

ASTRO

forecasts

by Tina Mews

what's happening
in the heavens?

Aries

Saturn, planet of limitations, will be in your Sun sign until April 2028 (except a short return to Pisces from September 2 -February 16, 2026) testing your patience and persistence. Some illusions have to go which ultimately leads to a more sustainable future and grounded outlook. The rewards of Saturn are mastery, maturity and long-term stability.

Taurus

Venus, your ruling planet will be in your sun sign during June 7 – July 5. This is a fortunate time to set goals and reach them as it may be easy to attract the help and support of others. You might feel more inclined to be cooperative and agreeable with the ideas of others leading to win-win situations.

Gemini

The lively energies of the month may bring new incentives and guidance for future objectives. The question is which goals and ideas are realistic and desirable and when to step back and realign. Find a balance between vision and practicality.

Cancer

Jupiter, planet of good fortune, is in your sun sign from June 10 until July 1, 2026. This is a great time for initiating new growth and taking advantage of new opportunities coming your way. Nevertheless, your vision will undergo a reality check. Therefore, plan your new endeavors well without relying only on good luck.

Leo

Mars, planet of drive and action is still in your sun sign until June 18 providing you with an extra load of energy. Know your limits, apply some self-restraint and invest your leadership qualities for the good of all. You may suddenly gain a deeper understanding of your beliefs and how they influence your choices.

Virgo

New connections may bring fresh opportunities especially when you are willing to confront your past and let go of some aspects of your old identity. The deeper journey is about self-mastery and being aware of how to use your power. Mars in your sun sign from June 18 – August 6 will provide you with an extra boost of energy.

June

During June, we are entering a calmer period of the year giving us some time to integrate and digest the many events of the past few months. The sign of Gemini may help with this process. Gemini is agile, curious and multi-tasking, seeks diversity and variety and can see any situation from multiple perspectives.

The change of seasons takes place at the Winter Solstice on June 21, when the Sun enters cardinal Cancer. On June 10, we will have another outer planetary shift, when Jupiter, planet of new growth and good fortune, enters this fertile sign as well. **Neptune and Saturn have recently crossed signs from Pisces to Aries while Uranus will enter Gemini on July 8.** With so much movement of the great creative forces in the skies above us, we are experiencing nothing less than the birth of a new era. It may not resemble the expectations and images we had of the dawning of the Age of Aquarius. However, it coincides with a harmonious alignment of the three transpersonal planets, Uranus, Neptune and Pluto as a Minor Grand Trine. The three slow movers will have shifted from the more passive Earth and Water signs to the more active Air and Fire signs. Their extraordinary alignment is especially prominent from July until 2027/8. Out of the chaos of rapid change, something more coherent and forward-looking could emerge. Uranus breaks down the normal reality structure, while Neptune dissolves illusions exposing us to the ultimate truth, while Pluto drives the radical transformation of consciousness as a result to bring on the birth of a new



Zeitgeist, a new worldview.

On June 10, Jupiter changes from mental Gemini to emotional Cancer, its sign of exaltation. Jupiter will remain until

July 1, 2026. Cancer and Jupiter are associated with growth, tradition and a sense of comfort and prosperity. Jupiter brings fresh opportunities and optimism and infuses us with confidence to go after our goals. This is especially true concerning themes to do with family, family ties, home, real estate, emotional bonding and caring for others.

The two social planets, **Jupiter and**

Saturn have been in a square aspect since July 2024 and will form their final square exactly on June 15, this time in the cardinal signs of Aries and Cancer. Aries and Cancer represent the dynamic interplay between our needs for emotional security and belonging and our drive for independence and self-responsibility.

Saturn in Aries limits Jupiter's optimism and brings a reality check. For Saturn, there are no magical solutions to our problems. Patience and hard work are needed to bring on the changes that we envisage. This can give rise to feelings of frustration but also the desire to break through boundaries that restrict one's autonomy and freedom.

The Full Moon in Sagittarius on June 11 is opposite the Sun in Gemini forming a close square with the nodal axis. The Moon is part of an expressive fire Grand Trine with a confident Mars in Leo and a more uncertain Chiron in Aries. The Sun is the apex of a kite formation and can direct the stimulating energies into lively conversations as well as an ability to act and take initiative. The challenge is to remain cool-headed and make decisions based on facts instead of fiction without prematurely excluding creative possibilities.

The New Moon on June 25 occurs in Cancer and is conjunct fortunate Jupiter while squaring Saturn and Neptune in Aries. Mars in Virgo forms a sextile with the New Moon supporting pragmatic solutions to structural problems. This is a reminder to nurture the seeds we plant now with care and devotion to making them grow and blossom in the future.

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.

'Saturn in Aries and Uranus in Gemini: Connecting the Cosmic and Personal'

July 12, 10am-4pm, Lillifield Community Centre.
Phone 0457-903-957 or email: star-loom@hotmail.com All welcome.



Artwork by Gery Mews

Libra

Saturn, the hard taskmaster of the solar system, is transiting your relationship sector until 14 April 2028, assisting you in reconciling and balancing your needs, goals, and habits with those of the people closest to you. This is also a time to grow in the direction that feels right for you.

Scorpio

Jupiter's transit through Cancer from June 10 until July 1, 2026, may bring opportunities of growth through education, travel, or spiritual connection. You may feel like searching for a new vision to give your life more direction. This is also a period of self-adjustment when you can change your daily habits to ground what you have learned and experienced.

Sagittarius

Jupiter shifts into Cancer from June 10 to July 1 2026, bringing you new opportunities through pooling your resources and talents with someone else. You may experience a renewal of your spirituality. The Full Moon in Sagittarius (June 10-11) promises stimulating vibes and lively conversations as well as an ability to act and take initiative.

Capricorn

With Jupiter in Cancer and Saturn in Aries there is a quest for creating a working balance between growing in your relationship and attending to domestic demands. Opportunities to grow and expand depend on how well you relate to another while you may have to do some inner work addressing basic needs of security and belonging.

Aquarius

Developing and improving your communication and discrimination skills may help you to mature and grow over the next two years. Pay attention to the way you think. It is a good time to learn how to discipline your mind and discover new ways of expressing yourself. Through this you can make positive changes and grow in your everyday work situation.

Pisces

Jupiter in Cancer (June 10 – July 1, 2026) increases your creative potential and expands your creative energy. This is a good period for taking on more creative projects or expanding into a new field of activity even though it may not pay out so much financially in the short term. The benefits are more on an emotional or spiritual level.

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Grief, trauma, rebuilding...

by Marilyn Devlin

We've arrived in our first month of winter... and just a few short weeks away... my favourite ceremonial celebration... the Winter Solstice. We've reached the midpoint of our trek through 2025... a time of review. What's already been and carved its mark inside of me. What do I intend, where will my focus be... for the second act of this most eventful year?

Vulnerability is not a weakness... try telling that to my stoic Capricorn Moon. Like all things... it's a journey. A lifetime one for many things.

Finding our self... how strange it sounds... how could we lose our self? Well, seemingly quite easily. A world of distraction, untruths and manipulation. Ignorance is not bliss... my god, how could they ever exist side by side.

I know bliss, I know the magick, I know the power of the mystery. I know annihilation and I know healing. I know true deep love that can't be touched by anything outside myself. I know many things... deep in my bones, running rich in my blood.

I know that magick and mystery is real... yet I still lose myself, forget where I put myself. This precious opportunity one chance as me, on this magickal Earth.

Grief and trauma... they're powerful things... yet so often we hide them, even from our self. We need to be strong, active and achieved... isn't that what we've been taught since we could hear.

Many times, our words are not our own... carved deep in our mind by rote... and remote. We allow others to overrule... something we can never do. Only we have the key to our self... 'everyone else is just guessing Marilyn', words from a wonderful teacher many years past.

Our world bleeds with wounds hidden underneath... and they demand we go faster... faster and faster, looking for something that will never be found... at least not out there.

Everything begins and ends inside our self.

I was reminded of that recently... an experience so viscerally experienced it couldn't be ignored. 'WTF is that... maybe I'm getting sick'... these thoughts moved through my mind. It was powerfully strong... something so large, so real and present in my body.

It was only momentary... few minutes at most. Then I realised... my god, it's grief. And it's been there for a very long time.

I've studied many things... regarding health. It began very early for me... after my transforming experiences as a very young child. Created a fissure, a rupture that I'm still not sure if it can ever be reversed.

So, it was very early years... that I started on the hunt. I used the innate gifts I had to find the solutions, to right the wrongs. To become aware... living, thriving... not captured in ignorance, sickness and decay.

I always say it... but it's true... there's only one right way. Which makes everything work. There's only one real path... yes, of course, as uniquely special flowers we bloom in different ways... at least in a personal and physical way.

But inside we're all the same. Created by the same Life Force... imbued with the magick and mystery of all that is and has ever been.

We're created from something ancient and eternal... we know the truth, what's real. We just need the courage to step out of the line... and make the decision to be our self. Here and now. It can be a long road... this grief, this trauma... but it's your wisdom, your knowing... deep inside you, that knows what path to take, knows where you need to go. And refuses to accept make believe alternatives.

This infamous 2025 is filled with many crossings... many decisions that only we can make. What kind of life am I here for? What makes my heart sing? What do I intend for myself... this second act of 2025.

It'll be gone before we can blink... make a stand for you. Much love...

Nimbin Trivia Time

by Eclectus

Questions

- Does go-go have feathers, fins, fur or none of the above?
- Animal, mineral or vegetable? The following things are one of each: indigo, indium, indri. For a point each, which is which?
- Last month we saw that being "as mad as a two bob watch" describes the least dangerous state of mad behavior, out of a hierarchy of four. This month the question is: where does the expression "as mad as a hatter" fit in the hierarchy? Take a point each for the correct position in the hierarchy and the origin.
- King, ghost and hermit, are all kinds of what creature?
- In Australia, if one is in need of a cup of tea, a Bex, and a good lie down, in what state of mind is one? Take a bonus point if you can say what Bex is.
- Pompano is a new breed under trial for intensive production in Southeast Queensland. Is it a breed of cattle, fish or poultry?
- True or false? The soft metallic element indium (49In), was named after India.
- Between Tenterfield and Glen Innes on the New England Tableland lies Stannum, a village that's home to about 200 people. Its name is derived from its industrial origins. What was the industry and what is the connection to the name? Hint: a link between Latin and chemistry will lead you towards your goal.
- Which young Australian sportsman is leading the 2025 World Championship in his sport after seven rounds? Take a bonus point if you can name the sport.
- Is Cirrus Minor a cloud type, a song or an aircraft engine?



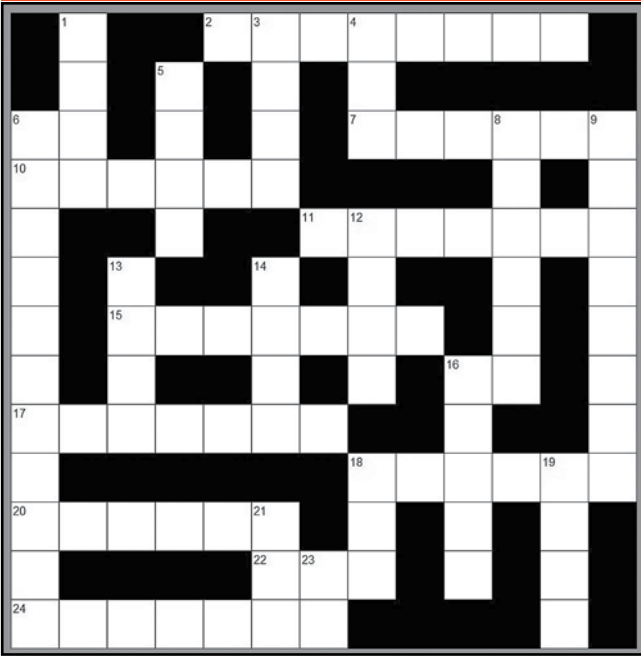
- None of the above. It's an early 1960s energetic, sexy dance form to entertain nightclub patrons.
- Indigo (Indigofera tinctoria) is a plant (and the source of blue dye for at least 6,000 years), indium (49In) is a soft silvery-white metal used in flat-screen and semiconductor, indri (Indri indri), also known as babakoto is a large, black and white lemur of Madagascar.
- As mad as a hatter refers to the second least dangerous state of mad behaviour: the disjointed and unpredictable behaviour experienced by hat makers in the 18th and 19th centuries due to the use of mercury compounds in hat production.
- They're all crabs.
- One is in a state of significant stress or pain or one is animatedly pressing the importance of their conversation point in a social setting that is unconvincing. Bex was a brand of compound analgesic (aspirin, phenacetin and caffeine) popular in Australia from the 1920s until it was banned in 1977 due to its addictive nature and consequent serious kidney disease issues. The expression was also the title of a successful 1965 Sydney comedy revue by John McKellar.
- Pompano (Trachinotus anka), also known as the Giant Oystercracker, is a wild fish species native to northern Australia. It is undergoing aquaculture trials at the Queensland DPI Aquaculture and Fisheries Research Centre at Brisbane Island.
- False. It was named after the strong blue line in its spectrograph on discovery in 1863.
- Stannum is a tin mining village. It is also the Latin word for tin (50 Sn).
- Oscar Piastri, driving for McLaren Mercedes, is leading the Formula One Drivers' Championship with six podium finishes from seven races, including three wins.
- Everyone's a winner! Take a point if you said any one, two points if you said any two and three points if you said all three. Cirrus Minor is a high altitude cloud made up of ice crystals, a 1969 Pink Floyd song and a 1930s British aircraft engine.

Answers

Nimbin Crossword

2025-06

by Synic



Across

- Carried in Lismore's (7 across) to light the night
- Contained by
- Procession? March.
- Add yeast
- Bright, like (2 across)
- Filled with helium, or hot air?
- Lubricant (init.)
- Foul? Poisonous
- Drooping (flower)
- Rises above? Tall buildings
- Tiny guitar?
- Moving to the music

Down

- (Fresh scent of) evergreen tree
- Prayer signoff
- Advice? Pointy end
- Wander aimlessly?
- Lit from within, like (2 across)
- It's got hives
- Swollen? Ate way too much
- Appear? Observe
- Mountain goat
- French cheese with mould
- Thousands of grams
- Sadness?
- Work for
- Sol
- (16 down) (init.)

Solution: Page 34



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Making bridges between home and school

by Ginja O'Brien

Home visits have been a tradition of the Kindy class at Tuntabale Falls Community School for over a decade now.

Term one of the children's first year of primary school is supported by a whole class visit to each child's home. The intention is to foster a deeper connection between students' families, their peers and their teacher.

The children spend the weeks prior making artistic representations of their homes, constructing house plans from Lego and discussing the similarities and

differences between families from all over the world through literature.

When their turn arrives, they venture off hand-in-hand.

On arriving they share three things that makes their home unique and special, followed by a house tour, then off they go showing their new classmates their pets, special gardens or toys.

Starting primary school is such a big step and it's evident that once we have visited the child's home, that child appears more settled and comfortable with their teacher and peers.

Home visits also provide a lovely opportunity for the children to get to know their classmate's wider

family, which fosters a stronger relationship with adults they see in the school.

As a parent-led school we often have parents in the school, on excursions or camps and it's lovely to observe how comfortable children feel around different adults.

This initiative also lends itself so well to children understanding diversity.

As they witness the similarities and differences between family sizes, house designs and geographical differences, they genuinely accept that although we all come from different backgrounds, we are also similar in many ways.



Cross Country: A journey of personal growth and inspiration



by Shannon Brinnand

At Barkers Vale Public School, our students are always encouraged to set personal goals and strive to improve their personal best, and that includes athletics!

Our Cross Country events are a fantastic example of this. Students are encouraged to come along right from their kindergarten years. This early exposure helps them get used to the excitement, and just watching the older kids race often sparks a real desire to join in when they're bigger.

Our Cross Country program is all about fostering inspiration, encouraging personal growth, and giving every student the chance to discover their unique talents. There are no barriers here, it's a gradual journey where everyone can participate at their own pace.

It's wonderful to see our senior students step up as mentors for the younger ones, creating a supportive environment where everyone can thrive.

During our training, we make sure junior students have opportunities to run alongside the seniors. This isn't just about fitness; it builds a sense of community and provides encouragement. By observing and interacting with the older students, the younger ones gain motivation, and learn valuable insights that help them develop their own running.

Over the past few weeks, our students have been working incredibly hard to get ready for the big Cross Country run. It's been fantastic to witness their commitment to improving their endurance!

Through this training, they've learned important skills like pacing themselves and

understanding why stretching before and after exercise is so important.

The Cross Country day itself was a resounding success. Students finished with beaming smiles and a treasure trove of positive stories.

We heard all about the muddy adventures, including a few lost shoes in the muck, and everyone shared their personal struggles and the joy of reaching their goals.

We'd also like to give huge congratulations to Albie, Sunny, Matilda, Aylin and Eiko for their remarkable achievements. Their hard work and determination serve as an inspiration to all their peers at Barkers Vale Public School, as they now move on to compete at the regional level.

Well done to all our amazing students at Barkers Vale Public School.



MardiGrass colouring-in competition

by Ian Wickham
Competition committee member

Another MardiGrass has come and gone; this year with much rain, which did not deter the entrants in the official MardiGrass colouring-in competition.

This year saw a continuation of a trend of joint efforts. Originally the competition was conceived as individual entries, and it surprised us that there would be joint efforts... but of course, why not?

Without further ado here are the winners:

Equal first was a joint effort by Rachel and Vanessa from the Gold Coast (pictured at left); the other equal first was won by E.Z. Crack-A-Smile.

I asked Rachel about how you actually do a joint effort?

She said, "Vanessa was very symmetrical, while I just 'feel into it.' We'd do a bit while we had an idea, then hand it on to the other."

"On my turn I'd turn the poster upside down, sideways etc. to get a different perspective then carry on."

Judges thought "Wow!" about the other equal first entry from E.Z. Crack-A-Smile, commenting that it's "like looking into a kaleidoscope, man!"

Special prizes were also awarded to Youngster Craig; Youngsters Zimiria and Zaria, and Youngsters Hanoone, Nahale and Colin F.

Judges thought a standout effort was by youngster Craig: "We loved his use of just the reds, blues, and purples of the spectrum - very harmonious! Also very sophisticated from a kid of only 11."

Another standout was by Hanoone, also only 11. We loved the shimmering



Zimiria and Zaria Hardy from Wadeville point out their winning entries in Hemp Embassy window.



spectrum colours emanating from the dream-catcher to the edges giving much energy and vibrancy to the poster. The added colourful crystals were fun too.

Many entrants forgot to put contact details on the back, or we couldn't get

through on the phone number, so we hope you're reading about it here.

Please call in to the Hemp Embassy between 10am and 5pm any day to pick up your entry and your prize.

Thanking you for your artistic efforts.



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Rainbow Ridge responds to a roadblock

by Jane Robinson

When faced with weather adversity, Rainbow Ridge Steiner School adapted swiftly and continues to create exceptional educational experiences. An inter-school music camp at Casuarina School in Coffs Harbour, which had been planned to enrich our Middle School music program, had to be cancelled with a snap decision, a pivot and some quick improvisation, due to the recent 1 in 500-year rain event on the NSW Mid-North Coast.

Determined to create a new adventure for some very disappointed students, our Middle School teacher drove the school bus into Lismore to meet up with our music teachers, where the students enjoyed a spontaneous visit to the Lismore Regional Gallery, an impromptu tour of the Conservatorium and a visit to the current exhibit 'Circular Timber: From Salvage to Showcase' at the Living Lab.

The students explored the cultural hub of Lismore with great excitement. They then returned to school where one of our brilliant music teachers offered music composition workshops in the evening.

The students enjoyed a hearty soup and local Nimbin sourdough prepared by the parents, and lullabies sung by their class teacher as they took their exciting and culturally rich day into their sleeping life, with a sleep-over in



their classroom.

On the following day our strings tutors rose to the challenge, developing a whole school music extravaganza, from classes 1 to 8. Older students taught the younger students rhythm and songs.

The impromptu mini-music camp culminated in a whole school performance of an orchestral piece which the students had pieced together that day. A Class 1 child named it the 'Bees in the Meadow'.

To top off the day, the Middle School students piled back into the bus and headed into Nimbin to have pizza at Armonica. After dinner the curriculum continued with a restorative circle, role

plays, drama and games.

On their final day, after a pancake breakfast, the group joined in with a 'Just Dance' for a fun and energetic dance experience.

What a delight to witness the whole school holding their instruments and performing music together.

Well done to all the amazing teachers who can be flexible, adapt to our ever-changing world and create a healthy, rich, fun, energetic and social plan for our children on the spot!

Rainbow Ridge is accepting enrolments. Ring for a school tour today on 02 6689-7033, or email: admin@rainbowridge.nsw.edu.au

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Space

by Miriam Torzillo
dance educator

This semester at Tuntable Community Preschool, children have shown an interest in space, exploring it through story, new vocabulary and concepts and creatively through dramatisation, art and dance.

Sometimes two approaches combine. In a recent class I took the role of someone from space coming to earth and asking the children to help me understand this thing called 'dancing' by demonstrating it.

In another lesson we embodied objects or ideas or concepts related to space, by moving as if we were the stars, a rocket launcher or an astronaut. The photo shows a moment from that lesson.

In dance it is possible to explore multiple ways of thinking at once. Children



can explore the idea of space, while exploring the concept of the body in space, such as by making shapes, moving through pathways or at different levels and in different directions or making their movements and shapes, tiny or huge.

And we always continue to develop our sensitivity to others, finding ways to move together in the shared space, while exploring the extent of our own bodies.

At the end of the class there is always an opportunity for each child to take the space in the middle

of the circle to explore their personal style and develop movement vocabulary. We who sit, learn to be an appreciative audience and to notice.

We teachers call attention to the body language, movement and gestures of the mover and to demonstrate positive regard for their effort.

It is always rewarding when a child steps into the circle for the first time and without hesitation dances 'their' dance, and then straightaway is keen to have another go. Thus through dancing

singly and together, children develop a better sense of their own moving body as well as a sense of 'us' in dance, pointing to the place dance has forever held in the social and cultural life of people.

Luca ready to say Ciao to another beginner Italian course

If you've ever dreamed of sipping an espresso in Rome, navigating a Tuscan market, or just having a chat with your new Italian friend, now's your chance.

Luca Terramadre is back with another beginner/travel Italian course – perfect for anyone curious about the language, the culture and everything in between.

Born by the beautiful Lake Garda near Verona, Italy, Luca has called Kyogle home for the past three years.

He now teaches Italian both on-line and face-to-face, bringing a little slice of *la dolce vita* to the Northern Rivers.

"Learning Italian doesn't have to be intimidating," Luca said. "It can be fun, social and super practical – especially if you're planning a trip to Italy or just love the culture."



This new course is designed with travellers and absolute beginners in mind. You'll learn the essentials – from ordering a gelato to navigating a train station – and pick up a few fun phrases that go beyond the phrasebook.

The eight-week course in Kyogle kicks off on Friday 20th June, costing \$250. Whether you're brushing up for a trip or starting from zero, Luca will guide you every step of the way.

All the details, including how to sign up, are in the link: <https://ilcibidi.bigcartel.com/product/italian-course-8weeks>

Come for the language, stay for the laughter.

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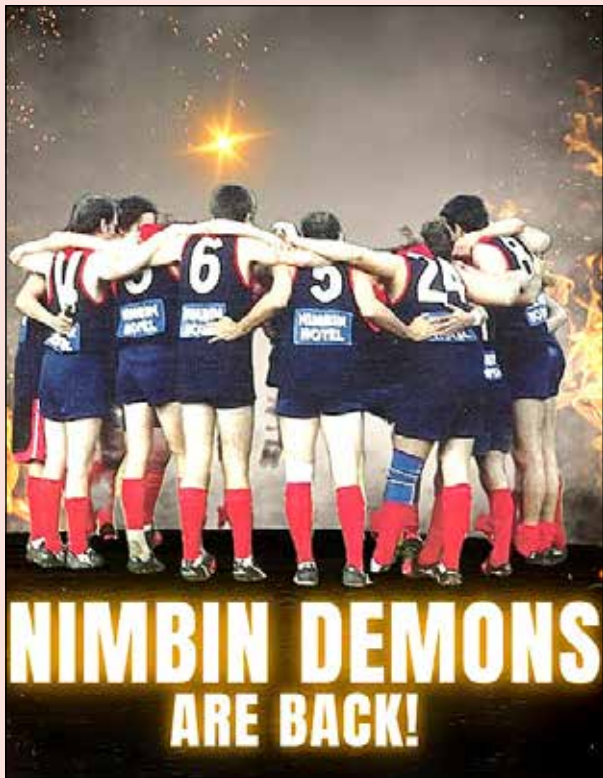
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by James Alexander

After more than a decade in the wilderness, Aussie Rules footy is officially back in Nimbin! That's right, the mighty Nimbin Demons are rising from the ashes and returning to the paddock in 2025, ready to light up the region in a brand new competition format. The resurrected Demons will compete in a shortened season against eight other regional clubs, designed to bring fast-paced, exciting football to communities across the Northern Rivers. It's grassroots footy at its finest: raw, passionate and built on local pride. For the first time in over ten years, the sound of boots on the oval, the roar of a crowd, and the clash of red and blue will once again echo through the hills. It's a momentous occasion, not just for the players, but for the village as a whole. We're putting the call out to all former Demons players. If you've still got a bit of fire in the belly (and even just a couple of good quarters in the legs), we want you. Likewise, we're rallying past supporters, families and fans to come back into the fold. Bring your flags, wear your colours and be proud to stand behind the team once more. This isn't just about sport. It's about community, spirit and connection. It's about giving the next generation something to aspire to, and giving the village another football team to cheer for. Once the fixture is announced, we want to see the sidelines packed and the streets painted red and blue. Let's make it something special. Let's bring the heart of Australian footy back to Nimbin. Here's the challenge for our town: can we win premierships in both soccer and AFL this year? For more information, to express interest in playing, volunteering, sponsoring or supporting in any way, please get in touch with Will Alexander on 0427-104-094, or email: willexphys@gmail.com

Nimbin Crossword solution

From Page 31

	P			L	A	N	T	E	R	N	S	
	I		R		M		I					
I	N		O		E		P	A	R	A	D	E
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Women's football update - 2025 season

by Carol Boomsma

Once again, the Nimbin Headers is proud to field two senior women's teams this year, with 35 women registered and ready to play. Despite a soggy start to the 2025 football season, both teams have managed to play four matches each, with just one game washed out due to weather. Our Fourth Division team features 18 players ranging in age from 15 to 67. Many of our long-term legends have returned for another season, joined by a fantastic group of younger players – five of whom are still in school and playing senior football for the first time.

These young women have been a revelation: picking up skills quickly, bringing speed and energy to the field, and showing real goal-scoring potential. The 4ths had a memorable victory in Round 4, beating Pottsville on Mother's Day. Coach Laurie called it "a Mother's Day miracle," and he wasn't wrong. With a depleted squad – at one point fielding just nine players – the team fought hard, with the defence and midfield under pressure for most of the match. But a moment of magic came when our youngest player, Ponyo, broke away and charged down the pitch. Showing incredible composure and skill, she weaved past defenders and smashed the ball into the back of the net. It was our first goal – and first win – of the season. Our Second Division women's team boasts 17 registered players, most of them returning from last year. With growing team chemistry and experience, coaches Rhyl and Deb have led the squad to an



impressive start: three wins from four games. A standout addition to the side is Ruby 'Golden Boot' Grabovsky. After taking several years off, Ruby has returned to the pitch and is playing like she never left. The team's only loss so far came in a tough match against ladder-leaders Casino, played mid-week on a wet and muddy pitch. It was a gripping contest, with our players pushing hard and nearly claiming the win. Casino fired off dozens of shots, but our backline held strong, anchored by the fearless Lauren in goals. A returning club veteran, Lauren's experience and presence between the posts have proven invaluable. That's a wrap on the first four games of the season! The Nimbin Headers Sports Club would like to extend our heartfelt thanks to the wonderful women of the Nimbin Country Women's Association Branch. Once again, their generosity has made a real difference – donating funds to assist two senior women and two junior girls with their registration fees. Thank you, CWA, for your continued support of women in sport!

Reflections by the coach of the women's 4ths

by Laurence Axtens

Together we turned our eyes to the heavens
And wept
But no-one could tell
It's not because we're stoic
Though we're tough as nails
Oh no we're passionate
We wear our heart upon our greensleeves
And we love the game
And our gang of mates
Who all run around like mad 'til they fall down
And we help them up by yelling,
That's simulation
Together we turned our eyes to the heavens
and wept
But no-one could tell
For the rain was too heavy
It chilled our reddened faces pale
And our torrent of tears was washed away

Unbeknownst

It's not just a game
It's a passionate marriage
Of skill and daring
Of fitness and teamwork
It's not without reason
It's called the beautiful game
But it can't be played in an aqualung
Or on a swamp
In fan-driven motor boats
Just a game
What we wouldn't do
For just a game
Is it too much to ask
Just one before the summer five-a-side season
gets washed out as well
This interminable wet
We've banished the rain dancers
From the town's drumming circle
None of us are allowed to wash our cars

Or hang out our clothes
a pointless exercise

We've formed a committee
To build a weather-proof stadium
Nimbin's own Bernabeu
We did the maths
We crunched the numbers
For a mere 1.9 Billion
That's only \$770,000 per Nimbin local
And the wait for the ANZAC cup victory
Could be over.
It's worth it folks
We're not asking much
Nimbin could have the only purpose-built
Weather-proof football-only stadium
In the southern hemisphere.
Think of the tourism
Think of quality of footballer
You'd be supporting
We're here
We're ready
All we need is a dry place

To be showcased

Our kitchen already produces
The best nosh
We could have a bar
Knocking out mimosas
The town could learn our team song:
Nah nah nah nah Headers
For just \$770,000
No bank that has watched Headers
Fourth division women go round could
In good conscience
Knock you back
Now I know what you're thinking
It's not enough
We all want to put in more
Let's just do this first
It might take us some time
But we have to play somewhere
Nimbin's Bernabeu
Fund is open
All donations welcome

Too busy for practice

The art of practice
by Susan Paget

Are you too busy to do your practice? If I had to guess one of the top practice killers it would be that we think we're "too busy" to do them. And it makes sense! Who in their right mind wants to add one more thing to their to-do list when the walls of obligations are closing in?

I admit that during busy times I fantasise about skipping practices. Man, it would be so nice to behave like a normal human for once and hit the pause button on these non-negotiables I've set for myself. No making that bed – *what a luxury!* Skip the yoga today, tomorrow, the week – *woo hoo!* And journaling – *schmournaling!*

But I've been at this practice game long enough to know that any good feels I get from skipping practice are temporary. If I don't keep things up I become ungrounded. I say "yes" to what I should say "no" to because my body, mind and soul are disconnected. And it's that much harder to start up again because once you stop practising the momentum is kaput.

Practice, no matter what form it takes, is a stabilising act of self-care and when we don't do it, the wheels of our cart start to wobble and threaten to fall off. The art isn't ignoring what's happening in life but acknowledging the backdrop

of what's going on and figuring out a way to reduce the time of our practices, adding a bit of strategy and accepting that sometimes practices aren't about growth but instead are about maintenance.

Here's how I approach my practices during busy times:

Reduce the time: When I'm especially busy I'll reduce the time frame of my essential practices. This looks like hitting the timer for three minutes of silent sitting probably while still in bed rather than longer meditating. A few pages of journaling is swapped for a half page of gratitude, a to-do list or some basic affirmations so I can get my head on straight. Yoga is a simple 15 minutes of basic sun salutations, and if I've got a half hour more to spare I duck out for a quick walk, otherwise I figure I'm going to be busy enough during the day and will naturally get the steps in.

Practice isn't about quantity. It's about consistency. I always tell myself when I'm doing a quick practice that just doing it is as good as doing the real, longer thing. As a bonus, having less time to do a practice seems to make me a lot more focused with it.

Make a plan: Having a strategy for sneaking a practice into a busy day is powerful. The night before, envision the day ahead and plan out the windows to fit in reduced practices.

From a woo-woo perspective, it seems that if I have the intent to get my practices in and imagine windows of

opportunity when they could get done, even when things are super hectic, I seem to manifest more than enough time to get my needs met.

Maintenance and discipline, not progress: My practice focus during times where every moment is at a premium is just about ticking the box of doing them. It's not about learning anything new or advancing any skill. The real deal we're practising when we're under the pump is developing grit and discipline. We're showing up. Regardless.

Cultivating discipline is a huge thing. It helps train our belief system to welcome order and acknowledge that we can do hard things.

When I make time for my practice on the busiest of days I never regret the effort because I also completely understand that these are the times where I need my practices the most. Keeping up my key practices, even for a few minutes, makes a jam-packed day flow better.

It gives me the physical ability to watch my step so I stay agile, the mental cushioning so I can make quick decisions and the emotional intelligence to navigate whatever challenges come up.

It's times like these, when it's game on, that our practices show their true benefits.

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

Don't get me started: Potholes

by Harry Gumboot

Now that Mardi Grass has achieved its aim of flooding the country with medical cannabis (see 'Chernobyl-Strength Cannabis', 7.30 Report, ABC-TV, 19/05/25) it might be time for a change of focus.

Nimbin needs a more inclusive festival, one that focuses on attractions other than its role as the cannabis capital of Australia. We are therefore pleased to announce the inaugural Nimbin Pothole Festival to be held on the second weekend in May, 2026.

Organisers believe holding the festival immediately after the Mardi Grass vehicular influx – hopefully preceded by a four-month weather event – will ensure all entries achieve their maximum potential.

Starting from this week, residents are encouraged to foster a pothole in the immediate vicinity of their road frontage. Prizes will include a cubic metre of road base for the caretakers of the biggest pothole overall, while the Roa Dart Perpetual Trophy will be awarded for the most artistic surround.

But why stop at paint? Participants are encouraged to highlight and utilise their personal potholes in new and innovative ways.

As well as size and decoration, there will be categories for potholes filled and



maintained by residents rather than council, linked series (a minimum of five potholes, each less than a metre from its immediate neighbours), former pothole that have remained intact the longest after a council repair (sic), and nascent potholes.

The latter category will enable people to predict on a map where a new pothole is likely to emerge in the following months.

There will also be a category for the most creative use of a pothole. This could include creating a homegrown and sustainable smoked-salmon industry, fencing them to provide greater visibility, as well as a safe haven for lost pets advertised on social media, or, in the case of the larger ones, converting them to tiny houses.

Volume will be determined by way of Archimedes' Principle, with the results recorded using the local measurement known as the Ratio Of Bull, or ROB.

A ROB is equivalent to approximately one litre of liquid, provided the sample is left to stand overnight in order to allow for the release of carbonated hot air. It will come as no surprise to most people that 100 ROB is equal to 100 litres, which in turn is referred to as a Big ROB.

All finalists will be eligible to take part in the NSW state government's Pothole Buyback Scheme.





URI ROSS

PROPERTY

@realty



AGENT OF THE YEAR

AGENT OF THE YEAR

AGENT OF THE YEAR

AGENT OF THE YEAR

2019

2022

2023

2024

Stay up to date with our latest listings, open homes and & more by scanning.



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PROPERTIES FOR SALE AND SOLD BY THE TEAM



\$495,000

9/165B CAWONGLA ROAD, ROCK VALLEY

3 BED 1 BATH HOME + STUDIO + SHED

5 ACRE COMMUNITY | MAINS POWER

SHARE ON TOP OF A HILL



\$485,000

15 CARLTON AVENUE, GOONELLABAH

3 BED | 1 BATH | 512SQM

6KW SOLAR | DUCTED A/C

CLOSE TO SHOPS



\$590,000 - \$620,000

9 TAREEDA WAY, NIMBIN

STRATA UNIT | 589SQM

2 BED | 1 BATH | SOLAR

GREAT VIEWS | NEAR NEW CONDITION



\$1,670,000

69 HIDDEN VALLEY ROAD, BARKERS VALE

TIMBER HOME | 2 BED | 1 BATH

8 X 24 SHED | MAINS POWER

PRIVATE LOCATION | 318 ACRES



\$1,600,000

9 NOBLE ROAD, BLUE KNOB

3 BED 2 BATH HOME | 14.86 ACRES

1 BED GRANNY FLAT + STUDIO + CARAVAN

POOL & RESORT STYLE PROPERTY



\$699,000

110 CULLEN STREET, NIMBIN

RESIDENTIAL & RURAL LAND 7,285SQM

1 BED MODULAR HOME | SHED | OFF GRID

CREEK FRONTAGE | PRIVATE SETTING



\$339,000

4 GEORGI PLACE, NIMBIN

GREAT VIEWS | GREAT VALUE

2729SQM VACANT LAND

POWER & SEWER



UNDER CONTRACT

4 GENEVA STREET, KYOGLE

COMMERCIAL



UNDER CONTRACT

14-18 CECIL ST, NIMBIN



UNDER CONTRACT

13 THORBURN STREET, NIMBIN

URI ROSS | 0423 280 278

uri_ross@atrealty.com.au

SUNDAI HARRISON | 0413 751 184

sundai@atrealty.com.au

www.nimbingoodtimes.com

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John
0428 200 288



Jacqui
0439 15 6666



Samara
0429 806 288



Suzy
0429 492 477



Vicki
0409 914 433



Michelle
0489 238 889

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



NEW

1122 Nimbin Road
Koonorigan 19.69ha
Contact Agent

5 3 4
John & Samara



NEW

21 Thorburn Street
Nimbin 2056Sqm
\$850,000

4 1 2
John & Michelle



NEW

4/155 Lodge Road
Nimbin 11 Acres
\$450,000

0 0 0
Samara



NEW

1/37 Thorburn Street
Nimbin Unit
\$375,000

2 1 1
John & Michelle



Coming Soon

Eden Creek
28.22 Acres
Contact Agent

3 2 2
Samara



NEW PRICE

353 Gungas Road
Nimbin 64.25 Acres
\$995,000

3 1 3
John



NEW

697 Mountain Top Rd
Nimbin 7.75 Acres
\$790,000

2 2 2
Jacqui



Coming Soon

1/4 Silky Oak Dr
Nimbin 500 Sqm
\$565,000

2 1 3
John



Coming Soon

137 Blue Knob Rd
Nimbin 9.73 Acres
\$980,000

3 1 4
John



NEW

33/78 Cecil Street
Nimbin 2000sqm
\$970,000

3 1 2
Jacqui



NEW

63 Zouch Road
Nimbin 12.5 Acres
\$990,000-\$1,050,000

6 2 2
Samara



SOLD by John

447 Terania Creek Rd
Terania Creek 6.84ha
CONTACT AGENT

3 1 1
John

FEATURE PROPERTY

(02) 6689 1498
realestate@nimbinhills.com.au
www.hills2coast.com.au



5329 Kyogle Road, Cawongla
\$665,000
Agent: John & Jacqui

2 1 10 2549 Sqm

Cawongla General Store & Gorgeous Country Home - A Unique Opportunity in the Heart of Nature

Currently serving as a vibrant community postal agency, district store, and restaurant, the Cawongla General Store is an integral part of this tight-knit community and a popular stop for passing travellers. The allotment is entirely flood-free and provides ample room for growth and development, with stunning views of the surrounding natural beauty.

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