

# ASTRO forecasts



by Tina Mews

What's happening  
in the heavens?

## Aries

The solar eclipse in your sun sign on March 29 may have coincided with some important endings and new beginnings, especially if you are born around the end of March. With Neptune now in Aries for the next 14 years, you want to re-imagine your future direction by shifting the inner centre of gravity towards your spiritual purpose blending practical action with intuitive insights.

## Taurus

The latter part of the month may bring some challenges especially for those Taureans who celebrate their birthday during April. It is no secret that you are hard workers who aspire to be self-sufficient and like to be in charge of your own life. Mars arriving in Leo on April 19 will greatly stimulate your enthusiasm to do things your way which could attract opposition from others. So, tread carefully during this period, practise mindfulness and be sensitive of other people's needs.

## Gemini

With Mercury being direct again from April 8 onwards, you feel like moving forward with purpose and refreshed energy. Tap into your powers of insight and figure out where to go next. Prioritise and have your strategies in place. As a natural multitasker you may want to include others in creating your vision of the future to secure their support.

## Cancer

The inspirational energies of this time may help you with taking charge of your life even though you may worry about hurting other people's feelings. You are asked to take a courageous step into the future, show your face and actively work on fulfilling your dreams. It is a time to be bold.

## Leo

Enthusiastic Mars, planet of action, enters your sun sign from April 18 until June 18. The danger is pushing too hard and subsequently getting into power struggles with others. Exercise patience and channel your surplus energy into projects that may have started in early November and then went through a phase of review.

## Virgo

You just may have had to make a difficult decision which hasn't left you with too much room to move. Sometimes it is best to count one's losses and move on with courage and determination. Endings lead to new beginnings, and pruning brings fresh growth. A new vision is emerging after a period of confusion and chaos.

## April

The period since 2020 has marked a significant shift in many aspects of life, culture, technology and the global landscape. With Pluto now firmly settled in Aquarius since November 2024, **Neptune has just followed changing signs by crossing the threshold from Pisces to Aries on March 30.** Neptune has an orbit of 165 years and was in Aries last time during 1861 – 1875, coinciding with the American Civil War, a war primarily fought about the abolition of slavery.

Neptune in mythology is the god of the oceans representing deep, ever-changing forces that mold and influence life. Neptune is associated with the collective consciousness out of which our shared dreams and ideas emerge that shape reality. Aries is associated with independence, autonomy and the courage to act on one's ideas. On a personal level, Neptune inspires the pioneering spirit of Aries. It can promote the feeling of having a special destiny to fulfill on behalf of society, the nation or the universe. But Neptune can also distort our true motives or desires leading to unrealistic expectations or fighting for the wrong cause. Ultimately, Neptune in Aries teaches us lessons in aligning with our true self, intuitively knowing when to act and when not. Are we motivated by the ego or the soul, head or heart? Neptune will re-enter Pisces for the last time during October 23 until January 28, 2026.

**Mercury and Venus are ending their retrograde phase April 7 and 13 respectively.** Both planets retrograded from Aries to Pisces. Mercury will re-enter Aries on April 17 providing us with a forward impetus in our plans and projects. The period from April 14 until May 5 is the only time of the year when all planets are in forward motion!

**The Full Moon in Libra on April 13 is opposite the Sun in Aries exactly conjunct Chiron and forms a square aspect with Mars in Cancer.** Libra, symbolised by the Scales, stands for equality, justice, and truth and focuses our attention on the quality of our relationships. Ruled by Venus, Libra reminds us of the power of love and unified action. Venus is in compassionate Pisces stationing direct, conjunct Saturn and the Lunar North Node asking for commitment and discipline in following through with our ideals of peace and harmony. The Sun in Aries conjunct Chiron is symbolic for the wounded hero. Aries

is the archetype of new beginnings and the emergence of individual identity. It is through adventure, action and challenge that Aries learns courage and right action. Libra teaches that each relationship reflects disowned parts of ourselves back to us, so that we become more conscious and understanding of one another. Mars in Cancer is in harmonious alignment with Venus, Saturn and the karmic lunar axis. This Full Moon highlights opportunities for reconciliation and clearing the past by integrating and healing conflicting aspects of ourselves.

Tension increases during the later part of the month. **Mars enters fiery Leo on April 18 approaching its final opposition to Pluto in Aquarius (exact April 27).** The Mars/Pluto opposition started at the end of October 2024 before Mars entered its retrograde loop (December 6, 2024 – February 27, 2025). Key concepts include intense willpower, intense inter-personal/international power struggles, attracting violence (e.g., Gaza-Israel war on Oct 7, 2023, when Mars was square Pluto). The Black Moon Lilith in the early degrees of Scorpio squares the opposition. Lilith in this combination symbolises the rage of those who feel exiled and alienated from the dominating power structures, adding extra potency to an already strained situation.

**The New Moon in Taurus follows on April 28 also forming a square aspect with the opposition and completing a stressful Fixed Cross constellation.** We are reminded to channel excess energy into creative or humanitarian projects. This might be one of the most intense times of the year. So, let's remain calm, focused and observant while keeping our feet firmly planted on the ground beneath us.

**Navigation by the stars:**  
personal and/or relationship astrology; life cycles and your year ahead transits: plans, directions, concerns for 2025-2026; in person or on-line consultations; gift vouchers available.

**'Mapping the path in the natal chart:**  
the nodal axis as key indicator';  
April 12, 10am – 4pm,  
Lillifield Community Centre.

**"Neptune in Aries:**  
the pulse of a new era"  
May 10, 2025, 10 am – 4pm  
Lillifield Community Centre  
Phone 0457-903-957 or email:  
star-loom@hotmail.com  
All welcome

## Libra

You may experience the transition of Neptune into Aries as a boost in your creative exploration. There may be some challenges in relationships and balancing your need for independence with your need for connection. You might be looking for your soul mate and could become disillusioned about imperfections in others. If you navigate this transit wisely, it can inspire you to pursue new growth.

## Scorpio

With Neptune's arrival in Aries, you could pioneer new avenues of emotional healing. The ancients believed that each illness or dis-ease has a spiritual cause. Neptune in Aries could encourage you to take a more proactive approach inspiring you in taking steps towards not only overcoming old wounds but also in delving deeper in understanding the message they contain.

## Sagittarius

Neptune in Aries could heighten your sense of inspiration, pushing you to act on your dreams with more enthusiasm and urgency than usual. However, try not to rush into things without clear direction or becoming overly idealistic about your goals. Stay grounded firmly in the present and what is achievable when pursuing new ventures or dreams.

## Capricorn

Developing a more visionary approach to life can bring new breakthroughs in your creativity. The challenge will be finding a balance between dreaming big and staying grounded in the here-and-now. This can be a period of personal reinvention after a time of dissolution, where you redefine your sense of identity and explore new ways of being.

## Aquarius

Neptune's transition to Aries inspires new dreams and dissolves old structures affecting the way you perceive, think and communicate. Over the coming years you may want to express your imagination more through creativity. In the shorter term, Mars is transiting your relationship sector from April 18 – June 18 intensifying interpersonal dynamics especially during the last part of April. Use this energy to resolve issues cooperatively.

## Pisces

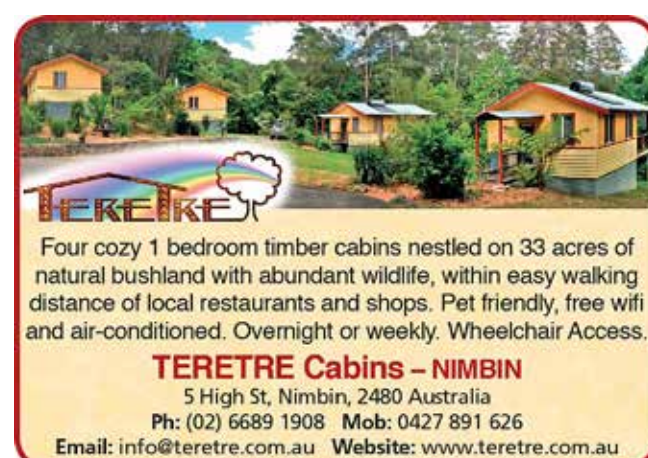
Venus, planet of love, beauty and harmony is revisiting your sun sign during the entire month, still retrograde until April 13. Saturn, planet of limitations, is her close companion during this time bringing you face-to-face with the realities of your emotional and relational worlds. It is a time of introspection, where boundaries and commitments are re-evaluated.



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# New life directions

by Marilyn Devlin

We made it through March... we are heroes!  
It came with a heap... endings, beginnings all mixed in together. Backward steps... moments to ponder... our actions and choices.  
Finding time for it all... cyclones smash, eclipse's bore deep, frizzling our nervous systems. World news... too bizarre to even contemplate.  
We're acclimatising to our new environment.  
I've been in moving mode... new home in a new space. Always a big thing... so many decisions, so much to do. People and cars... haven't had neighbours for a while.  
I love to be immersed in the natural world, away from it all. But Life directs the course... I suspect there's always a mission involved.  
The day Ocean came up to my mountain hideaway and beckoned me to come. The deeper meaning and purpose of things may never come in a way our mind needs to make sense of.  
Some things don't adhere to these rules. I reckon Life makes up her own... as she pleases. Our life is precious... what we do matters. Not to be wasted... thrown on any old thing. Needs to be useful, helpful... contributing to the betterment of everything.  
We're important... and it's not just us here. It's all of us. Includes our non-human family... so many beautiful creatures, that bring us so much joy.  
I've been having some serious frustration with that lack of awareness... and likely needing to make peace with it in some way... while contributing where I can.  
I'm moving to a more populated area. It can be challenging for me... more people, more noise, more cars. Not my usual choice.  
Life has a way of guiding us... where our talents and gifts can be of greater use... and where we can evolve.  
I think it's over-time for action... from the many, not just a few. In whatever way we can... while supporting ourselves.  
What's really getting to me... is the speed. The disregard for our surroundings. In the Northern Rivers we're blessed with a rich diversity of plants and animals in our many nature reserves, marine parks, mountain ranges and national parks.  
Filled with living live. In more built-up areas... we live amongst them, we drive our cars through their home. It devastates me to see their life force violently taken, lying dead in the gutter. Casualty of human lack of awareness or care.  
It's the speed... we've become addicted. It was hopeful to read Byron Council's plans for improvements for parts of the shire. Road calming has to be a thing. Especially driving through nature reserves... and in residential streets.  
Each one of us can make a difference that can have multiple impacts. Compounding its influence. Imagine the possibilities... together we can create miracles.  
We are a part of the great miracle that is Nature... and we have our part to play... loving and caring for all life.  
My dearest friend and life guide Prem Rawat said: "Peace will be human beings' greatest achievement."  
So much can be achieved... in the right way.  
My new home is surrounded by nature reserves, marine parks and our powerful friend the ocean. We are loving the house back to shining. I haven't had the chance to do that for a while... sacred space is where we thrive.  
All my treasures... waiting to be put in their own special space... all together again, after years apart. My magickal Devaline Flower Essences... what a journey that's been.  
It was 2001 when the Devic Kingdom first spoke to me. And the first essence - Mature Pink Rose. Created for hurting hearts.  
There's an abundance of magick in our world... waiting to be uncovered... waiting to be seen. So much is there to support our journey here, in a multitude of ways.  
Love is the essence of Life after all.  
Hopefully April is gentle with us... we certainly need to rest a bit... take a breath.  
So many new directions... step by step, with care and focus.

# Nimbin Trivia Time

by Eclectus

## Questions



1. This striking creature has recently emerged victorious as New Zealand's 2025 Bug of the Year, after a tight battle among a swarm of 21 nominees. Take a point if you can name it. (Hint: Its Australian cousin has graced question 1 before, but it was years ago. Imagine all the fun you'll have perusing piles of previous periodicals!)  
Photo: Frank Ashwood, courtesy of BBC
2. Animal, Mineral or Vegetable? The following things are one of each: Percheron, perovskite and persimmon. For a point each, which is which?
3. Is a spinneret a child's toy, musical instrument, yarn spinning machine or spider's gland?
4. Pease porridge hot, pease porridge cold, pease porridge in a pot...[what?].
5. Grana Padano and Parmigiano Reggiano are types of what?
6. Which ARIA nominated Melbourne indie rock/folk rock band, formed in 2009, released the song "Electric Indigo" in 2015?
7. Fairy, king and emperor are all kinds of what creature?
8. Does Phi Phi have feathers, fins, fur or none of the above?
9. In Greek mythology, which of the Titans gifted fire to humanity?
10. What is the theme of this quiz? Take a bonus point if you can name the question that is outside the theme.



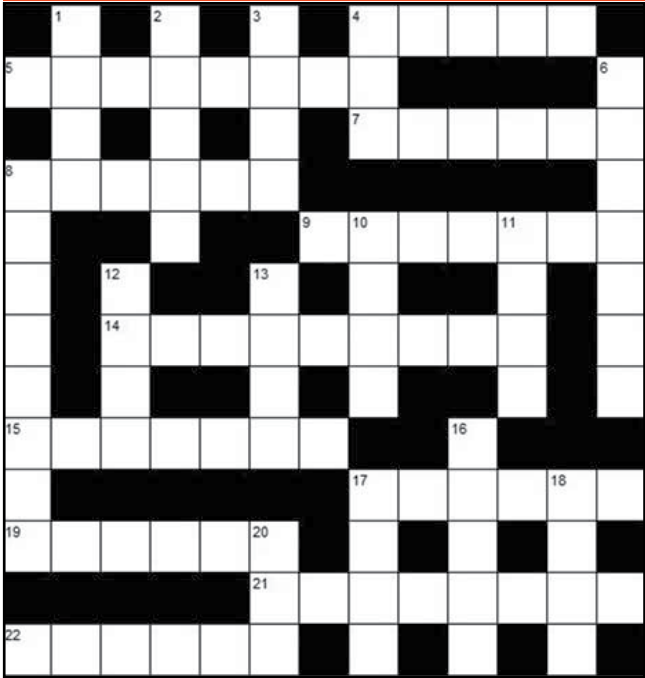
1. It's an indigo peripatus (Peripatoides indigo). Also known as velvet worms, peripatus are an ancient animal in transition from worms to more complex forms.
2. Percheron is a breed of heavy horse (Equus ferus) from France; perovskite is the mineral Calcium titanate (CaTiO3) (perovskite structure also refers to other chemical compounds with the same type of crystal structure, a number of which are used in solar cells to produce electrical power); the persimmon (Diospyros species) is a bright orange fruit originating in Asia which is fruiting in Nimbin right now (Pauline from the Nimbin Artists Gallery grows really nice ones!).
3. A spinneret is a spider's gland with which it spins its web.
4. Nine days old!
5. Italian cows milk cheeses Parmigiano Reggiano from Parma and Reggio Emilia provinces and Grana Padano from the Po Valley are two of life's gifts.
6. The Paper Kites.
7. They're all penguins.
8. None of the above. Located in the Andaman Sea, the Phi Phi Islands of Thailand are partially submerged karst cliffs.
9. Prometheus, a second generation Titan was fond of humanity (some mythologists say he created humans from clay) so he gifted fire to us. The Olympian gods were very unimpressed. Zeus tied him to a rock and had eagles visit every day to eat his liver and every night he would grow a new one, only to repeat in perpetuity. Do not play with fire!
10. This quiz has been brought to you by the letter "P". Question 3 was the odd one out (no words beginning with p).

## Answers

# Nimbin Crossword

2025-04

by Synic



## Across

4. Not a ray, but a flat fish
5. Protect from disease (eg by vaccine)
7. From this wide brown land
8. Chocolate pudding?
9. Horny marine mammal (causes a commotion, because it is so awesome)
14. Higher-ups?
15. Precisely
17. (and 19 across) Crustacean packing a powerful punch (6,6)
19. See 17 across
21. Improbable?
22. Legendary gigantic squid

## Down

1. First responder, if you're a (7 across)?
2. Edible seaweed
3. Mood?
4. (and 16 down) Elongated marine reptile (3,5)
6. Unwanted on-line interruption? Large, flipped marine mammals
8. Sea Cows?
10. Keen
11. Scramble? Cannabis
12. East of Europe
13. Navy special ops
16. (See 4 down)
17. Mix and chop? Think over
18. Lazily?
20. Wordplay

Solution: Page 34

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# EVOLVING YOUR PRACTICE

## The art of practice

by Susan Paget

If you have a practice – or several – there inevitably comes a point when you need a little *some-thing* to add some spark. For us long-time practitioners, we occasionally need a reminder of why we’re doing the damn thing in the first place!

I’ve had this boredom lately with my walking practice. From a mental health perspective, my 10,000-ish steps a day have been fantastic for clearing my head and feeling invigorated with nature.

However, I’ve also noticed that my fitness level has plateaued to the point where this amount of effort might not really be doing much for my body. I don’t want to ditch it, but I also don’t want to walk further or faster or add more hills. I’ve had to look at ways to renew my enthusiasm.

This practice crossroads is important to acknowledge because sometimes we interpret stagnation as a reason to quit. We forget that one of the big lessons of a practice is to learn how to show up consistently even when the thrill has slipped away.

I like to look at this as an opportunity to ask, “What’s the point?” and “How is this making a positive difference in my life?” If I can answer these enthusiastically, the next question is: “What does my practice need?”

If you’ve hit the wall with any of your practices, here are a few hacks that have helped me to get to the other side:

### Find your person

You know how you’ll be thinking about something and then, like magic (or most likely spying!), it shows up on your social media feed?

Well, for better or worse, this often seems to happen when I need inspiration for practices.

Just when my walks were becoming a drag, I landed on athletes I resonate with who were deep-diving into the latest science behind walking, which invigorated my reasoning to keep going.

No matter what your practice thing is, every master of it is either on YouTube or a podcast.

Listening to an expert can often be enough to energise a habit, or they might turn you on to a solution that they’ve used to revive their own.

### Gamify your practice

What if you could turn your practice into a challenge? An easy way to do this is to turn it into a game by taking on a 30-day challenge.

Gamifying a stagnant practice works because it

creates a dopamine response to performing well and accomplishing goals.

There are plenty of organised challenges for every type of practice – think Sober October – or you can create your own. If you do yoga, spend 30 days working on a crazy shape. If you’re an artist, get up early and sketch 30 days of sunrises.

These are just a couple of examples of how you can build a goal into a practice by adding a quirky twist and measuring time.

To gamify my walks, I started rucking. Rucking is carrying extra weight so your body works harder on walks without having to increase time or speed. I’ve spent the past weeks experimenting with weights, easing into it so I don’t get injured, but I’m also keen to see how much I can add and how much stronger I can get. It’s made walking fun!

### Invest in your practice

As long-time practitioners, chances are good that we spend more sweat equity towards what we do than cash.

With my new discovery of rucking, I got familiar with it by placing a kettlebell in a backpack which did the job, but was very uncomfortable.

I recently upgraded to a quality weighted vest which makes things more user-friendly. Besides buying shoes, it’s one of the rare times I’ve spent any money on walking.

Giving yourself a little reward by investing in some new equipment, signing up for a retreat, workshop or course or even taking a holiday where you can do your thing in an awesome environment can help you fall in love with your practice all over again.

One thing I’ve discovered when I’m in a practice rut is that figuring out how to move through it helps all of my practices. Learning how to ruck to go the next level in my walking has made my yoga practice so much more essential for recalibrating the bones and muscles that are working harder.

Thinking about overcoming this practice hurdle has made me want to write about it, which supports my creative practice.

And when I’m not doing any practices, I simply feel good. Aligned. Content. Like I’ve listened and did what I needed to do to continue to show up for myself. Day after day. Month after month. Year after year. And that’s what a practice is all about.

*Susan Paget is a television producer, well-being writer and yoga teacher who lives in Tuntab Creek. Listen to her podcast ‘The Art of Practice’. For more info, email: theartofpracticeofficial@gmail.com*

# Tiny wings, big lessons

by Barbara Mills, Educator

As a follow-up to last month’s article, we’ve been keenly observing the activity at our new stingless native beehive, *Tetragonula carbonaria*, in the garden at Tuntab Creek Preschool.

The bees are very busy right now, and we discovered they’re gathering provisions for the cooler months ahead. The recent stormy weather has affected their ability to go out and forage, but we were happy to see them back at work when the rain was light and the temperature was warm enough.

We talked about what might be happening inside the hive and what the bees do with the nectar, pollen, and tree resins they bring back. The children shared their ideas with excitement, wondering if the bees were making honey or building tiny rooms inside. It sparked lots of curious questions and imaginative thinking.

We learned that they use the tree resin and wax to build pollen pots, honey pots, and beautiful spiral-patterned brood cells. These special cells are where the queen lays her eggs.

One way we learned to help our hive was by offering them some extra propolis or beeswax. The children

placed small pieces around the hive entrance, and we watched as the bees quickly came out to collect it.

We also shared stories and books about Australian stingless bees to learn more, including by Tim Heard, which gave us lots of fascinating facts and pictures.

We discovered that it takes about 50 days for a bee to grow from an egg into an adult, and they live for around 100 days – except for the queen, who can live for several years. When a new adult bee first emerges from the brood cell, it’s white and is called a callow.

Bees have different jobs depending on their age. The youngest ones care for the brood and food and guard the hive entrance. The oldest bees go out to forage for nectar and pollen, collect resins, and remove rubbish from the hive.

We’ll keep observing our lovely little bees in the garden and noting which flowers and plants they choose to forage from. We’re following the Six Seasons cultural calendar, which shows we’re moving into Guyumbu. This means the paperbarks are starting to bloom. Hopefully, the bees will find these, along with many other native flowering plants, to help fill their hive with pollen and nectar.



Together, we’re discovering new and wonderful things in our beautiful natural environment. By observing the bees, we’re learning about their important role as pollinators. This species, *Tetragonula carbonaria*, occurs naturally in our area.

Having the hive at the preschool has helped both educators and children understand how vital pollinators are to preserving native floral biodiversity and supporting a healthy ecosystem. It has become a meaningful hands-on learning experience that encourages curiosity, respect for nature and environmental awareness.

Tuntab Early Childhood Centre is open Tuesday, Wednesday, and Thursday during school hours and is currently accepting enrolments. Please call 02 6689-1179.

# Innovative outdoor learning

by Anthony Neenan (Agriculture teacher), Bronwyn White (STEM teacher) and Sara Khamkoed (Teacher-Librarian)

At Nimbin Central School, students are stepping out of the classroom and into hands-on learning experiences that combine science, technology, engineering, and sustainability.

Two exciting projects – the construction of a geodesic dome and the management of school beehives – are providing students with unique opportunities to engage with the natural world while developing valuable STEM and agricultural skills.

### Building a geodesic dome

A major hands-on STEM initiative is currently underway with the construction of a six-metre geodesic dome.

This innovative structure will serve as both a collaborative learning space and a functional greenhouse, allowing students to explore engineering, mathematics and sustainability in action.

The project began with Year 5 and 6 students, supported by older students,



preparing the site. They dug drainage trenches, laid pipes and filled them with gravel to create a well-drained pad – an essential introduction to civil engineering principles.

Throughout the process, students have been developing teamwork, problem-solving, and practical construction skills. As the dome takes shape, it will continue to provide exciting learning opportunities across multiple subject areas.

We sincerely thank Temporary Fence Hire for their generous support in providing Nimbin Central School

with temporary fencing throughout our geodesic dome building project, ensuring a safe and secure work environment for our students.

### Beekeeping in action

Meanwhile, Stage 5 Agriculture students have been busy tending to the school’s beehives.

Recently, they successfully split the existing brood box and populated the school’s Flow Hive. This process is essential for maintaining healthy colonies and ensuring a sustainable honey supply.

With careful management, students are learning about hive maintenance, pollination and the vital role bees play in the ecosystem. Later in the year, they hope to harvest honey – an exciting reward for their hard work and dedication to sustainable agricultural practices.

These projects showcase Nimbin Central School’s commitment to hands-on, innovative outdoor learning.

By engaging with real-world challenges, students are not only gaining valuable knowledge and skills but also developing a deeper appreciation for sustainability and the environment.

# Donation supports students’ garden

by Kerry Hagan

Nimbin Garden Club has had the great pleasure of being able to donate \$500 to Barkers Vale School to assist with their commitment to growing veggies, herbs and native plants.

When I went to the school last year, I attended an assembly at which the children proudly presented an array of herbs and leafy vegetables.

These had all been grown at school in their air garden and raised garden beds. The produce was very healthy and



obviously grown with much love and dedication.

This month they are all very busy in preparation, with garden beds weeded, composted and mulched, getting ready for new plantings.

It’s a wonderful programme

teaching primary school kids how to take care of all aspects of food production, as well as caring for the many birds that take advantage of the native flowering shrubs that they have been nurturing.

I’m told that the donation will go towards an irrigation

system.

The dedication to this programme by both the wonderful staff and the children is truly amazing and makes Nimbin Garden Club is proud to be able to assist and help support them.

### Next visit

The April garden visit is at Carly and Scott’s Syntropics garden which was postponed thanks to Cyclone Alfred, on Saturday 12th April, 2-4 pm at 5/56 Robb Road, Lillian Rock.

Bring a cup, a chair and a plate to share. Hope to see you there.





by Ginja O'Brien, Teacher

Since 2020, Tunttable Falls Community School's graduating class undertakes a rite of passage journey where the Year 6 class venture off out of their comfort zone and challenge themselves to prepare for their teenage years. Each journey is different and unique, chosen by the students after they research the costs, transport, accommodation and even set their own menu. The experience is designed so they are exposed to activities that are physically and emotionally challenging and encourages them to practise supporting each other to overcome psychological barriers. In past years, children have completed high ropes obstacle courses, snorkelling,

and navigated unfamiliar cities. They must work together to prepare and cook the menu they planned and are accountable for independently working in synergy with the group's needs. In 2025 we have 14 children embarking on their rites of passage; this will be the largest Year 6 group we have ever had. A major part of this journey is fundraising for their rites of passage. The children, with help from parents, have many local fundraising events planned and we would love the community's support. They have already run the Spooky Disco (4th April) at the Nimbin Town Hall which was a great success and a lot of fun for all.

**Upcoming events**  
• MardiGrass (3rd & 4th May) at the

Rainbow Site. The children will have a huge sausage sizzle.  
• Channon Market (8th June) Food, coffee, cakes, craft and charity of the day at the market entrances  
• Bunnings Lismore (13th September) sausage sizzle  
• plus other in-school fundraisers  
Most of this year's class of 14 children have been at our school for seven years, and their families have contributed to our school immensely. Throughout their time they have had excellent practice at camping, cooking and organising. As a result, they are ambitiously planning on either canoeing down the Mann River, embarking on a three-day beach walk from Angourie to Wooli or snorkelling at Moreton Island. Let's make it happen for them!

# Liminal spaces shared in camp program

by Elissa McAuliffe

I invite you to conjure your memories of school camps as a child, if you were fortunate to have such experiences. No doubt there are memories that arise complete with the emotional impression that you felt at the time. The excitement of new places, the joy of being with your friends, the thrill of staying up way past your usual bedtime or perhaps the feelings of fear and anxiety of being away from your familiars and facing the complexities of the social sphere of your peers. These impressions stay with us for the rest of our lives. As teachers, we are aware of this space, which is sometimes named the 'liminal space'. This is a space in our experience that occurs outside our everyday lives. The liminal arises when we are invited to stretch our limits and go to new places. It occurs when we need to draw upon a deeper part of ourselves, whether it be practically, physically or emotionally, it is an unknown territory and is therefore charged with the heightened feelings that come with the challenges and novelty that such experiences present. Long before the class adventure begins, the teacher is walking around in the imagination of the experience, considering the



experience of each individual child and of the group as a whole as they design the camp program. How will this experience land for the students? When is the right moment to push through resistance and exhaustion to find greater resilience and capacities? When should there be rest, quiet and nourishment? How can we as teachers support the social wellbeing of each individual? How can we include moments of learning enrichment and the school 'curriculum'? Where will we find sparks of curiosity, wonder and encounters with the mystery of life? At Rainbow Ridge Steiner School at Lillian Rock, we begin our camp program gently and gradually from Class 1 and 2. On this foundation, the students are ready to meet adventures

such as our Class 6 and 7 trip to Sydney in March. We travelled in our school bus to Sydney, stopping at two other schools along the way for social exchange, where we were met with such warmth, generosity and hospitality that is characteristic of Waldorf schools. While in Sydney we attended an opera performance of Dido and Aeneas at the Sydney Opera House as part of our Ancient Rome main lesson. We visited The Rocks Museum and the Hyde Park Barracks museum and the Burra exhibition at the Australia Museum to enrich our main lesson on Australian History. We had a tour of the State Library which aligned with our library studies back at school. When asked about their

highlights, the students replied, "The return ferry trip from the opera at night" and "The tour of the State Library."



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Good luck

by Magenta Appel-Pye



Do you consider yourself lucky or unlucky? Most people define luck as “an unpredictable phenomenon that leads to good or bad outcomes in life.” ie, luck is something that happens by pure chance.

Professor Richard Wiseman, who created Luck School, has discovered reasons why good things always happen to the same people – they often spot an opportunity.

It’s amazing how little of our environment we consciously perceive, especially if you’re very focused on a specific task. It’s what psychologists call ‘inattentional blindness’. I’m sure you’ve all seen the famous ‘Gorillas in our Midst’ experiment. If not, have a look.

When you understand that things don’t automatically capture your attention, you can be more on guard.

Nicholas Rescher has written about the philosophy of luck. He says, “We are all at the mercy of unpredictable developments that make it a matter of mere luck how many of the crucial issues in our lives are resolved.

“The fact is that most human enterprises are to some extent chancy. Effort alone is seldom sufficient because of all the things that could go wrong: a mixture of effort and luck is often needed to achieve success.”

He interviewed regular people and discovered that those who thought they were lucky, constantly happen upon chance opportunities. Being in the right place at the right time is actually all about being in the right state of mind.

He found lucky people are more open and receptive to unexpected possibilities and operate with a heightened awareness of the world around them. They spot and seize upon openings that other people miss. They also tend to be more social and maintain a ‘network of luck’ through extended contacts.

Lucky people listen to their hunches and make good decisions without really knowing why. By contrast, unlucky people tend to make unsuccessful decisions and trust the wrong people.

Over and over, gut feelings and intuition helped people overcome adversity. It might just look like luck, but in reality it is all due to the remarkable inner workings of our unconscious minds.

Lucky people persevere in the face of failure. They keep going until they accomplish their objectives. The unlucky people give up before they even start.

Lucky people have an uncanny knack of making their wishes come true. They expect good things to happen. Lucky people have a special ability to turn bad luck into good fortune. Wiseman believes that this one plays the most important role in survival.

When misfortune strikes, life’s best survivors not only cope well, they often turn potential disaster into a lucky development. They can readily imagine how much worse off they might be. Serendipity is not good luck, it’s a skill that can be developed. When it comes to luck, the future is in your hands.

So stay prepared – luck tends to find those who are ready for it. Keep honing your skills, expanding your knowledge, and be ready when opportunity knocks.

“It’s hard to detect good luck – it looks so much like something you’ve earned.” – Albert Einstein

Nimbin Crossword solution

From Page 31

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



Goalkeeper Dylan Morris for Nimbin Headers Open A team in the ANZAC Cup faces a challenge from the Suffolk Park team on 16th March. Headers won the match 2:1 and have progressed to the finals. Photo: Chibo Mertineit

Social conscience and cohesion with sports

by Lisa Lucken

I cannot believe that we are already a quarter way into the year. Except that the sports fields are being mowed beautifully and the lines are freshly painted, the whippersnappers have been buzzing and the working bees having been ticking jobs off that to-do list!

So! If you have been plodding along one day at a time, be assured that there are some wonderful people doing the little and big jobs in the background so that all those cogs can turn smoothly.

They have been brainstorming and working bee-ing and ‘greasing the wheels’ so that when the time comes to start training and competing there is a good and easy feeling for everyone.

My personal agenda at our awesome Headers Sports Club is driven by a desire for positive change, inclusion and increasing awareness.

It almost seems like cheating, because it is already an environment that is inclusive to a wide age range and ability level.

With everyone in the club involved in their version of the working/parenting/

studying game, they exemplify the definition of social conscience and cohesion.

The flow-on effect is that the community benefits from this attitude.

Club members can be inspired by other members, and visitors can take their inspiration back to their home clubs along with positive commentary and vibes.

Supporters can see that there is a high standard and be encouraged to live up to it...

Our fabulous sports club is already doing such a good job engaging the community, supporting members and players and families, providing a safe place for the community to be.

The opening of the Nimbin Rainbow Walk was an excellent example of Social Cohesion, with the club rallying to participate in the festivities with the greater community.

We put on soccer-related games, had the club open for the facilities, had food and drinks available... The weather was ideal and the vibe was cheery and the shady spaces were appreciated by all.



The Headers have grand plans afoot that will certainly contribute to making our village a more vibrant place to live in and visit when they come to fruition. Our state-of-the-art floodlights are an example of a long-term vision made a reality. The lighting improvements were inspired by the wish for women and children to feel safe playing later at night.

The level of commitment and dedication to the community and the future of the sports club is exemplary of its social conscience. And there is awareness that there is more work to do...

Clearly not everyone can (or wants to) come to meetings or mow on the weekends, but we can all practise our social conscience in different ways. Come to training. Encourage your children to respect their coach (they do this job for their love of the sport).

Speak with decency to the visiting team and all players. Communicate kindly to all match officials (remember that most of them do their job for free or get paid peanuts). Honour the environment the club stands on by keeping it tidy... Not

so hard!

With the season gearing up, now is a great time to get acquainted with the GameDay App, get to know your coach and the other players.

Become a part of the team chats and put up your hand to help out in the canteen or on the field (Duty Officers are a vital part of official play and you get to wear the groovy HiVis vest!) when you or your child has a home game, even for just half a game of time... “Many hands make light work.”

Finally, If anyone knows a senior student interested in Hospitality/ Management looking for local experience, or perhaps a newbie to the community looking to make connections, please check out our ad for a volunteer co-manager for the canteen.

The networking and experience that could be gleaned by involvement in the season could be invaluable.

We all have something to contribute. You do not have to play the game! The contributions are as many and varied as we are...

“Not all of us were made to cook. Some of us were only made to have conversations with the person cooking.” – said by somebody.

Don’t get me started: Home delivered groceries

by Harry Gumboot

Last week on the way to the farmers’ market I found myself stopped at roadworks behind a Colesworth home delivery van.

The delay caused me to wonder how we’ve arrived at this. After all, didn’t we come here with the aim of becoming self-sufficient?

However, my attempt to be triggered was tempered by a sudden memory of getting home deliveries when I was a kid.

My mother would drop off our weekly order at the local grocery while filling a string bag with basics like milk and bread. Dry goods like flour and sugar were bagged to order on the premises and delivered later in the week.

I don’t think I saw my first plastic bag until I was 18. (This may explain

the wave of inner peace that washes over me when filling a brown paper bag upstairs at the Emporium.)

In an attempt to work up my outrage I spoke to a local shopkeeper who’s usually good for an opinion. I was disappointed.

They reckoned their walk-in business has improved since the home deliveries began because people missed a lot of the little things when ordering on-line.

As a result, they drop in locally for items they’ve forgotten. This then leads to them purchasing additional products at eye level on the shelves.

I try to shop in Nimbin, but on the occasions I use one of the big chains to purchase the few niche items unavailable locally (wild caught Canadian smoked salmon for instance).

I astutely avoid the self-checkout and stand in a line clasping my few items,

while reminding myself I need to fill the car at the self-service petrol pump on the way home.

I’m not sure if the self-checkout puts people out of work, or merely moves them to selecting items off the shelves for home delivery or click-and-collect orders?

I can see the convenience of both for the elderly or infirm, but I haven’t fallen into either category yet.

I can also see the benefit of the food miles saved by shoppers not making multiple individual trips to Lismore.

In the end the only real objection I can find is that the providers are multinational corporations. It’s weirdly outside their brief, and needs a more local entrepreneur to take them on.

These intellectual acrobatics have left me feeling triggered by not being triggered. I’m going outside to my local plant-and-pick in order to calm down.





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STUNNING VIEWS | AIRBNB POTENTIAL

**SOLD**



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**SOLD**



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FLOOD FREE HOME | SOLD FOR \$615K

**SOLD**



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FLOOD FREE AREA | SOLD FOR \$640K

**SOLD**



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Jacqui  
0439 15 6666



Samara  
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Suzy  
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Vicki  
0409 914 433

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**AGENCY OF THE YEAR**  
2019 | 2020 | 2021 | 2022 | 2023



**NEW**



2210 Nimbin Road  
Coffee Camp 11 Ac 4 2 4  
**\$1,150,000**  
Agent: John

**NEW**



148 Mountain Top Road 6.677 Ha  
Georgica Land  
**CONTACT AGENT**  
Agent: John

**NEW**



40/265 Martin Road  
Larnook 2 Acres 1 1 1  
**\$445,000**  
Agent: Jacqui

**SOLD**  
by JACQUI



68/265 Martin Road  
Larnook 2 Acres 1 1 2  
**CONTACT AGENT**  
Agent: Jacqui

**SOLD**  
by JACQUI



154 Gungas Road  
Nimbin 2801 sqm 2 1 1  
**CONTACT AGENT**  
Agent: Jacqui

**SOLD**  
by SAMARA & JOHN



2-4 Standing Street  
The Channon 2858 sqm 3 1 5  
**CONTACT AGENT**  
Agent: Samara & John

**SOLD**  
by JOHN



5005 Kyogle Road  
Cawongla 109 Ac 4 2 3  
**CONTACT AGENT**  
Agent: John

**NEW PRICE**



4/345 Tunttable Falls  
Rd, Nimbin 5000m2 3 3 4  
**\$750,000**  
Agent: Jacqui

**NEW PRICE**



108/265 Martin Road  
Larnook 6.677 Ha  
Land  
**\$260,000**  
Agent: Jacqui

**NEW PRICE**



1/2 Palm Place  
Evans Head 536 sqm 3 2 4  
**\$1,100,000**  
Agent: Vicki

**NEW PRICE**



84 Elliott Road  
Sth Lismore 866 sqm 3 1 1  
**\$475,000**  
Agent: Samara & John

**SOLD**  
by JOHN



31 Blade Road  
Nimbin 39 Hectares  
Land  
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