

ASTRO

forecasts

by Tina Mews

what's happening
in the heavens?

Aries

Venus, planet of love and beauty is in your Sun sign during the entire month forming an inspirational fire trine to Mars in Leo. It is a perfect time for having fun and getting involved in creative projects. In your relationships, you can strike the right balance between doing things together and following your individual needs and wants.

Taurus

This is the beginning of your new yearly solar cycle. New directions may open suddenly, and you might choose adventure over security and excitement over routine. Try to read the signs around you and remain open to other people's opinion. Especially Taureans born during May 15 – 21 are called upon initiating changes in their lives.

Gemini

This is the last month of Jupiter's transition through your sun sign. Make the best out of the opportunities that are presenting themselves. Jupiter changes signs on June 10. Until then, you are still on a journey into new territory with expanding networks and areas of communication as well as prospects to travel.

Cancer

You may experience a boost of new inspirational ideas to do with your life goals and life direction. Allow whatever doesn't serve you anymore to dissipate as your focus is now shifting towards the future and your future path. Soon, new opportunities and an exciting new cycle of growth is starting.

Leo

The passage of Mars through Leo (until June 17) could drive you into a new direction as doors are opening unexpectedly. You might feel rebellious against too many restrictions and regulations that curb your enthusiasm. Try not to get obsessed with your special way of doing things, instead remain open to the input of others.

Virgo

This is a good time for opening to new horizons in search of different perspectives, re-defining what is meaningful to you. The focus is on the future and new possibilities. You may be dreaming and seeding new projects that are waiting to be manifested in the months to come.

May

May brings a different energy as the focus shifts towards the future and the path ahead. The planetary energies are in forward movement, opening new territory for exploration. **Neptune, planet of vision and imagination, started its new 165-year cycle already in late March when it entered Aries.** Neptune is associated with dreams, illusions, spirituality, and the collective unconscious, linked to experiences that unite us and transcend the material world. **Saturn, planet of manifestation, enters Aries on May 25.** Under their conjoined influence, we can expect an evolution in collective faith, impacting all religions, ideologies, and spirituality. Systems of belief that once controlled our minds and hearts may dissolve, making way for a new understanding shaped by our personal ideals and spiritual power. The new cycle of Saturn and Neptune in Aries may be partly centred around the fight for our right to own our own mind, our own creativity and spiritual experiences as the awareness of the mechanisms of mind control through social media and digitalisation has become an issue that concerns us all.

Until May 21, the Sun journeys through Taurus. Taurus is an earth sign associated with the human need for stability, comfort and the importance of secure food and shelter. Uranus, planet of change, chaos but also liberation has been in Taurus since 2018 and will change signs in July. It returns to Taurus for another six month period during November to the end of April 2026. Uranus is a disruptive energy and after many natural disasters and wars for territory, we have changed the way we think about and deal with issues regarding climate, food supply, supermarkets, housing, assets, currencies, wealth and resources. The focus is more on survival and concrete action and on the struggle for the future including what is considered important and valuable.

The Full Moon occurs on May 12/13 in Scorpio opposite the Taurus Sun. It is the most mystical Full Moon of the year (Wesak Moon) marking the highpoint of the spiritual year when forces of illumination associated with the Buddha pour into the planet, and people all over the Earth join in meditation. The Moon is opposite Uranus and in a harmonious trine with Saturn in the last degrees of Pisces creating an opportunity for releasing what doesn't serve us anymore. Mercury in Taurus activates a stressful square between Pluto in Aquarius and the Black Moon Lilith in Scorpio possibly revealing



information that sheds new light on events from the end of April. Scorpio is not afraid to expose reality for what it is. Each Full Moon brings new insights, as we can perceive ourselves and the life around us from an objective distance, creating possibilities for healing body, mind and soul.

On May 18, the Sun forms a conjunction to Uranus. Leaders and authority figures, but also uprisings or natural disasters, could trigger turbulence and initiate a change of course. On a personal level, those who have horoscope constellations in the last 5 degrees of the fixed signs (Taurus, Leo, Scorpio and Aquarius) are affected – they are called upon to initiate changes in their lives.

On May 25th, Saturn enters Aries and starts a new 29 - year cycle. Saturn was last in Aries during April 1996 – March 1999. Saturn's shift from a passive sign (Pisces) to an active sign (Aries) increases the pressure to act and make decisions. Saturn and Neptune travel in close proximity until early September when Saturn returns to Pisces for a last visit. Saturn and Neptune make their exact conjunction on February 20, 2026, at zero-degree Aries, the cosmic point of new beginnings. The themes of the approaching Saturn-Neptune conjunction are becoming more obvious already now. According to Leyla Rael Rudhyar, "The cycle of these two planets refers most positively to the dissolution (Neptune) of whatever has become negatively crystallised (Saturn), and the 'descent' of new, inspiring collective images." Saturn and Neptune met last in 1989, the time of the fall of the Berlin Wall and the dissolution of the USSR. We are collectively still dealing with the consequences of the decisions made at that time.

The New Moon in Gemini on May 27 is conjunct messenger planet Mercury and forms a supportive trine with Pluto in Aquarius, planet of transformation and regeneration. At the same time, Jupiter in Gemini forms a square aspect with the nodal axis while approaching its square aspect to Saturn (exact June 15). This New Moon brings new incentives and guidance about societal and cultural issues. The question is which goals and ideas are realistic and desirable and when to step back and realign, finding a balance between vision and practicality.

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.

'Neptune in Aries: The Pulse of a new Era'
May 10, 10am-4pm, Lillifield Community Centre.

'Pluto in the Natal & Transit Chart as the Driving Force of Change and Deep Transformation'
June 7, 10am-4pm, Mullumbimby
Phone 0457-903-957 or email: star-loom@hotmail.com All welcome.

Libra

New inspirations are emerging through creative interaction with others especially also through group and team work. With Venus in Aries and Mars in Leo, a balance can be found between working together and working independently. On the other hand, it could be a good time for creative problem solving.

Scorpio

The vibes of the Full Moon on May 12/13 are perfect for initiating changes in your relationships. You or your partner might need more space and freedom for your individual development. Loyalties are shifting into a new direction allowing for freshness and more inspiring interactions. You are not afraid to speak your mind, just do it gently and considerately.

Sagittarius

You may feel a growing need for more space, excitement and freedom to experiment with inspiring new activities. Some responsibilities might have to be taken off the list so that you can follow your inner calling. See yourself as being on a quest for exploring new territories, either physically, mentally or spiritually.

Capricorn

This is the time to break free from too many restrictions and connect with your creative potential. Finding out what makes you feel happy is part of this journey. It is a good time to experiment with different ways of self-expression and new creative projects. The challenge is to find the right balance between taking risks and being pragmatic.

Aquarius

This is a time for making changes in the home environment or even revolutionising your inner life and emotional reality. The Full Moon on May 12-13 could bring surprising revelations for you and your relationships. Try to focus on what unites you. Shared goals can shift the focus from tension to feelings of unity.

Pisces

The energy changes from dreaming about something, to taking action and manifesting what your heart desires. The time of preparation and waiting is coming to an end. Know what motivates you on a soul level as you may experience an inner shift, a new awareness about your needs and values.

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Changing seasons

by Marilyn Devlin

We're certainly in changing seasons... cooler mornings and nights with us now... next month the first month of winter.

This used to be my favourite time of year... when I lived up in the mountains... white frosted mornings... cuddled close to warm burning fires, feeling safe and nurtured in my cosy home.

I'm wishing for a change in season in our political system... as I write, it's the eve of the election. I've never been particularly political... though I support those I believe can help to bring about the needed changes. Everyone feeling safe and nurtured in their home would be a great change to support.

I remember the first time I voted Green... I was living in a special place on the land. It felt holy, sacred, reverent... it radiated a joyous serenity. It was kind and welcoming. There was a sense of presence, of something ancient.

I felt their presence... these ancient inhabitants. I felt safe and protected... and experienced a visceral sense of belonging. I'll never forget my time there... it took me into a place I'd never been before, or since.

I miss the magick... living deep in the world of humans. I miss the astonishment, the captivation, the silence... such perfect harmonies. The co-operation, the kindness... the sweetness. The astonishing beauty. The mind-blowing moments again and again and again. I miss the magick.

I'm built for magick... it's where I belong. I try to fit in... the other world, but I never really do. I wasn't made that way. I long for the wild, the simple miracles that flow continuously... seen or ignored. And the celebration... I hear it and see it. It can sound like magickal thinking... yet it's as real as real can be. Life celebrates living. It's how it is.

I'm feeling a stirred mix of anticipation and sense of anxiety... on the eve of this election... we have such an opportunity to make a difference, we're at a pivotal point where this shift could help to turn things, even if ever so slightly... onto a new road. One which will benefit all of us.

In our region, here on the coast, we have Mandy Nolan stepping forward to take our real concerns to the mouldy old halls of parliament... (god, I could personally think of nothing worse). But all power to you Mandy... for having the passion and courage to take on such a mantle. I can think of no-one more perfect for this role.

Whatever happens over these next few days/weeks... that eternal flame will always be kept alight... for all things good and right... for what we need to live a harmonious and functioning and joyous existence on this special planet Earth.

May is another big month... we have the ancient celebration of Samhain... right over election time... a perfect time for getting rid of what no longer supports us, what is not helping us to get where we need to be.

The always potent Scorpio Full Moon celebrating Wesak and Buddha's birthday. Scorpio's ruler Pluto intensifying in his retro dance. The volume's turned up again this month.

And of course, Mother's Day... special love to all forms of mothering... celebrating our very special Mother Earth.

Let's hope there's a breakthrough... I reckon it's about time. We gotta turn a corner... and soon.

And it's late Autumn... such a special time...moving us toward winter and the powerful Winter Solstice. It's good to be alive. Love to you.

Nimbin Trivia Time

by Eclectus

Questions

This month's quiz has no theme at all. It has been purged of such silly subtlety, nonsensical nuance and frivolous foreplay.

1. Does Gin Gin have feathers, fins, fur or none of the above?
2. Animal, Mineral or Vegetable? The following things are one of each: Panch, perch and potch. For a point each, which is which?
3. There is a hierarchy in the various vernacular terms used to describe mad behavior. This month the question is: where does this expression fit in the hierarchy "as mad as a two bob watch"? Take a point each for the correct position in the hierarchy and the origin.
4. Bull, fire, meat and sugar are all kinds of what creature?
5. Primary producers around Canberra are seeking ways to adapt to climate change, as are we all, well... the sensible ones, anyway. In one industry they are trialling the new Mediterranean varieties Albarino, Mencia and Paraletta. Are they growing olives, grapes or persimmons?
6. The interestingly named Oxbow and Faraway Roads are not far away from Nimbin at around 20km. They are not far away from each other, either, at about 2km separation in a rural village. Can you name the village?
7. Poker machines are a bit of fun for some but a crushing scourge for many. The best you can achieve over time is to lose only 20% of the money fed into them. They are very big with pubs and clubs in New South Wales where \$1m is lost in pokies every minute, hour, day or week?
8. The human stomach secretes hydrochloric acid to aid the digestion of food consumed. The concentration of acidity is measured on the pH scale with 1 being extremely acidic and 7 being neutral. Give or take a level, what is the pH of the hydrochloric acid secreted in the human stomach?
9. 46 BCE is known as the longest year in human history. Why is this so?
10. Can you name the novelist who won the 2024 Booker prize? Take a bonus point if you can name the novel.

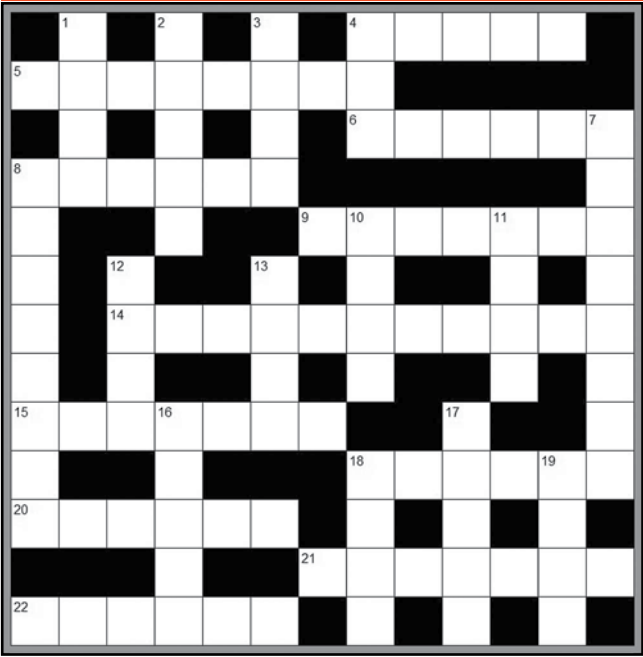
1. None of the above. It's a town in Queensland about 360 km north of Brisbane.
2. Panch, also known as Panch Phora and Panch Phoron, a blend of five seeds used in Indian cuisine, is the vegetable, perch is a fish and therefore animal, and potch a term used in opal mining to refer to rock bearing some colour but not of gemstone quality, is the mineral.
3. As mad as a two bob watch refers to the least dangerous state: the mostly harmless but erratic, demeanour resembling the erratic and unreliable behavior of a very cheap watch.
4. They're all ants.
5. They are grape varieties with characteristics, hopefully, more suited to the changes occurring in the cool climate wine growing region of Canberra.
6. Cawongla is home to Oxbow and Faraway roads.
7. Players lose \$1m an hour to poker machines in NSW.
8. It is really quite acidic at a pH around 2.
9. When Julius Caesar returned triumphant to Rome after waging war all over Europe for ten years, in addition to taking over the joint, he discharged one of his responsibilities long neglected due to his busy warmongering schedule. This responsibility was to adjust the Roman calendar each year but, neglected, it had become a real mess. He decided to fix it once and for all, adjusting the length of months and adding a few, including July named after himself. In 46 BCE it took four months to get it all in order and then kick off the new calendar year that would no longer need annual adjustment, only a leap year every four years.
10. English novelist Samantha Harvey won the Booker with Orbital. The novel has been described as a love letter to a wounded planet.

Answers

Nimbin Crossword

2025-05

by Synic



Across

4. Placed in a hot box until done?
5. Used again
6. The more invigorating strain? "Cultivated"
8. Loved?
9. Mountain on the Nepal-China border
14. Grow system?
15. Extraordinary
18. Morals?
20. Excuse me while I light my...
21. Trimming to increase yield
22. The more calming strain? "From the subcontinent"

Down

1. Urinated?
2. Aromatic resin burned as incense
3. Lump of soil
4. To defend Gaza we must boycott, divest and sanction! (init.)
7. Skilled crafters and makers
8. Unpaid volunteers doing it for the love of it (like Nimbin Theatre Troupe)
10. e-smoke
11. Not good!
12. Shakespearean you
13. Solo vocal piece
16. Futuristic speculative genre (3,2)
17. Traditional Hindu cannabis drink
18. Australia's largest (salt) lake
19. Wide-angle 20 across

Solution: Page 38

NIMBIN BOWLO

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2nd		Nimbin Hills Real Estate - NIMBIN	30	13.64%
3rd		Kyogle Real Estate - Kyogle	18	8.18%
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5th		PRD Northern Rivers	11	5.00%

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Harmony Week is music to our ears

by Kaali King

While many animals on planet earth create sounds and engage in basic music-making, none do so with as much complexity and proficiency as human beings.

It's widely believed that music is the oldest human art-form, becoming a key part of our creative expression for at least the last 40,000 years.

Since humans first started clapping sticks, stretching drums and carving bones into flutes, musical pleasure has created within us emotional responses, rhythmic movement and social music-making.

This term at Tuntable Falls Preschool, we have really been getting into music. During Harmony Week in March, Synthia Denton visited the upper classes (Year 5-6) at Tuntable Falls Primary School to lead a music and dance session, to which the pre-schoolers were generously invited.

The kids learned a song and drummed on djenbes. The dance was inspired by children in Africa carrying the water on their heads. Synthia explained that many of these children speak different languages at the waterhole but still communicate with one another through song and dance.

The pre-schooler's song was a beautiful mantra anyone can relate to:

*I was made beautiful
You were made beautiful
Here is my head
Here are my feet
Here is my drum.*



This term we have been blessed by two visits from Chimes' Kael Veenstra-Young. The kids lap up her special, energetic musical expression, whether it be through clapping sticks, singing, dancing or just listening.

She brought her fun rainbow parachute along as well, and the kids loved putting their toys on the parachute and sending them flying through the air. Kael plans to make regular appearances through the year to help our kids progress their music-making journey at preschool.

Joe Landers, AKA Jurassic Joe, also did a special dinosaur show in April, with the help of some of the Year 6 students, many of whom were once pre-schoolers here themselves.

His fun songs, full of amazing dinosaur facts, did more than just get the kids singing, dancing and stomping

around; dinosaur costumes were donned, volcanoes were built in the sand pit, and dinosaur facts were told between songs.

Ultimately, music facilitates learning in the most deep and integral way. It can incorporate movement as well as language, so acts as a fundamental bridge between the physical and mental.

The channels on which music travel also carry memory, experience, joy, and emotional connectivity. Music is also one more very important thing; lots of fun!

Tuntable Preschool hope to find as many opportunities as possible to further the kids' musical talents and foster their love of musical expression through play, movement and activities through the year and into the future.

Tuntable Early Childhood Centre is open Tuesday, Wednesday and Thursday during school hours, and is open for enrolments now. Please call 02 6689-1179.

A misty magic morning for Kindy Autumn Festival

by Rosalie Shearer

In the final week of Term One, the kindergarten community at Rainbow Ridge Steiner School gathered in the garden to celebrate the Autumn season and our connection to the natural cycles of the world.

The sun was shining upon our group as we shared crafts, songs, and a spectacular morning tea feast.

The festivals are an important part of our Steiner Education, providing students with opportunities to connect more deeply with nature, promote friendship and community, and nurture a sense of belonging.

Festivals help the child to increasingly find orientation in time and space.

For the younger children, time is still passing slowly, so the festivals help to subdivide time into different qualities, providing a sustainable experience of being at home with time.

At our Autumn Festival the children sat with their



families weaving beautiful golden stars out of sticks, leaves and feathers that were collected from the garden.

As a group, we sang songs about the changing world of nature as it begins to slow down in preparation for the winter months ahead.

The children delighted in sharing their 'Come Little Leaves' song and dance, as their families watched on joyfully.

The woven stars were proudly hung from the climbing frame when they finished, and the full autumn repertoire was sung to completion with loving hearts.



Then there was an opportunity for families to connect and develop friendships in a relaxed atmosphere while sharing our harvest feast.

Every term in the Kindy at Rainbow Ridge celebrates a seasonal festival. Through these important gatherings the children (and families) develop deeper connections with the changing cycles of the seasons in nature, through nourishing experiences that bring the community together in meaningful ways.

For more information or enrolment enquiries, please contact Rainbow Ridge on

(02) 6689-7033 or email: admin@rainbowridge.nsw.edu.au



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Bust those toads!

Toad busters across Australia have contributed to the control of more than 200,000 cane toads during the 2024-25 season.

Cane toads (*Rhinella marina*) are an invasive species in Australia that impact our wildlife and domestic pets, and eat beneficial insects, which can impact local agriculture and ecosystems.

They are poisonous at all stages of life from eggs to adults, and can kill birds, snakes, lizards and other native animals that try to feed on them.

Adult Cane Toads can live for more than 10 years and females can lay up to 700,000 eggs during their lifetime. There are an estimated 200 million cane toads in the country now.

Consistent toad busting is key to reducing local populations and has the potential to reduce 28-47% of local populations.

Watergum Community Inc hosts Australia's biggest Toad Bust for one week in January every year, which is peak breeding season. People of all ages are encouraged to tadpole trap by day and toad bust by night. See: <https://watergum.org>

Watergum also produces a cane toad tadpole trap, to be used in conjunction with a lure of pheromones developed at the University of Queensland.

There are many resources available for interested toad busters:

- Learn how to identify toads correctly so you can catch toads and collect toad eggs on your own property at: *ToadScan – Cane toads and native frogs*.
- Report them on *FeralScan*.
- Help reduce cane toad numbers by humanely collecting and disposing them (cool in the fridge and then freezing is the recommended method). For more information, see: *What is the most humane way to kill a cane toad? – RSPCA Knowledgebase*.
- Cane toads prefer short grass that is easy to move through. Plant native gardens rather than short mown lawns to deter them. Learn more at: *Native Plant Guides – Byron Shire Council*.
- Support native wildlife by establishing frog habitats on your property: *Creating Frog Friendly Habitats – Land for Wildlife*.

If handling cane toads, take care not to come in contact with the poison. Venom exudes from the glands above the shoulders and can be sprayed short distances.

Always use rubber gloves.

Nimbin Crossword solution

From Page 35

	W		M		C		B	A	K	E	D	
R	E	C	Y	C	L	E	D					
	E		R		O		S	A	T	I	V	A
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Headers’ double header ANZAC Cup grand finals



by Mark Wright

Nimbin Open B ANZAC Day Cup team scoring the winning goal in their semi-final v Mullumbimby.
Below: The teams doing the FIFA handshake Photos: Chibo Mertineit

Unheard of ANZAC Cup success for the Headers, with both our Open A (Champs) and Open B (mix of Div 4 and Div 6) men's teams into their respective Grand Finals, having both qualified on the same evening and set to play one after the other in the Grand Finals.

Open A cruised into their Grand Final in style, dominating all comers. They won their three pool games starting with a forfeit win, then a 2-1 victory against Suffolk and 6-0 demolition of Souths and followed this up with a convincing 5-0 win in the semi against Alstonville.

Our Open B team battled their way to the semis with two wins (3-0 and 3-1) and a loss (1-3), meeting Mullumbimby in the semi, looking to avenge the team that beat them in the early rounds.

Conceding an early goal then being 2-0 down shortly before half time, Keone got us back in the game with some excellent tight control in the box before rifling a shot home from close range.

An enthusiastic talk from coach Liam at the break saw us come out firing.



It wasn't long before some smart work from Gem saw him capitalise on some lazy work off a goal kick, closing down their keeper in the box, stealing the ball and scoring a bizarre goal with a header off the ground in the ensuing scramble.

This goal really had to be seen to be believed!

With scores level, bring on Brighton who put us ahead when he sent in one of his trademark long-throw missiles deep into the opponent's box, creating confusion among the Mullum defenders.

The ball ricocheted off a player leaving their keeper flapping at thin air as the ball skidded into the back of the net.

Mullum pressed hard and scored a late leveller to send the game into extra time.

With ten minutes of extra time left, Gary played a lovely ball up the left wing to Tamati, who took it to the byline, cut inside the defender then squeezed a shot past the keeper into the goal from a tight angle, scoring a dramatic late winner to put our second team of the evening into a

Grand Final.

Remarkable that all four of these lads are under 18 years old. It was a night where older heads steadied the ship and kept the team afloat, and the exuberance of youth scuttled the opposition's boat and turned the game on its head.

Unfortunately the Grand Finals set for the ANZAC long weekend were postponed due to wet weather.

Keep tuned to the Headers socials to find out when the games get rescheduled, and come support and be part of a mighty Headers historic occasion.

Featured players

by Reilly Fitzalan

With very few games taking place in April due to rain, let's have a look at some of the Nimbin Headers players from our beloved championship men's squad.

Dylan Morris – keeper

Dylan is a recognisable figure to all and has been with the Headers for nearly 10 years, arguably one of the region's top keepers Dylan returns in goal for our championship squad this year after a season playing with mates in League 3 last year.

With his commanding presence in the net, strikers of the Northern Rivers will be nervous coming up against him this year.

Lewis King – centre back (captain)

Lewis really needs no introduction, along with many in this historically successful team, Lewis is one of the club's greatest ever players, whose ability to read the game from deep and intercept opposition attacks effortlessly is truly class.

A ball-playing defender with exceptional technique and an eye for a goal, Lewis deserves every accolade he receives.

Ruben Mack – midfielder (club president)

In an era, devoid of genuine leadership in today's society, Ruben is cut from a different cloth.

A man who truly leads by example, not only has he transformed the club off the field with his leadership, turning the club into one of the biggest and most successful of recent times in the area, he leads like a gladiator on the field, with no better example being his two goal heroics in last season's 2-1 grand final victory. We are so very lucky to have him.

Zakaria Cheurfi – creative midfielder

Anyone who has watched this man play since his arrival mid-season last year will tell you we have never seen anything of his like at this club before.

Blessed with other-worldly technical ability, Zakaria is the x-factor that truly sets us apart at a local level. The Italian maestro plays football from a

bygone era, a true artist on the ball. Those who can remember watching the great Roberto Baggio play will tell you we now have our own version here at Nimbin, a true footballing genius.

Quinlan Cox – centre forward

A fault of our club over the decades has been an inability to maintain key performance records, like all-time appearances or all-time goals scored, but many in the club will tell you Quinlan Cox may well be him.

This man was born with a ball at his feet; never have we seen his like before, potentially our greatest ever goal scorer, the talisman of our club, Quinlan Cox is an animal in front of the net.

Yuto Tobiie – centre back

One of our new players this year and arguably our most exciting, Japanese talent Tobiie has blessed us with his ability for this season, having formerly played in the Japanese national 4th division.

Tobiie has ability unmatched at a local level, and with his cultured left foot and tenacity in defence, Tobiie is the final piece in what is shaping up to be another historic season for the Nimbin Headers Football Club.

Anger management

The art of practice
by Susan Paget

Have you ever had someone say or do something stupid, that pisses you off and even though it's pretty meaningless in the scheme of things, it gets ya. Bad.

Well that happened to me the other day and it was almost out of body how stitched up I was over a completely forgettable incident. Trust me, it's not worth elaborating on but what can I say? Perhaps they got me at a vulnerable moment.

Or maybe, if you're a devoted practitioner like myself, you spend so much time being aware of your inner state that when something knocks you off your Zen perch, it's a total "princess and the pea" moment. You notice that something is really out of alignment and you can't move forward without dealing with it.

This is a cool bit of mental awareness because without practices, without observing ourselves, we could take an annoying slight and it would just sit and fester within, ruining a whole day.

This particular irk was an invitation to apply different practices to get the damn thing out of my system. After all it was pretty fascinating how something so dumb could get under my skin.

But along with this bit of introspection, I also have a low tolerance level for this type of emotion so I knew that I needed to take immediate action and exorcise the annoyance away.

I did a few specific things that really helped me recalibrate my state, so keep these in mind the next time you feel annoyed and really want to shake it off:

Timeline cleanse
Every now and then when there is terrible news on a social media post, someone will offer up a timeline cleanse

with a completely irrelevant picture of a cute cat or a video that makes you feel all warm and fuzzy.

In scientific terms this would be activating oxytocin, which is also known as the "love" hormone. It's the sensation we experience when we snuggle a beloved pet or get a hug from a bestie. I got my oxytocin hit FaceTiming with my adorable two month old granddaughter.

I noticed straight after my virtual lovefest with her that I felt so much better. It was a pattern interrupt and basically reset my emotions. I was no longer pissed off. Just centred and happy. The difference after a few minutes was uncanny and I hadn't even been trying to get in a better mood.

Hard yakka
It's always a good idea to move any negative emotion through the body. While there's nothing like a good workout or stretch, for the purposes of some minor anger management, try taking it a step further and do some good old fashioned manual labour.

This kind of energy is perfect for yard work, washing the car, cleaning and dealing with something that you've been putting off because you haven't wanted to exert yourself. When you're in a twister it feels good to do something productive.

I went on a total tear of our garden, pruning hard, raking and weed whacking like a mo-fo and when I was done, I was calm. Order – inside and out – was restored. It was very satisfying and dare I say that I even felt slightly grateful for the extra bit of energy cultivated from having a little bit of aggro.

Smoke it out
I know it's MardiGrass time up here in Nimbin country, but I'm not talking about that kind of smoke. What I mean



is to use the healing powers of smoke – whether from a campfire, a smudge stick or some incense to waft around your environment and cleanse the vibe.

Chant: "Person's name that done you wrong, be gone!" You've gotten their energy out of your hormones and sweat glands, now use a little DIY witchcraft to get the last of their being out of your sacred space.

There is that great saying that "Life happens for you, not to you," and this little grievance was certainly an example of just that. This day of oxytocin hacking, garden bashing and lighting smudge sticks gave me some time to meditate on why I was so bothered in the first place.

Nothing stood out to me other than I had been under the pump for a couple months on end. Maybe this anger making scenario was nature's way of forcing me to stand still, chill out and actively take some measures to release a little pressure.

If nothing else, I certainly ended up with a very fine looking front yard.

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

Don't get me started

by Harry Gumboot

In a brief hiatus during Cyclone Alfred, I received a text from Telstra offering me 100Gb of free data in lieu of three days without service.

It was worth bugger all to me and, having just paid my monthly bill, I decided to leave asking for it to be converted to a credit until later in the month.

In the meantime, and in the face of continuing interruptions, I drove to the top of the ridge looking for a weak 4G signal, only to find all the good spots already taken.

Finally, after waiting for several more days for the chance to be put on hold, I waited a further 35 minutes to hear an analogue human on the other end of the line.

After confirming my number, identity, and the reason for my call, they informed me I'd reached the wrong department and put me on hold for a further 20 minutes.

While this was happening, a bloke from the energy company turned up.

"Have you got power?" he asked.

I cheekily answered in the affirmative, but by then he'd noticed the panels on the roof.

"Stand alone or grid?" he asked.

"Stand alone," I replied. He toddled off with a wry grin just as my second 'on hold' session came to an end.

"Why didn't you ring earlier?" Telstra's analogue human asked.

"There was no service," I replied.

"But it's okay now?"

"Well, I'm calling, aren't I?"

When they mentioned the 100Gb in compensation for the three-day blackout, I suggested they check my data usage. It showed an average consumption of less than 50Gb a month over the past year.

I then read out a detailed list of the other times – a total of eight days – in which I'd had no service in the past 28 days. Eventually I got a credit, along with a suitably patronising text.

Ironically, it was never this bad with 3G. I had the 4G service most of the time, but in an emergency 3G was there for back up.

All I want is a basic service that works just about anywhere. Not one that allows you to watch MAFS from the summit of Uluru, but one that allows you to phone, text or check the BOM radar in an emergency. The latter if only to calculate when the current outage would be likely to end.

People say I should get Starlink, but I'd just as willingly take out a subscription to the Völkischer Beobachter.





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SOLD by Samara

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WELCOME TO THE TEAM MICHELLE SANDRK

"I am so pleased and proud to announce the latest addition to our Nimbin Hills Real Estate family! Michelle Sandrk and family live in Georgica and have made Nimbin their village of choice for work, school and play. Michelle has joined Nimbin Hills Real Estate as my personal assistant and is ready and keen to assist you on your real estate journey.

With a wealth of Real Estate experience spanning many years working in the lively Sydney suburb of Potts Point, Michelle understands all aspects of the business and is proficient in Administration, Property Management and Sales.



Having recently played the dual roles of seller and purchaser, she understands the emotional rollercoaster of both sides of the real estate transaction, and it has given her a deeper appreciation for the intricacies of the industry as well as the importance of providing support and empathy to clients during these significant life events. Welcome Michelle!"

- John Wilcox
(Licensee and Sales Agent)

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