire and reinvigorate an existing union? It is perfect timing for cutting away unrealistic or illusionary expectations.

Pisces

Use this time of retrogrades to purify your body, mind and spirit. Treating your body with some nourishing self-care regime helps to cleanse the mind as well. The path to happiness is finding joy in the little things of daily life and taking a step-by-step approach... one thing at a time and each well done.



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Finding our way

by Marilyn Devlin

I watch these two tiny white clouds shaped like a mother and baby whale drift across the cloudless blue sky. The birds serenade in their ever-wondrous way. The small murmurings of the leaves... so many trees, so much life, abundance, kindness and nurturing. It never ages or diminishes. The wonder it fills us with. The healing it offers. The wisdom it holds.

We need ourselves more than ever. Our connection to our self and everything. Our inner guidance... our knowing. We need clarity and compassion. Kindness and caring. Basic things. You know... Life thriving things.

We need to know where to find them. We need them to be abundant in our world.

Maybe we can explore... what's it really mean to be a human being?

How blessed are we really? Do we know? An old saying of mine was 'where there's breath there's hope'. So there's a lot of hope available here on Mother Earth. And I'm sure from our neighbours around.

It's certainly been a year... at times visceral in its impact on our body and being. It's not a mental thing... it's received in the body. Our body's the first port of call... for all incoming information. Which of course comes in as vibration... as energy. There's a lot going on... a whole lot to process. Our nervous system working overtime.

It's why we need our sacred, nurturing spaces more than ever. It's like we need to have this inbuilt one... we carry round with us. One we always have access to. Can always rely on. Will always be there for us... no matter what.

It feels like things are being pulled apart from their seams... big things. Cyclic things... so much of this is happening on an energetic level... and of course it manifests physically. Eventually.

My study and practice in energy medicine showed me that the physical moves much more slowly. Matter is more solid and dense... obviously, why we can see it, feel it, engage with it. The outer layers of energy move a lot faster.

So it's like all these changes have already happened... and it's taking the physical some time to catch up.

Energy is real... of course it is... we know that through science. But it's part of our reality... we can sense it and feel it. It impacts us. Some of us can see it... see it manifest and take form.

It scared the bejeezus out of me when I first got grabbed around the neck by one of these invisible critters... during my very early training in Pranic healing.

I remind myself to be kind... to be compassionate and understanding. To know that I'm doing the best I can. In any given moment. It can be easy to drive our self to our imagined goals. I try to make sense of my feeling state... which is of course impossible with the thinking process.

I learn to sink deeper... into now. Into my body... this glorious, amazingly brilliant vehicle that I was given to navigate Earth and existence. Miracles are happening all the time, we just don't see them all.

But heh, we're learning. Discovering life, understanding our self. This journey doesn't stop till we do... 'til the last breath leaves... and we're reminded all the time that it does.

Venus is immersed in her 40 day/40 night descent to the Underworld. This influences the entire month of August. Planetary retrogrades are known as time of reflection, review and reassessment. A time to stop, take stock of things. What's important? It's a collective time of this in so many ways.

Venus cycles are significant. Venus represents love, beauty and values. Love and beauty are the very essence of everything. Values we get to decide for ourselves.

Something so important... that creates the structure of everything in our world, personally and collectively... is up for review.

Nimbin Trivia Time

by Eclectus

Questions

1. The ships of the desert have been domesticated for over 5,000 years. There are several camelid species (family Camelidae) including the dromedary camel (also known as the Arabian camel), the Bactrian camel and their smaller South American cousins, the llama, alpaca, vicuña and guanaco. Is this fine looking specimen a dromedary or a Bactrian camel? Take five bonus points if you can say where the last population of wild dromedaries can be found. *Image: George Holton—The National Audubon Society Collection/Photo Researchers.*
2. What famous motoring marque (which filled the first nine places at Bathurst in 1966) offers the models: 3-door hatch, 5-door hatch; Countryman; Clubman; Convertible; John Cooper Works; and Electric today?
3. Bolus refers to which of these: cloud form; mouthful; Greek philosopher; or weapon?
4. Which favourite breakfast classic contains English muffin, poached eggs, bacon and Hollandaise sauce?
5. Take a point each if you can name who became the 2023 men's and women's Wimbledon tennis champions last month
6. Archimedes, one of humanity's greatest mathematicians, shouted "Eureka!" over 2000 years ago when he discovered that an object immersed in fluid is pushed up by the buoyant force equal to the weight of the fluid displaced. If fully submerged, the volume of fluid displaced is equivalent to the object's own volume. What was he doing at the time he came to this remarkable realisation?
7. Where, in Nimbin, would you find the highly regarded Sibley's Bistro?
8. Who is the leader of the Australian Greens in Federal Parliament?
9. The eighth month of the year was known as Sixtilis for 692 years, then, 2031 years ago, its name was changed to August. After whom was it named?
10. If you are counting your blue swimmers, lobsters and pineapples and you have more than one but you don't have any crabs, crayfish or fruit, what is it that you are counting?

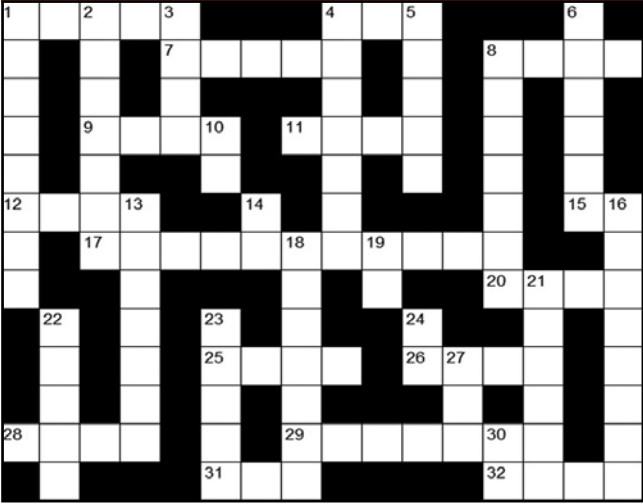


Answers

1. This is a Bactrian camel. The dromedary only has one hump. Central Australia is home to the last population of wild dromedaries.
2. The Mini. The Cooper S eclipsed the lumbering giants ending the era of naturally aspirated engines event at Mount Panorama.
3. Take a point if you said mouthful and five points if you said Greek philosopher. The bolus is formed just before swallowing and Bolus of Mendes wrote on esoterica and medicine in Ptolemaic Egypt.
4. Eggs Benedict.
5. Marketa Vondrousova of the Czech Republic defeated Ons Jabeur of Tunisia in straight sets to become Women's Champion and Spaniard Carlos Alcaraz won the Men's Championship defeating Serbian Novak Djokovic in a five set match lasting over four hours.
6. Having a bath. He is said to have overfilled the tub and, as he got in, some water overflowed. As he lowered himself into the tub more water overflowed. He ran out into the street naked shouting "Eureka!" (I've found it!). He had found the answer to a significant problem set for him by the King. But that's a question for another day.
7. The Nimbin Bowlo.
8. Adam Bandt, Member for Melbourne.
9. Caesar Augustus, emperor of Rome.
10. Ten, twenty, and fifty dollar notes but you'd be better off counting jolly green giants!

Nimbin Crossword

2023-08
by Novata



Across

1. Block of wood to prevent sliding or rolling of a heavy object (5)
4. List of words or phrases explaining symbols or abbreviations (3)
7. State of conflict (5)
8. Thick wheat noodle in Japanese cuisine (4)
9. Maori word for god (4)
11. Jason and the Argonauts' ship (4)
12. Quarrel about petty points (4)
15. Severe lung infection spread by inhalation (inits) (2)
17. Statesman of Florence (1469-1527) who advocated strong central government (11)
20. Protuberance of a body or tree (4)
25. Top of the head (4)
26. Have skills or qualifications to do things well (4)
28. Thin coat of water-based paint (4)
29. Arranged like rays from a common centre (7)
31. Shrub used for thatching, clothing and food in tropical SE Asia (3)
32. The left eye (4)

Down

1. Not just or fair (8)
2. Nihilistic art movement in early 20th century (7)
3. Unbleached linen (4)
4. City in NE Ukraine, former capital (7)
5. Person not very intelligent or cultured (5)
6. Burrowing herbaceous marsupial the size of a badger (6)
8. Tool for household use (7)
10. Exclamation of surprise, delight or other (2)
13. Day of rest and worship (7)
14. Computer programs that solve problems creatively (inits) (2)
16. Old woman, grandmother in Russia (8)
18. User icons on computer screens (7)
19. 24th letter of the alphabet (2)
21. Wild goats (6)
22. Indian pickle (6)
23. Unhappy and worried mental state (5)
24. Official prosecutor for a judicial district (inits) (2)
27. Thin fluffy scarf of feathers or fur (3)
30. Opposite of from (2)

Solution: Page 34

NOT JUST NIMBIN

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Why crystallised honey is a good thing

The Hive Buzz
by Jens Roestel

This is something every beekeeper comes across. Clients ring up and say that their honey has gone all funny and they think it has gone off. While it is possible that honey ferments if the moisture content is higher than 18% at the time of bottling, in most cases the honey has simply crystallised. And this is a good sign for the customer. Only raw, untreated honey will crystallise. There are many different reasons for this to happen. Here are a couple.

Temperature is a big thing. Bees usually try to keep their hives around 36° Celsius. This will allow the brood to be warm enough to develop, and it will also keep the honey liquid in the frames. Once honey has been removed from the hive, this temperature is no longer stable, and crystallisation can occur. The optimal temperature for crystallisation is roughly 14°C. The further the temperatures of the honey are either side, the less likely the honey will set. If one would put a jar of honey in the freezer, it will not crystallise, but leave it in the pantry in winter and it will most likely do so. Beekeepers who produce



Honey from the same batch – the one on the left has crystallised, the one on the right was liquified by warming it up again.

creamed honey will take advantage of the crystallisation process and gently stir honey while it is being cooled to make creamed or whipped honey. Another fun fact is that creamed or crystallised honey is a very sought-after product in South East Asia; however due to the warmer temperatures all year around, it won't stay crystallised for long. The naturally occurring amount of dextrose plays a role on the speed of which honey will set. If honey contains around 25% of dextrose, it will usually not crystallise. If it is on the

higher end of 40% it will set very quickly. Canola honey for example is very high in dextrose and can set in a few days after extraction. The higher the percentage, the harder the honey will set. As the honey ages, dextrose gets turned into sugars and this can give the honey that appearance that liquids have separated from the solids. In our areas, honey that is being extracted in Spring tends to crystallise more quickly due to the higher amount of tea tree nectar brought in by the bees in autumn. If one were to buy a container of honey from a large honey packer in the

supermarket, one will end up with a dark liquid syrup that looks like honey. The main reason why this particular honey does not crystallise is because it has been pasteurised and homogenised. The large honey packers will most likely heat honey above 60°C, which also destroys all beneficial yeasts and enzymes. The effect of heat on an enzyme is commonly measured by the time it takes to reduce half of the enzyme's activity, or its "half-life" at a given temperature. The half-life of diastase in honey is 1000 days at 20°C, 14 days at 50°C and 30 seconds at 80°C. Other enzymes in honey are affected very much in the same way. Enzyme activity stops when honey is held at freezing temperature, but will resume once it warms back up. This does not happen once they are destroyed by super heating. It is easy to turn crystallised honey back into a liquid form if one prefers it that way. Just place the container in a water bath and keep it at 35-40°C for a short period of time. So next time your honey gets all solid, don't throw it out! A bee produces roughly half a teaspoon of honey in her life. So, imagine the work that goes into filling that jar of honey.



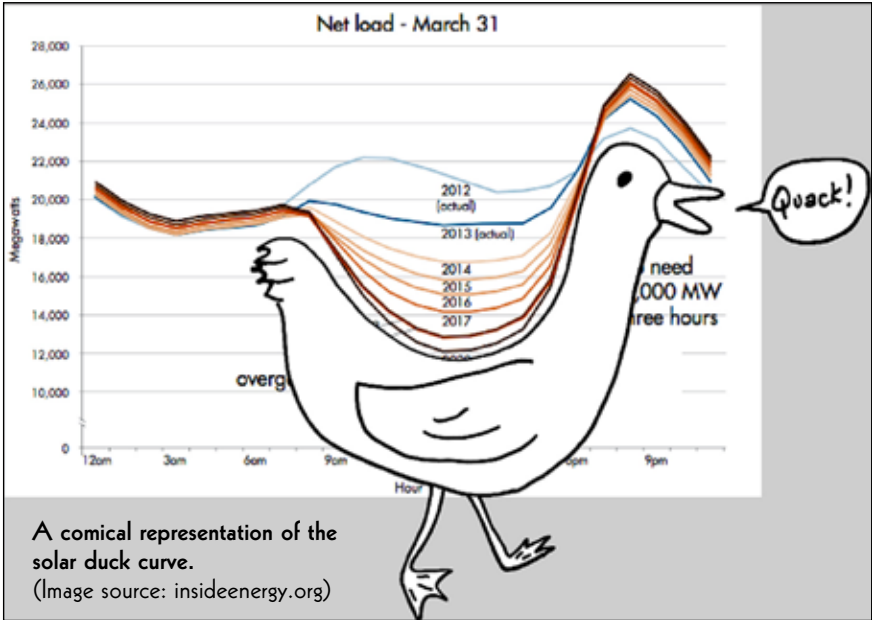
by Rosalie Shearer

In the last week of Term 2, Rainbow Ridge Steiner School (RRSS) had a special visit from Shearwater Steiner School in Mullumbimby, Senior Ensemble for an enriching and enlivening afternoon of musical workshops and performance. 13 Shearwater students ranging from grade 6 to year 10 arrived with three of their musical teaching staff, and all their instruments, to join the RRSS student strings ensemble from classes 6, 7 and 8. The first part of the visit was a workshop with the entire group practising three of the pieces that would be played together in a performance later in the day. The two groups enjoyed the experience of playing in a larger group, making new friends, and extending their known repertoire. After a lovely social lunchtime together, the afternoon consisted of a spectacular performance for all the students, staff, and families to attend. The Shearwater group took to the stage first, performing six of their own numbers, offering the audience an engaging variety of songs, ranging from the likes of Mozart to Leonard Cohen's *Hallelujah*. The RRSS students then joined them to perform the final three pieces, which filled the hall with a full and rich sound that was both captivating and heartwarming. The students who participated gained so much from this experience, and it is hoped that more events like this can be created in the future. Thank you to all the Shearwater students and staff who made this possible and we look forward to visiting your school soon!

The solar duck is diving deeper

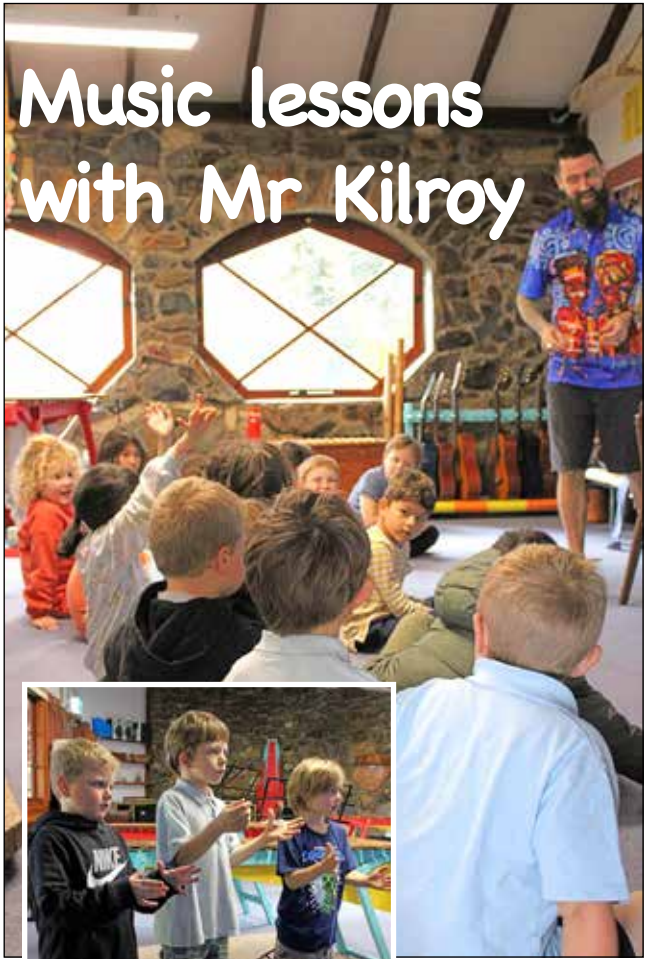
by Sandor von Kontz, chairman, Rainbow Power Company.

The solar duck is diving deeper when the sun is shining. The world is turning to renewable energy as a solution to mitigate climate change, with solar being one of the major players contributing to turning the grid green. Residential and small business rooftop solar installation in Australia have increased exponentially over the past ten years. The clean energy council (CEC) data shows that 27.3% of Australian homes and small businesses have grid-connected PV systems as of December 2020, and a further 310,000 systems were installed in 2022 alone. This number is predicted to grow with the rising cost of electricity and the government's need to meet carbon emission targets as we transition into a carbon-neutral economy. However, turning the grid green by harnessing the sun's energy is not without challenges. The high uptake of grid-feed rooftop solar has the potential to cause issues for our existing grid infrastructure by creating supply and demand fluctuations. These fluctuations can result in grid instability because the grid wasn't designed to manage a two-way flow. To accommodate the surplus of solar energy during the day, grid operators must reduce energy production from traditional power resources before ramping the generators up quickly when the sun drops off in the evening to meet peak consumer demand. The effect of this energy imbalance on



the grid expressed graphically is known as the 'solar duck curve', named after its remarkable resemblance to a duck when plotted on a graph. Each year the belly of the duck grows deeper as more rooftop solar is installed, which means we have to devise creative ways to flatten the renewable duck. **Flattening the duck** The addition of household batteries is another solution being investigated. The average Australian household uses about 20kWh of electricity daily, with peak power usage in the morning, late afternoon, and evening. A study found that only 38% of solar energy is used by a household, with the excess presumed to be transported to

the grid. The study examined daily net power flow models with and without batteries. The findings showed that the addition of 10kWh batteries to an existing rooftop solar system reduces solar energy transported to the grid by 60%. Increasing storage capacity to 20kWh of storage completely flattened the curve, meaning household self-consumption is more efficient, and the energy stored meets the evening load demand. Another benefit of household batteries is that they are installed behind the meter, meaning no extra infrastructure is needed. So will batteries solve the duck problem? It is still too early to tell; however, it is worth a quack... I mean crack.



Each Tuesday at Barkers Vale Public School, our students enjoy music lessons with Mr Kilroy. Gabul (years 3 – 6) have been working on learning different notes, composing rhythms, singing and playing 'The Ocean' and 'Kakadu Colo' on the marimbas. Our K-2 class Buruubi have also been learning about rhythm, singing and playing 'Pudding on the Hill' and 'Cabbage Café' on the marimbas. Our music program is diverse, allowing all of our students (K-6) to explore music concepts and continue to have hands-on experiences with instruments.

Voices float down the hill

by Elowyn Paitson

*“Winter is cold, dark and long
My inner light burns warm and strong
In reverence of this Winter’s night
To the dark I bring my light.
Returning of the light
Honouring with our flame so bright”*

A harmony of clear high voices floats down the hill through the twilight, towards the gathering of parents and friends waiting below, bundled warmly in their mid-winter coats and scarves.

The golden lights of handmade paper lanterns glow in a bobbling trail that wends its way down from the mango trees, past the vast bird nets that cover the vegetable gardens, past the beehive and citrus orchard, and onto the flat of the ‘top field’.

The deeper notes of the adult voices join in, as families join hands and follow the children in a spiral dance that contracts and expands like a breath, led by the smallest Buribi (kindergarten) kids and followed all the way up through the years to the grade 5/6 Guruman class.

Several songs follow, as the night deepens and flames are lit. The children ooh and ahh at the fire-dancing, and tumble excitedly down the hill towards the kitchen and playgrounds, where the delicious feast awaits. Many hands make light work of the serving, feasting, and cleaning.

Friends and neighbours share news and laughter while the children rampage



throughout the playground and gardens, giddy with the excitement of the schoolyard after dark, and the promise of apple crumble.

The annual Winter Solstice celebration at Tuntable Falls Community School is one of the highlights of the school calendar. This event joins regular working bees, circus and music performances, garden days, parent dinners, graduation ceremonies and the always fantastic Spring fete, to create a cycle of gatherings that build and strengthen our sense of connection and support within the school community.

With a syllabus strongly focused on care for the natural world through science and environmental studies; regular circus classes in the magnificent Tuntable Hall; a very special staff dedicated to both academic excellence



and the emotional and physical wellness of the kids; beautifully tended rainforest grounds alongside Tuntable Creek; the Stephanie Alexander Kitchen Garden; and the fantastic nature playgrounds – TFCS really is a magical place to be.

The school is currently hoping to add more casual teaching staff to the books. If you are a local primary school teacher and would like to experience and contribute to this magic, please get in touch at: tuntableschool@gmail.com

We also have limited enrolment spaces available for 2023 and 2024. Check out: www.tuntablefallschool.nsw.edu.au for more information.

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Sustainable Schools grant awarded to NCS

by Sally-Anne Thompson
Principal

Nimbin Central School has received the Sustainable Development through Biodiversity Project grant, amounting to \$15,000 – the maximum amount available. The specific goals of our project are to:

- Improve biodiversity and sustainability at Nimbin Central School, by providing a hands-on experience and increasing awareness amongst students;
- Regenerate existing small patches of subtropical rainforest to increase biodiversity;
- Establish koala habitat and develop a corridor for the local koala population;
- Establish the first stage of a Contemporary Dreaming Seasonal Garden: a sustainable food garden (both bush tucker and other vegetables) planted according to the seasons;

- Facilitate student involvement in Caring for Country and Landcare activities;
- Increase engagement with local Traditional Owners and provide students with opportunities to develop their understanding of the interconnectedness of culture and country;
- Establish community partnerships with members of the community and local organisations, to support school environmental and cultural sustainability;
- Improve student well-being and engagement through authentic and collaborative project-based learning; and
- Provide a separate, enclosed space where secondary students can learn sustainable farming practices.

Nimbin Central School is in a region with extraordinary biodiversity values, yet koala habitat in the region has dramatically reduced, leaving the species vulnerable to extinction. Our students are



proud of their community’s rich and diverse heritage in land management practices, environmental awareness, advocacy, and activism.

This project aims to build on previous subtropical rainforest regeneration projects around the school and develop a sustainable land management system for the school grounds (22 acres) where students incorporate both Indigenous and sustainable mainstream farming knowledge into their, and the school’s, gardening practices.

Deb Gale and Tahnee Arnold were instrumental in collaborating with staff and students in putting the application together to

School grounds soon to become farmland

provide opportunities for our students to succeed in their learning.

Over the school holiday break, our Farm Hand and General Assistant spent considerable time preparing parts of the school to allow the students to begin work.

As you can imagine, 22 acres take a lot of looking after, and we have a big job ahead of us to deliver on the goals of this project as well as prepare to expand our agricultural opportunities for our students.

We look forward to sharing our achievements with you.

Student leaders show off school to VIP

On Wednesday 26th July, the secretary of the NSW Department of Education, Murat Dizdar, visited Nimbin Central School.

Savannah and Benson took Murat on a tour of the school, showing him the beautiful grounds and the work that had been done over the break in the school’s farm area.

Along the way, Savannah answered Murat’s questions about the school’s compressed curriculum and how it allowed the school to offer more subjects in Year 11 and 12.

Savannah was an excellent ambassador for the school, and all adults commented on her presentation, confidence, and her knowledge of



both the school and the wider community.

Benson then led the tour, taking Murat to the automotive workshop and showing him his motorbike, which is his HSC major project.

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Plant of the month



Hardenbergia
Hardenbergia violacea

by Richard Burer

It's warming into spring and a dear old friend is firing on all flowers this August. Hardenbergia or false sarsparilla is common in the area but over the last wet years it can go unnoticed.

Attractive and stunning, this scrambling twiner with rich purple pea flowers is what makes the bush wake up in the mornings thinking that late winter and spring could go on forever.

Common in dry sclerophyll forest and open woodland this vine is often seen around the valleys of Nimbin and in all states of Australia, but not WA. West of Kyogle I often see it by roadsides in forested areas in a mass of colour, so I might go for a drive and check it out this month.

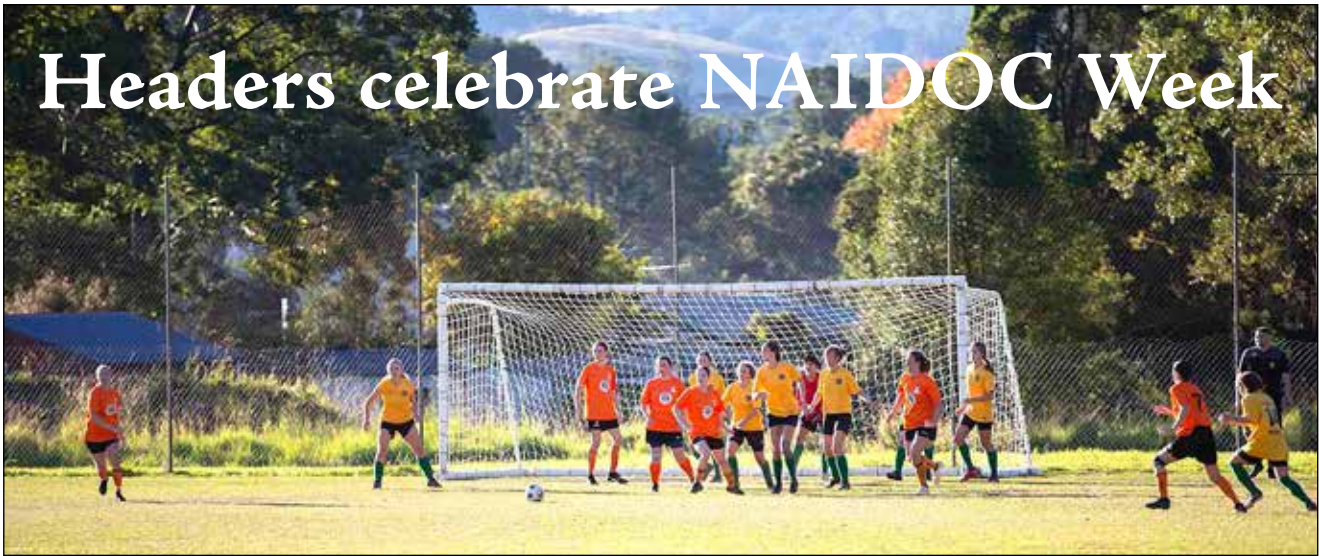
A bush food, the leaves of this vine can be boiled to make a slightly sweet tea.

The oblong flattened pods dry out in early summer and can be cracked open to reveal small hard seeds that are easy to propagate, but a bit if heat treatment will help.

A great plant, it's so nice seeing it in a considered planting or growing unimpeded in the bush.

Other forms can be available in nurseries but are almost always hybrids, which are also very compact which is unnatural. Dry growing over rocks or a large boulder, which can look stunning.

Richard Burer is a Nimbin-based natural area restoration contractor and consultant: richard.burer@gmail.com



Last month Nimbin Headers FC had a very special day, celebrating Football's Indigenous Round which coincided with Naidoc Week.

Gratitude is extended to Widjabul Elder, Uncle Gilbert who lead us through an acknowledgment of country and a smoking ceremony down at the Headers club.

Special thanks must go to our major sponsors, We Al-li and Uri Ross Real Estate for the generous donations which will help fund our Indigenous Mural Art Project we have planned for the club.



The golden glory
by #1 Fan

It's been a successful season for the third division women's team this year. With just two scheduled games left to play, their spot in the final series is a certainty.

Sporting the golden yellow strip, the thirds are our own "Home Grown Matildas".

The team is made up of a great combination of experienced veterans



Photos: Nikki Bernoth

sprinkled with newbies. They are fast, skillful and possess good ball control. But it's the strong bond these players have with each other well after the final whistle blows that makes this team truly remarkable and such wonderful participants of the "beautiful game".

The W3rds were undefeated, top of the table for most of the first round, winning every game convincingly, until their nemesis, South Lismore got the better of them.

Last weekend was another

battle against the mighty Souths. Headers had the home game advantage and a very vocal crowd down at the Headers cheering them on. Our golden girls put up a valiant effort but were unable to convert. Souths striker was skillful and unstoppable, penetrating Headers solid defence line again and again. With the final score of 2-5, Souths secured the lead on the ladder with one game in hand and a three-point lead.

Enquiries: 40 Cecil Street, Nimbin, email: nhsc@ffnc.net.au

Athletics champions from Nimbin

by Jane Mari, P&C secretary

It is important that we celebrate and recognise the achievements of the youth in our area.

Mikayla and Daniel Frey bring with them the level of commitment, focus, and determination required to compete in Athletics at a high level.

Both students are in Year 10 at Nimbin Central School, and both are outstanding athletes.

Their training and competition schedule often take them away for long periods, and they have to juggle the commitment of study with training, competitions, and being teenagers.

Mikayla and Daniel represent the school in athletics, and they also compete in State and Australian Athletic Championships throughout the year. What wonderful ambassadors for our community.

Congratulations to Mikayla and Daniel; we wish you well for your competitions during the year and proudly share the following results:

- NSW Junior Athletics Championships, Sydney 25-27/2/2023:**
Daniel Frey: Gold - U17 Boys Shot Put
Mikayla Frey: Silver - U16 Girls Long Jump; Silver - U15 Girls Triple Jump
- QLD Little Athletics Championships, Townsville 24-26/3/2023:**
Daniel Frey: Gold - U16 Boys Shot Put; Gold - U16 Boys Discus
Mikayla Frey: Gold - U14 Girls Triple Jump; Silver - U15 Girls Long Jump
- Australian Athletics Championships, Brisbane 14-16/4/2023:**
Daniel Frey: Bronze - U17 Boys Shot Put
Mikayla Frey: 4th (just!) - U16 Girls Triple Jump; 7th - U15 Girls Long Jump



Mikayla Frey




Daniel Frey

Nimbin Crossword Solution

From Page 31

W	E	D	G	E		K	E	Y		W
R		A		C	L	A	S	H		A
O	D	R				A	H	T		R
N	A	T	U	A		A	R	G	O	E
G	I		H			K		O		N
F	U	S	S		A	I		S	T	B
U		M	A	C	H	I	A	V	E	L
L		B			V		X		L	I
	A	B		U	A		D		B	U
	C	A		P	A	T	E		A	B
	H	T		S	A			O	X	H
W	A	S	H		E	R	A	D	I	A
	H			T	I	S			O	S





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The quality of your food, not just the quantity

by Tom Jones

I want to start this month's article with a statement from Albert Einstein, hopefully no introduction needed: "Unthinking respect for authority is the greatest enemy of truth."

We need to ask questions of ourselves and of the people that are supposedly in charge of our health. Why is it that we are being 'coerced' into things that are unnatural and unnecessary? Is this about health or is it about profit?

Were you aware that a company, when floated publicly on the stock market is legally bound to make a profit? What that means is that a company (such as a large pharmaceutical company) has no choice but to make a profit off the products they sell.

Those products happen to be drugs, drugs given to us by persons in white coats that we put all our faith into. We blindly follow them as that is what we have always been told to do. What happens when the drugs don't work, they just make it worse? What happens when the dangers blatantly outweigh the benefits?

The company is publicly floated and has to make money otherwise the directors could be prosecuted! So, what now? What do we do as individuals? One thing we can do is to know thyself a whole lot better. This month I want to prompt you to ask yourself a question about the quality of your food, not just the quantity.

The medical establishment has taught us to see food as energy and that's it. They say that energy balance is of sound (albeit reductionistic) science and if you consume too much energy your cells fill up and you create more and you get fat. The definition of obesity and the overall cause of it according to the WHO is: "The fundamental cause of obesity and overweight is an energy imbalance between calories consumed and calories expended."



However, body fat does not accumulate solely as the result of excess intake of calories; it is far more closely and causally related to the quality of the foods consumed. The focus is always on the energy balance and has been drawn away from the quality aspect of nutrition.

As has always been and always will be, quality over quantity trumps every time. We need to really start looking at what is going into the foods we are eating and getting pedantic about ingredients.

The new and updated explanation of NCD's (noncommunicable diseases) according to the WHO is that conditions such as obesity (the cause for high BMI and NCD's) are: "Caused or represent 'different manifestations' of dysfunctions within the body caused by exposures to harmful substances and influences that generate free radicals in the body that disrupt normal functioning."

To re-iterate, eating too much is not the only reason you put on body fat and can also be caused by harmful or toxic substances. Meaning that a body that is poisoned is a body that can store body fat.

Maybe you are one of those people that does not over eat and is cautious of certain foods but still retains excess

body fat? Maybe you are simply lying to yourself about your intake and you haven't quite realised that the sneaky Danish in the morning doesn't just vanish from existence because you eat it so quickly! There is a real possibility that your body is struggling to detox all the heavy metals and poisons from its system and that is creating the toxic fat gain.

Both are very real scenarios, however before you convince yourself it's not the Danish pastry, maybe cut that out and see how you go and then try going to a naturopath to get tested for heavy metals. This may save you a lot of time and effort slogging it out in the gym because your doctor told you that you needed to lose weight and the only way to lose weight was to eat less and exercise more. Maybe its about cleaning your system out first and then attacking the gym.

Just because the establishment is dogmatic doesn't mean that you should be too. Just because a perceived authority tells you something doesn't make it true.

Prior to 1954, people thought that no-one could run a mile faster than four minutes. An impossible feat that would possibly make the body explode according to some bright sparks (a politician probably)!

However in 1954 Roger Bannister broke that record and recorded a time of 3.59.4, a time that no-one ever thought was possible. Since then that record has been beaten 1700 times and a massive 17 seconds has been shaved off that.

The time for dogma has been and gone. We need to be open to all possibilities and understand that science is never settled, that is why it's science.

Never be afraid to ask why, and always be wary of institutions that do not welcome debate.

Email me at: charliejones5891@protonmail.com

Natural Law

by Helene Collard

Welcome to a new galactic year!

In the 13-moon Mayan Dreamspell calendar, we have just entered another 13-moon cycle.

Even in this new beginning, I feel like I am straddling two worlds. Dancing on the threshold of completing a major cycle, and crossing over into a new story of light and hope.

While we focus on our next divine step on this new, yet unrevealed path, we are simultaneously called to identify and integrate our lessons learned from the past.

Sometimes presented with familiar 'triggering' circumstances, as an opportunity to make new decisions that feel 'healthy'.

Responding to 'old' stories in different and healthier ways, is no mean feat and, more significantly, symbolises an important process of maturation has taken place.

This is an opportunity to witness yourself, where you are no longer caught in the 'dead-end' story that you know so well, or the toxic dynamics that don't serve you or others.

These developmental changes in the psyche, where we see we have 'grown up' somehow, and can respond to challenge in more 'life-giving' ways, are



a key marker of a successful rites of passage, brought on (in part) by journeying consciously through the story and a significant challenge or ordeal, honouring all concerned, and visioning a new future.

"Today is a good day for my ego to die" – Nahko in Wash Away. This line really sums up what is needed for us to truly move through the past, to cross the threshold and complete the old story.

Whatever the hang-ups are about, whatever holds you back from connection, whatever stifles your creativity, let the ego die, strip back the egoic layers and meet your wonderful Self.

Contact me for Reiki treatments, Reiki courses, ceremonial cacao, blue lotus and a couple of Mayan galactic calendars left.

For information and enquiries, visit: www.yemayacentre.com.au or phone 0405-656-797.

URI ROSS
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<div><div>\$865,000</div><div></div><div>11 SILKY OAK DRIVE, NIMBIN 5 BED 1 BATH 2 CAR 2579 SQM PRIVATE FRUIT TREES VIEWS QUEENSLANDER CHARM</div></div>	<div><div>EXPRESSIONS OF INTEREST</div><div></div><div>75 TUNTABLE FALLS ROAD, NIMBIN 2 HOUSES 3 TITLES 157 ACRES TOWN WATER CREEK VIEWS</div></div>	<div><div>DEPOSIT TAKEN</div><div></div><div>32/4 BLUE KNOB ROAD, NIMBIN DEPOSIT TAKEN</div></div>	<div><div>SOLD</div><div></div><div>1972 CAWONGLA ROAD, CAWONGLA SOLD</div></div>	<div><div>SOLD</div><div></div><div>574 BLUE KNOB ROAD, BLUE KNOB SOLD</div></div>

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NEW

60 Tuls Lane,
Nimbin 6348sqm
\$760,000 Agent: Jacqui



NEW

154 Gungas Rd
Nimbin 2801sqm
\$389,000 Agent: Jacqui



4 Boronia St
Casino 620sqm
\$360,000 Agent: Samara



NEW PRICE

855 Nimbin Rd,
Goolmangar 1246sqm
\$495,000 Agent: John & Sundai



SOLD

46/265 Martin Rd,
Larnook 2 acres
\$ CONTACT AGENT Agent: Sundai & Jacqui



UNDER OFFER

14 Sibley St
Nimbin 1027sqm
\$ CONTACT AGENT Agent: John & Sundai



SOLD

254 Atkins Rd,
Larnook 100 acres
\$ CONTACT AGENT Agent: John



NEW PRICE

43/4505 Kyogle Rd
Wadeville 4.9 acres
\$550,000 Agent: Jacqui

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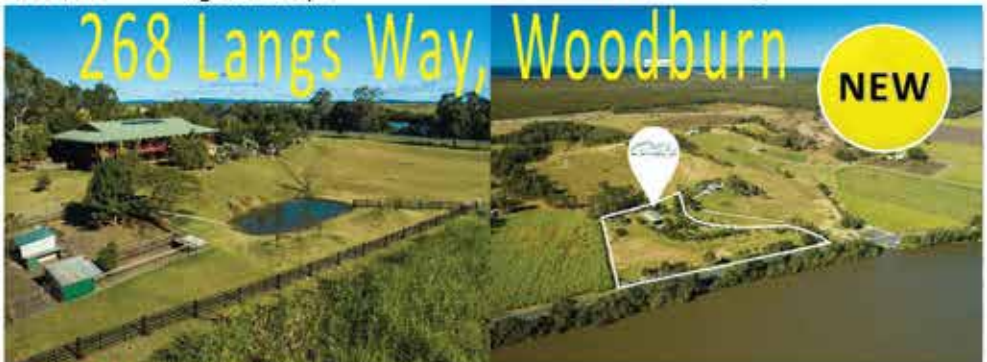
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3/78 Cecil St,
Nimbin 2020sqm
\$595,000 Agent: Jacqui



1199 Cawongla Rd
Larnook 21 acres
\$ CONTACT AGENT Agent: Samara



268 Langs Way, Woodburn
Price On Application Agent - Vicki Morgan 4.97 acres 4 3 6

Welcome to 'Rivershine'. This immaculately presented property is situated on 1.93ha (4.97 acres) and will impress. Immaculate landscaped surrounds have been thoughtfully designed with the family and four footed friends in mind provide with ample space for all. The spacious house is situated in an elevated position overlooking the fully fenced paddocks and manicured lawn. With the Richmond River directly opposite the serene views from the verandah extend out to Nightcap National Park in the distance. Absolutely nothing to do but move straight in! The floorplan allows for living all on one level with open plan design, raked ceilings and loads of windows to let in the light & the views. Supersized kitchen with large island bench, plenty of cupboard and bench space will allow for cooking and entertaining and has all the modern appliances. The open plan living extends to the dining and lounge areas with polished hardwood floorboard. Opening onto the covered verandah which wrap right around capturing all views. Downstairs area is fully enclosed and concreted currently houses, gym & guest accom with toilet, shower & could potentially be converted into a granny flat.



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