

ASTRO forecasts



by Tina Mews

What's happening in the heavens?

Aries

The Solar eclipse on April 8/9 occurs in your Sun sign representing a powerful symbol of endings and new beginnings. You are guided towards new ways of knowing and healing. Relationship issues may come to a head as well. It is time to let go of out-dated values that have caused you to compromise too much of yourself.

Taurus

These are revolutionary times, and you may be called to lead the change. Quantum leaps and breakthroughs are possible soon, but you are challenged to let go of control and comfort first. Resistance to change might not work. What needs liberating so that you can embrace the new energies that are coming towards you.

Gemini

A new era demands a fresh mindset. Use the Mercury retrograde period (until April 26) to revolutionise those beliefs that have carried you until recently but are now out-dated. You might be in need of a totally different perspective that includes ideas and thoughts, which you previously may have judged as too eccentric or weird. Stay in touch with your inner guides and think creatively. Allow yourself to be stunned, confused and enlightened.

Cancer

The Solar eclipse is activating your solar house of life direction and career path. Pay attention to your insights and feelings to do with your life's purpose. 19 years ago, in April 2005 there was a similar eclipse activating the same part of your chart. Whatever started then might end now or is in need of an upgrade. More clarity might come after the Mercury retrograde phase has ended (April 26).

Leo

The Aries Solar eclipse pushes you towards creating more meaning and purpose in your life. It is time to make your life more meaningful. Focusing on the big picture will bring new insights. At the same time, you may experience exciting breakthroughs and openings in your career path. Quantum leaps will be possible soon.

Virgo

Endings and new beginnings may occur in the area of your investments, may this be on a material, emotional or spiritual level. The focus shifts to sharing material, physical, and/or inner spheres. It might be the start of a new chapter in your psychological and spiritual evolution. Use this Mercury retrograde phase (until April 26) to free yourself from old beliefs and perspectives to do with your need for stability and comfort.

April

April is a month packed with astrological events of major significance.

Firstly, we are moving through the first eclipse season of the year with a powerful Solar total eclipse on April 8/9 that follows the recent Lunar eclipse on March 25th. Around the same time, a comet is due to arrive, possibly visible in our night sky during the weeks after the eclipse. Comets are harbingers of change, just as eclipses are. Then, on April 21, Jupiter and Uranus are forming their once every 14-year conjunction, seeding a new cycle of innovation and liberating ideas. Additionally, Mercury turns retrograde on April 2nd (until April 26th).

The month begins with the 1st Mercury retrograde period in the year lasting from April 2 – 26. We can make use of the three-week retrograde period by reflecting on our own need for independence, self-determination and creativity while remaining open to other possibilities and different perspectives. It is an invitation to align with our intuition while making the necessary changes. The messenger planet spends a prolonged time in fiery Aries (March 11 – May 15) transmitting flashes of new insights and adding confidence to our self-expression. The more we can clean out and clear the past the more we make space for the new incoming energies.

The Aries New Moon solar eclipse that occurs on April 8/9 is tightly conjunct Chiron, the wounded healer. Aries is the sign of birth and new beginnings. This eclipse may push us towards starting a new chapter collectively but also in our own evolutionary journey. Like in the Greek legend of Jason who is embarking on a heroic journey in search for the Golden Fleece, we may leave behind familiar territory ready to embrace the great unknown. We can observe our emotional reactions as the barometer of what needs to be healed to move into the future with greater courage and confidence. Eclipses can reveal what has been lying in shadow and often symbolise a time of endings before the new can really begin. We had an eclipse on the same degree April 8, 2005. Whatever was started then might end now or reach a different level of understanding and manifestation. The current eclipse will be visible in the US and Mexico.

Mars and Saturn, the two malefics in traditional astrology, form their bi-yearly conjunction in dreamy Pisces during April 9 – 11. These days may be filled with challenges to our ambition, possibly frustrating plans and energy levels. It might be best spending this period in seclusion working on projects that demand one's determination and persistence.

The April 21 alignment between visionary Jupiter and paradigm shifting Uranus

represents sudden breakthroughs and awakenings in many areas of our personal and collective life experience. New risks are taken, and existing rules are broken. Quantum leaps are possible in science, technology, and space exploration. In the socio-political context this conjunction represents rebellions fuelled by the desire for reform and greater freedom. Their last conjunction was in 2010 and coincided with the uprisings in the Arab world. The 1969 conjunction coincided with the legendary Woodstock Festival and the Moon landing. Since the current conjunction occurs in Taurus, we may also see new openings and rapid change in the areas of finance, food production, agriculture, and our relationship to nature.

The Full Moon on April 24 falls in Scorpio and opposite the Sun in Taurus. The Moon forms a square with Pluto in Aquarius. Emotions run deep during this period asking for transformative changes. Pluto is known for uncovering what has been buried for a long time. In the light of the Full Moon, feelings of disempowerment, suppressed rage or unresolved grief may surface undermining our sense of identity and need for stability (Sun in Taurus). This might be especially the case when the Full Moon triggers important points or planets in the natal chart. When Pluto is involved, something has to be shed, released and purified, as the snake is periodically shedding her skin. Pluto can initiate definite endings followed by new beginnings.

Pluto as an archetype represents the collective shadow, reveals fraud and betrayal and increases the energies of the sign it is in. Pluto in Aquarius enhances desire for reform and revolution, especially in the areas of social equality, individual liberties and community participation; it also inspires progressive science and the invention of new technologies. The most pressing question is what it means to be human and how we can live together on this planet (and within this solar system and galaxy...) without competing and warring for resources, territory and the control of power? The pressure for change is on!

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Libra

These are revolutionary times of endings and new beginnings. Your relationships, personal or otherwise, are in the process of restructuring and changing. Too much dependency on others needs to be balanced by courageously following your own path. This eclipse may challenge you to have relationships in a more courageous and authentic way.

Scorpio

Endings and new beginnings may manifest around your daily work and employment. Use the Mercury retrograde phase (until April 26) to reflect on your ideas, and how to realise them in the here and now. Since Chiron, the wounded healer, is strongly activating your solar house of health, it is of major importance to pay attention to your body and its needs. More freedom might be needed in your one-to-one relationships to make use of new opportunities.

Sagittarius

This period is all about your special gifts and how to creatively express yourself, may this be alone or in collaboration with others. Do what you love to do even if this means taking some risks. Your way of thinking may need revolutionising, and you might question a lot of things, including knowledge and information you have learned in the past.

Capricorn

Endings and new beginnings centre around your home life. Some unexpected events could bring new insights and opportunities for healing of long-standing family conflicts. Use the Mercury retrograde period (until April 26) to reflect your inner needs. Some changes to your career path may be necessary to allow for more personal space and better align with your domestic and creative needs.

Aquarius

It is a favourable time for learning something new, challenging your usual train of thoughts and teaching your brain mindfulness techniques. Be open to the new incoming energies and allow your thoughts to expand in new directions. Use the Mercury retrograde phase (until April 26) to update and rewire your neural pathways. See yourself just at the beginning of a major personal transformation.

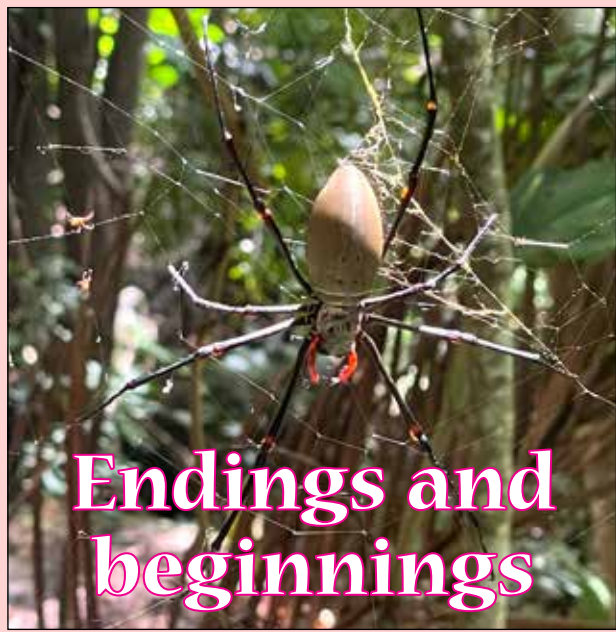
Pisces

Endings and new beginnings are taking place around your material reality. There could be surprises and unexpected developments concerning finances and your possessions, shifting your focus in the direction of spiritual growth. It is a Chirotic time of healing old patterns of self-worth and self-doubt. Embrace new information as possible pointers into a different direction.

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by Marilyn Devlin

I'm moving into the pointy end of leaving... I gave myself heaps of time... but still there's all the bits to do.

It's never easy... moving. It holds an extra bite for me (more a deep dread)... with the lingering presence of early childhood trauma.

I've always had the gift of resilience... when I was younger I would heal overnight. I could get knocked right off my feet... looking like that was it... then up I'd pop. Could be all the Scorpio (smile).

But then Virgo is a stickler for health and healing.

I'm aging... it's not just my body that's changing... everything does. How I think, what I know... a whole new life path opens up.

Yes, it happens gradually... so we don't notice for a while. And we don't want to. Aging hasn't been a respected passage in our culture. And yes, us Baby Boomers... we were there at the birthing of so many new things. We've been there, done that... with so many things.

It requires a depth... an authenticity, unmarked by anything. It requires truth, integrity... love for the self that fills our inner core. It requires the use of our sublime intelligence... gifted to us by the gods.

It's a whole new lifetime... filled with vulnerabilities... and so in need to be rooted in the self.

I'm not just moving house... but moving country... at least for a while. I will return. Well, to be factual... I don't really know. It's a weird place to sit in... I used to have all my plans ready to enact. I've had many adventures... so much life I've experienced.

This collective time we're moving through is major. Well, maybe it all is... as that's the time we have, our one chance as 'us' on this precious planet Earth.

But most of us are feeling the tsunami of change ripping through our world. The last few years have been intense.

This one... 2024, carries a lot of different things. It's shining a light on a new road. Do we have the energy, has our belief survived the corruption? Do we have it in us to follow?

Whatever generation we arrived in... our life stories, all our experiences... our dreams and desires. Our wants... our fears, our sorrows. We're moving through massive times.

We need to be rooted, solid in ourselves. We need to hold on tight to our self. We need caring, love and nurturance... wherever that is truly available to us.

We need new ways... and that takes courage, to walk untrodden paths, to investigate new possibilities. To feed our trust... I know mine has taken a battering this last year and a bit.

We're more than that... more than anything... while breath comes into us we are connected to the most divine source of love and assistance.

Sounds fancy... but it's true.

So, I'm at the pointy end... just a few days till I leave. My son will be meeting me when I get to the other side... I'm not particularly fussed to be going to Bali... sounds a bit busy to me. I love the Ozzie bush.

But life is guiding me toward family at present... my life up till now has been a solitary wanderer for the most. So my life path opens in a new direction... it's time to embrace new things.

The last year and a bit has brought a lot of letting go... but there's obviously some trust still inside me... my ever ready courage to step into the unknown.

So, next couple of months I'll be writing from that busy, super popular island off the northern coast of Oz. It'll be wonderful to spend time with my son.

I'm sure we'll find some quiet spots... places I can soak up the true culture of the Balinese.

April's a huge month on the astrological calendar... take special care of yourself. Feed yourself with lots of Love.

Nimbin Trivia Time

by Eclectus

Questions

1. Who is this handsome young lizard heading for cover after catching a few rays? Hint: It's not a blue tongue. Photo: Ken Jones



2. Last month we discerned a connection between blithe spirits, flowing scarves and French open tourers. What is the connection and to whom? For those who have not diligently researched this conundrum after last month's heads up, here's an extra hint: It has to do with dance.

3. Kambalda is a mining town in Western Australia, true or false?

4. What ingredient does self-raising flour have that plain flour does not?

5. Now, just what is a Mediterranean spurge?

6. **Who topped the 2023 Triple J Hottest 100? Take a bonus point each for the song and the album from which it is the lead single.**

7. Last month Australian athlete Nicola Olyslagers won gold in dramatic fashion at the World Indoor Athletics Championships. In what discipline did she achieve this noteworthy success?

8. Were you watching the news last month? What do X-ray film; bamboo chopsticks; chamois leather; dodgem cars and pyjamas all have in common?

9. Akmal, whose outstanding comedic virtues are always right on the mark when he graces our Blue Moon stage, has a last name. What is it? Oohh. Too many hints!

10. Titleist, Callaway, TaylorMade are all makers of what sporting product?

Answers

1. It is a juvenile pink tongue skink (*Cyclododonomorphus gerrardi*).

2. Isadora Duncan, the founder of modern contemporary dance, was a passionate artist who explored the new like few others on the planet around the turn of the 19th century. She is quoted as saying, "The dance - it is the rhythm of all that dies in order to live again; it is the eternal rising of the sun." In 1927 she tragically left the planet when she tossed her long flowing scarf over her shoulder sitting in the passenger seat of a French open tourer. The scarf caught in the rear spoked wheel as the car took off with catastrophic consequences. Her spirit lives on in every bright sunrise.

3. True. Kambalda, located in the Eastern Goldfields of WA, began life with the discovery of gold at the end of the 19th century. The gold soon played second fiddle to nickel which was discovered not long after. Kambalda East was established first, but when stable ground became difficult to find, Kambalda West was established about four kilometres away.

4. Self-raising flour contains a leavening agent (usually baking soda) to produce a lighter texture in baked goods. But how does it work? Score a free point next month or just sit on the edge of your seat until the next GoodTimes hits the street!

5. The Mediterranean spurge (*Euphorbia characias*) is a salt tolerant upright, compact garden plant to 1 metre from southern Europe. It does like warmer climates but it does not like wet feet.

6. **Doja Cat for her rap song "Paint The Town Red" from the album "Scarlet".**

7. She won gold in the high jump with a last ditch clearance of 1.99 metres.

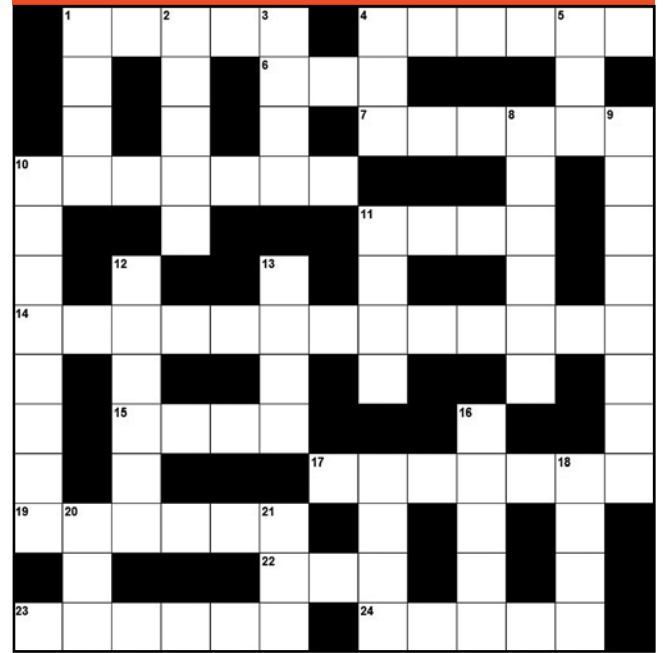
8. They will all be a little cheaper from July when their import tariff is cut from 5% to 0.

9. Saleh, which means pious, righteous or virtuous in Arabic.

10. They are all brands of golf ball.

Nimbin Crossword

2024-04
by 5ynic



Across

1. Japanese animation
4. A studio, this is
6. Draw? Fasten
7. (and 11 across) Another studio - this one bugs you, doc (6,4)
10. Water from a well, say, or the curtains. Maybe even a bath.
11. See 7 across
13. City in Russia
14. Picture book story
15. City in Western Siberia
17. See 10 down
19. Lengths used to (6 across) things to your ute
22. See 10 down
23. Reader rewrites?
24. Each and ----

Down

1. Not a bottle. But slightly open
2. Impressed? (2,3)
3. English public school
4. Morning moisture
5. The day before
8. Like a Russian doll?
9. Later printings
10. (and 22, and 17 down) Fantasy roleplaying game (8, 3, 7)
11. It supports your weight
12. Mist (not an e-cigarette consumer)
13. White mixed with red
16. Popular succulent, distilled into Mezcal
18. Assisted travel
19. Marine dark blue?
20. Afternoon snack
21. Where mummy spiders keep eggs safe

Solution: Page 34



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Civilisation

by Michael Brooke

When I was a child I knew the Earth was a living thing of soil and grass and trees and we had a dog and chickens in the garden and all of it was wonderful.

Tendrils of innocence, peacefulness hung about me and I loved to run, simply to play.

Then I went to school. Then I noticed the farm next door stank of cow shit. I learned to read. I became aware of this beautiful and terrible thing called civilisation.

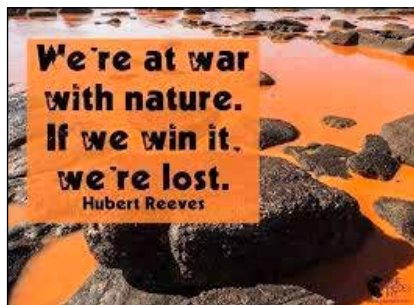
My father was a soldier. I read the philosophy of Thomas Hobbes who said, "The condition of man... is a condition of war of everyone against everyone."

My father thought nuclear power would transform the face of Earth.

I got bigger. I went to live in the heart of a city where there was no nature, not a blade of grass nor a flower, not a tree, it was all stone, glass, lifeless steel. I was unhappy.

All day I heard the menacing grumble of engines. And the cacophony of politicians who are talking of going nuclear. Nuclear? I think worms look out of their eyes.

I wonder about the paradox of power and weakness – how they amble along together hand in hand.



A moment

by S Sorrensen

The mountains poke from the sea, some fringed by sandy beaches, some scarred by nickel mining. It's an overcast morning, but now and then the sun spears through the cloud with a volley of light to illuminate the sea in neon hues of green and blue.

An island, momentarily spotlighted, attracts the tourist passengers to portside. They press against the safety rail, against one of the many signs warning, in French and English, to not climb over the safety rail. The tourists lift their phones and take photos, hoping to catch what they're missing.

An old French bloke (I saw his luggage tags), with an 'I love Noumea' cap and a huge camera bouncing against his ample gut, rushes to the port rail to take a photo. A woman, his wife I assume, holds onto his shirt with one hand, her hair with the other.

This is the south coast of La Grande Terre, the largest island of New Caledonia, a territory of France. I'm headed to the Isle of Pines, nearly three hours from Noumea by ferry.

It's noisy and windy on the aft deck. There is comfortable seating inside and that's



where most of the Kanak (Islander) passengers are, playing cards or snoozing.

Outside are us tourists. And the Kanak smokers.

I sit behind an old Kanak man. Next to him is an old Kanak woman in a blue mission dress. She wears a scarf wrapped around her head, ornamented with shells. She's beautiful. She hands a small red fruit to a girl of about 10, who sits beside her.

Three younger Kanak men lean against the starboard handrail, bracing themselves against the gentle rise and fall, rolling smokes from a shared pouch.

The old Kanak man and the young girl wander past them towards the aft rail. The trio nods as they pass. The girl

splits from the old fella and runs to the trio, grabbing onto a leg. An arm comes down and secures her across her chest.

The old fella continues to the aft rail, takes a cigarette from a packet, leans away from the wind, and lights up. Sucking in a lungful, he looks out to sea. And he sees it.

As the ferry exits Canal Woodin, it's open water and the ferry rocks and rolls. A Kanak ferry worker sits on a chair near the door. She's keeping an eye on things.

There's a kerfuffle. The worker runs to the portside rail. The old Frenchman has climbed over the safety rail to retrieve his cap which had blown off and hooked on a cleat. In the heavier swell, he's having difficulty getting his

large bulk back over the safety rail.

The worker grabs him and drags him back over. She's not happy.

"Stay inside the safety rail, sir," she yells at him in French.

He's all smiles. She is shaking. He goes to touch her (reassuringly? patronisingly?) on her arm, but she flinches and pulls away. He laughs uncomfortably. She doesn't move. She's stuck. The tourists are silent, looking at their phones. It's a moment.

The Kanak woman in front of me says something. It's not French, but a Kanak language. Everyone hears. It cuts through the noise of the wind, the sea, the engines, but is neither abrasive nor loud. It cuts through the silence.

The worker turns away from the Frenchman, walks past the three Kanak blokes, brushing her hand over the young girl's cornrows. She smiles.

The old Kanak fella wanders back towards his seat, riding the heaving deck with an ease that comes from generations of seafaring. The young girl pulls away from the trio and runs to him. He holds her hand.

The three Kanak blokes laugh, turn to the sea and spit into it.

The tourists take pictures of an atoll.

Round Nimbin in no gear

by Harry Gumboot

I missed last month's World Naked Bike Ride, but I saw the photos and I still managed to be offended. Mostly by the state of the bicycles.

Many appeared to have spent the previous 12 months rusting against a fence or gathering cobwebs in a dark shed. The closest some seats had come to a tube of leather dressing was a gossamer-thin layer of perineum sweat (or worse) applied during, or shortly before, the ride.

As for the tyres, they ranged from threadbare to a state of semi-permanent deflation. There was the usual collection of tubed and tubeless, smooth and knobby, slim and fat, street-wise and off-road.

Some came with unmatched wheel sets, skinny on the front and chunky on the rear, or vice versa. Several required those new-fangled pacemakers to assist their riders up the hill from Mulgum Creek.

This ocular onslaught was accompanied by an aural assault of groaning bottom brackets, squealing brakes, dodgy derailleurs, and creaking chains. Nirvana knows what the newbies and tourists made of it all. Do they think this happens every day?

The usual cynics and weavers of strawmen decried the event's aim of highlighting the vulnerability of cyclists by observing you're not really naked if you're wearing a helmet.

One of the few rules of the Aquarius festival was no nudity uptown. It worked for the main part if you accept mini sarongs and threadbare cheesecloth shirts that barely cover the upper thigh as formal wear.

The creeks, paddocks, saunas, and communal dunnies were where we let it all hang out. My body has always been a temple, but these days it's more like the Acropolis than the Sistine Chapel. A helmet is the least of my worries.

Many of those taking part travelled to Byron to repeat the protest the following day. When I was there last week I saw lots of cyclists. All were clothed but none were wearing helmets. I wondered which part of the Sunday event they'd found more offensive.

Some of the Nimbin contingent may still be at the coast. At the moment there is a bit of a kerfuffle about NPWS plans to close the nude beach at the Tyagarah nature reserve.

There's also the opportunity to once again mistreat objects made of leather at the nude cricket match proposed for Brunswick Heads (I kid you not) on ANZAC Day.

I'm already offended.

Remembering to forget

by Magenta Appel Pye

Lately I have been reading the fascinating book, *Remember* by neuroscientist, Lisa Genova.

She tells us that forgetting things, such as where you parked your car, is normal at all ages. It becomes an Alzheimer's worry when you don't remember that you have a car.

Genova enlightens us on the art of forgetting. We all want amazing memories, but an optimally functioning memory system involves a finely orchestrated balancing act between data storage and data disposal: remembering and forgetting.

We tend to vilify forgetting but it helps us function in important ways. We need to get rid of unnecessary, irrelevant, interfering and especially painful memories that can potentially distract us or cause us to make mistakes or feel miserable. Sometimes we need to forget one thing, in order to pay

attention to, and remember, another.

Forgetting can be artful, deliberate, motivated, targeted and desirable. Remembering today the details of what happened yesterday isn't always helpful.

While much of forgetting tends to be accidental and passive, due to the natural decay of the biological connections or a lack of regular retrieval, there are ways to actively forget what we don't want to keep.

To create a memory you have to both perceive and pay attention to an experience or information. A powerful way to ensure that a memory won't be retained is motivated redirection, i.e. the fingers-in-your-ears, la-la-la-I-can't-hear-you method.

But what if the information seeped into your brain? You can consciously or unconsciously discard information and selectively forget during the consolidation process. Interestingly, we tend to limit the consolidation of negative information about ourselves, and so this information is not stored long term.



Revenge of the Loon

by Laurie Axtens

Nimbin has always been a resourceful, independent and increasingly self-sufficient community and it has had to be because its governing council, based in Lismore, has at times been

a bastard to work with.

This was particularly the case just after the Aquarius festival and during the establishment of the communes.

However, relationships were established; Nimbin residents made it onto council; and by the turn of the millennium Nimbin community and Lismore City Council became friends. So much so that in 2012 having purchased Peace Park from community fund raising efforts, Nimbin 'gifted' the Park to the City Council; to make it easier to develop.

During the following decade working together, Lismore City and Nimbin installed a Rural Fire

brigade HQ, public toilet, a sustainability hub and a skate park on and around the site.

Brilliant positive changes and as it turned out vital works that proved crucial to the 2019 bushfires response.

Tragically in 2020 a super pack of mostly blow ins from corporate Australia swept into power in Lismore, using social media to knee-capping other conservatives and co-opting former Nimbin residents low on their ticket. In short, ensuring their victory at the polls.

Nimbin was left seriously under-represented and what has happened is a return to the bad old days of distrust and outright animosity, with

one of these new councillors swearing he would destroy the Nimbin Advisory Group and do what he thought was appropriate with the Sustainability Hub site.

Although his efforts to disband the Advisory Group has failed so far, their efforts to gag and dissolve Nimbin's power is still absolutely on their agenda.

Wake up Nimbin. The wolves in daggy drab are at the door. You need to pull together and elect a representative with local knowledge, integrity and willingness to go into battle for you.

Council election is this September, make sure you are registered to vote.

Slam poetry empowers young voices

by Sara Khamkoed, Teacher/Librarian

Nimbin Central School recently witnessed an inspiring display of talent and courage as a group of passionate high school students immersed themselves in the Poetry Slam Experience.

Led by the award-winning poet Sarah Temporal, the event aimed to foster creativity and self-expression among the students.

Under Temporal's guidance, each student wrote and performed a slam poem. From heartfelt reflections to powerful declarations, the students poured their thoughts and emotions into their poems with remarkable confidence. The young poets stood before their peers, holding everyone's attention with their words. Their performances were



impressive and moving, showing a deep level of emotion and perspective.

As the event concluded, it was clear that the Poetry Slam Experience had left a lasting impact on the participants. Many left feeling inspired, eager to continue exploring the world of poetry and performance. For them, this wasn't

just a one-time event but the beginning of a journey toward discovering and honing their artistic voices.

Looking ahead, the success of this initiative has sparked enthusiasm for future poetry performances and slams among the students. With newfound confidence and passion, they are poised to make their mark on the world of spoken word. Perhaps we will see some of them at the next Nimbin Performance Poetry World Cup!

In a world often dominated by standardised tests and rigid curricula, initiatives like the Poetry Slam Experience remind us of the power of creativity and self-expression in education.

Through platforms like these, students are not just learning – they are discovering the limitless possibilities of their own voices.

Dance to assist group learning

by Miriam Torzillo

In dance sessions at Tuntable Falls Preschool, we have been making small dances together, combining the children's individual movements in response to a theme or idea, so that they become more than the sum of their parts, eg with phrasing and rhythm.

They have also started to hear the word "choreographer" and the older ones learn its meaning, now that they themselves are starting to practise that skill. As the quote explains, learning in dance encompasses social and cognitive skills in the expression of creative ideas.

Children have their own special ways of dancing and moving, but when they dance together, after a time they become 'we', as they move together and enjoy a shared joyful energy. To do that requires other skills essential to learning such as attention, focus, persistence, and concentration.

Dance education researcher Miriam Giguere has said:

"I propose that dance has a greater role to fill as a way to learn how to function and even thrive in group learning environments. This is both a social and cognitive skill, into which, are connected



phenomena."

"While good education in any subject can teach students to work together – a chemistry lab can teach collaboration, for example – the unique social and embodied nature of dance, particularly dance creation, presents a distinctive opportunity to enhance group cognitive functioning.

"If it is understood that cognition is embodied and social, dance rises as a resource for the development of cognitive activity."

– Giguere, M (2021), "The social nature of cognition in dance: The impact of group interaction on dance education practices", *Journal of Dance Education*, 21(3), p.136.

Back into the swing of camping

by Hannah Pearl

Tuntable Falls Community School has a rich tradition of camping; something that created many memorable and connecting moments for me as a student of the school back in the 80s.

The traditions continue and expand, and we look forward to our yearly parent-run camp at Woody Head NP in the Spring. This camp is really connecting, and we take turns cooking and cleaning in our fully equipped school camp kitchen.

So far this year we have had three short camps.

Year 1 & 2 (Buribi) had a lovely overnight camp at Rummery Park with a walk to Minyon Falls and stories from parents about our camping experiences there. Students collected treasures along the way and learned about different flora and fauna in the forest, made damper, and roasted marshmallows on the campfire.

Year 3 & 4 (Yuruugin)

camped at 100 Tents near Wollumbin and participated in rewilding activities with Scott Poad, including an orienteering treasure hunt using map and compass readings, which was super fun.

The 'leap of faith', which involved climbing into an eight-metre tree, strapping into a harness and leaping out to catch a trapeze, sounded easy enough but was quite intimidating and many kids and adults felt trepidation at the thought. However, all managed to conquer their nervousness to complete the jump! Kids also successfully made fire with flint and stone under Scott's tutelage and had a great time playing table tennis and air hockey.

Year 5 & 6 (Guruman) had a big trip up to Brisbane where the kids and attending parents and teachers visited the Fairytales, Legend of the Rainbow Stag, and Castles of Tarragindi exhibitions at the QLD Gallery of Modern Art; explored the Roma Street Parklands; did rock climbing at Urban Xtreme



Adventure Centre; visited the Jurassic World Lego exhibition, and got scientific at SparkLab (all in two days!!). Kids also enjoyed swimming in the pool at the YHA hostel, and the city excursion was a huge success.

Next up we will have a whole school camp at Flat Rock next term where activities like sand sculpting, beach walks and nature art are planned, and rock pool explorations and bike riding are inevitable.

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A club on the rise

This year will be our biggest ever in terms of senior players registered and playing at the Nimbin Headers club. Guided by a strong committee membership, the progress at the club is driven by a combination of youthful energy and exuberance coupled with experience and, some might even say, wisdom from our longstanding members.

The connection to our town and to the wider local community is strong, Nimbin is a football town, and it will be for many years to come.

Although we have come through challenging times with strong senior rego numbers, junior registrations have declined, with no competitive junior teams in 2024. This is something I would like to see remedied in the future. Without competitive juniors continuing to fill the ranks of our senior teams, those teams will start to dwindle.

What we need is to make Nimbin Headers a place where young players want to come to play. This means attracting, or training our own, junior coaches, along with player development coaching and accelerated skills programs.

It means running football camps and kids' competitions over the summer to keep them interested and excited for the upcoming season. We know there is talent in our area; we just need to keep it here in town and make sure our rising stars stay in Headers Green.

I strongly believe in the value of team sport and the benefits it provides for people of all ages. Aside from improvements to physical health and the flow-on effects for mental health, it also contributes to a sense of belonging and worth in our community.

The rewards for training and commitment – and of course, the lessons that can be learnt from winning, and often more importantly, from losing with grace – can be seen in

player progression and team performance especially throughout the teen years. Working together to achieve a goal and the values of sportsmanship and teamwork become apparent.

MiniRoos

The numbers are looking great for our 5-11 age group, with their season starting the first weekend of May.

This year we have teams in every age group; 11s, 10s, 9s, 8s, two teams in 7s, and two in 6s. More registrations are welcome especially for 8s and 9s. Training is Tuesday 4:15 -5:30.

Wet weather disrupted plans for our initial MiniRoos and Juniors kick-around day, but our planned day on 17th March went ahead. We had a great morning of football with more than 40 kids joining in the fun.

It was fantastic to see all their excited faces as they ran around chasing a ball, falling over and getting back up, scoring goals and saving them too. I ran some skill and agility drills and finished with a bit of shooting practice, which the kids always love.

Thanks to all the parents who turned up and leant a hand setting up and packing down without any hesitation. Big thanks to the canteen crew – Max and Christine, Colin and Lisa. We had several tasty hot food options including Christine's delicious home-made pies and sausage rolls.

I hope you all enjoyed the day as much as I did; Nimbin gets my (totally unbiased) vote for the best club canteen on the North Coast.

Women's teams

We have two full teams, League 2 and League 5. After last year's success finishing 2nd on the ladder, our League 3 team has been graded into League 2. In my view this is something to

be very proud of.

This team of talented players are a joy to watch. In the women's competition League 2 is directly under Premiers (there is no Champs or League 1). This means we have two teams (one women's and one men's) playing for the opportunity to be promoted into Premiers, no small feat for a community the size of Nimbin (with a population 2413 people).

Men's teams

The growth of the club is in part thanks to an influx of players, 'The Eureka Boys', over the last two years, strengthening our top teams significantly. Their energy at the club has been a welcome addition. I'm sure the old 'Eureka' badge will fade in time and they will just become regular Headers.

Also adding to our ranks, the Grade 16 team from last year has entered seniors, mostly competing in our new men's League 5 team. The teams this year are Championship, League 3, League 4, League 5 and League 7.

ANZAC Cup

Headers Anzac Open A team narrowly missed out on a semi-final place, after a slow start to the tournament with loss at home. They picked up their performance and won their two remaining group stage games. Unfortunately, it wasn't enough to progress to the finals, going out on goal-difference.

Anzac Open B made it through the group stage. On Sunday 24th March they travelled to Tintenbar, on a cold and rainy afternoon to face their arch-rivals from last year. Tintenbar's reputation for physicality and on-field chat was on full display for all to see.

Our squad, already reduced from 20 down to 12 by various illnesses and injuries before the game began, battled hard and went in at half-

SENIOR FIXTURES			
home games	away games	bye	
Saturday 6th April			
1:00pm	Men's League 3 - Nimbin v Ballina	NB	
1:00pm	Men's League 2 - Nimbin v Ballina	NB	
1:00pm	Men's League 4 - Nimbin v Byron	BR	
3:00pm	Men's Champs - Nimbin v Souths	NB	
3:00pm	Men's League 5 - Nimbin v Ballina	NB	
Sunday 7th April			
12:30pm	Women's League 3 - Nimbin v MBYC	MB	
12:30pm	Women's League 2 - Nimbin v Byron	BR	
Saturday 13th April			
1:00pm	Men's League 3 - Nimbin v Byron	NB	
1:00pm	Men's League 2 - Nimbin v TFFC	NB	
1:00pm	Men's Champs - Nimbin v Pottsville	NB	
3:00pm	Men's League 5 - Nimbin v TFFC	NB	
Sunday 14th April			
12:30pm	Women's League 3 - Nimbin v Ballina	NB	
12:30pm	Men's League 4 - Nimbin v Bangalow	NB	
2:30pm	Women's League 2 - Nimbin v Lennox	NB	
Friday 19th April			
7:00pm	Women's League 5 - Nimbin v Pottsville	Pott	
Saturday 20th April			
1:00pm	Men's Champs - Nimbin v Gunnedah	GN	
1:00pm	Men's League 4 - Nimbin v Thistles	TH	
1:00pm	Men's League 5 - Nimbin v Dunsen	Dun	
3:00pm	Men's League 3 - Nimbin v Dunsen	Dun	
Sunday 21st April			
BYE	Women's League 2 - Nimbin	BYE	
BYE		BYE	

time 1-0 down.

The second half saw Tintenbar make full use of their five-man bench and in spite of Nimbin's valiant efforts with multiple players pushing through injury, our lads eventually went down 4-0.

Season begins

The winter season began on first weekend of April. On Saturday 13th April all senior teams are at home, playing four games at 1pm and 3pm, and three on Sunday 14th April, again at 1pm and 3pm, including the first home games for our women's teams.

Hopefully the rain holds off and these games can go ahead without destroying the fields in the first two weeks of the season.

The upside is that if we do have to reschedule games due to wet weather, they will be night games at home. Keep an eye out for our first ever competitive night games at the Headers (dates yet to be determined) coming in the next month or two.

We're keen to celebrate this important milestone in our club's history and we'll be making a bit of an event out of it!

Think world cup/festival vibes with a hint of afterparty. See you pitch-side.

Excursion to Hanging Rock Farm

Year 3-6 students in Gabul class at Barkers Vale Public School really enjoyed their visit to Jake and Lanie's organic farm at Hanging Rock.

They carefully prepared a set of questions about growing veggies in our school garden, hoping Jake could provide answers and show them some examples.

While munching on cucumbers, sorrel and strawberries we toured around the farm's garden beds, storage rooms,



nursery and indoor sprouts room.

Students were so engaged and asked many more questions than they had originally planned.

On returning to school, students knew which veggies they wanted to plant and what steps to take next.

Thank you Jake for inspiring not only our students but staff as well.

Celebrating the seasons

by Katrina

At Rainbow Ridge Steiner School, the seasons are celebrated in many ways; through stories, morning circle content, use of colours, craft, gardening activities and seasonal celebrations.

On the first calendar day of Autumn in the Nimbin area, the seasonal changes are subtle. Misty, cooler mornings, different fruits and flowers beginning to grow and a different quality to the sunlight.

At Rainbow Ridge we celebrate the Autumn equinox with a special play performed by all the primary school students. The play is about St Michael and the Dragon, and portrays the need for people to have courage to face their inner dragons as the year turns towards Winter and we journey into the darker phase of the Earth's yearly cycle.

Each class takes on a different role and they look forward to the roles that will come later during their time at school. Families are invited to watch and share afternoon tea together.

At the end of term, we celebrate with a harvest festival. In particular, the kindergarten



invites families to gather and weave with the treasures we harvest from Mother Nature at this time of year.

Seed pods, grasses, feathers and leaves are gathered by families and by the children on their weekly bush walks. We

work together to make our Autumn weavings or baskets which we can use to decorate the garden or to put the fruits of our harvest in.

We sing Autumn songs and the adults and children do circle dances all together in the soft light of the afternoon when the sun has already sunk behind the trees.

We share the pumpkin scones baked by the children from the pumpkins harvested from our gardens. It is a time of being grateful for all we have.

We create a Harvest table where produce and tinned goods can be given by families and then passed on to an organisation or people who may have use for these.

Harvesting, celebrating together, being grateful and giving back. Respect and reverence for Mother Earth and all she brings at this very special time of year.

Nimbin Crossword Solution

From Page 31

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





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Mementos Mori

Tim Tonkin (above) singing in Tuntable Falls hall at the farewell to Gum Broomstick, 1/7/1956 – 17/2/2024.

Warren Byrnes (right), who for many years played drums and sang in several jazz bands around the region, 8/9/1947 – 13/3/2024.

Requiescat in pace



Flourish Sanctuary April programme

Regular events

- ♦ Monday's Meditation Classes, 11am to 12.30pm
- ♦ Men's Group – Tuesdays, 7pm to 9pm
- ♦ Permaculture Classes – Wednesdays, 9am to 11am
- ♦ Healing Sounds with Michael Deanshaw – Thursdays, 10.30am to 11.30am
- ♦ Biodanza – Thursdays, 7.30pm to 9pm
- ♦ Social Dharma – Fridays, 9.30am to 11.30am
- ♦ Yoga – Fridays, 8am to 9am

Special events for April

Whether you're drawn to the serenity of Satsang, the wisdom of Taoism, the mysteries of Gnostic Christianity, or the spirit of community service, Flourish Sanctuary offers a diverse range of

events to enrich your spiritual journey this month.

- ♦ **Sunday Satsang Series:** This month, two Satsang sessions. The first session will take place on Sunday, 7th April in Mullumbimby. The second session will be held on Sunday, 14th April at Flourish Sanctuary. Please contact Jagad on 0433-173-5080 for details.
- ♦ **Taoism Event with Master Tsao:** Friday 19th April, a unique Taoism event. The evening will commence with a traditional tea ceremony, followed by a transmission ceremony led by Master Tsao. This promises to be an immersive experience into the ancient wisdom of Taoism, offering attendees insights into the path of harmony and balance.
- ♦ **Exploration of Gnostic Christianity:** Explore the mystical teachings of

Gnostic Christianity, on Sunday, 21st April. Delve into the esoteric wisdom and spiritual insights of this ancient tradition. Discover its profound mysteries and transformative power in a welcoming and inclusive environment.

- ♦ **Community Working Bee:** On Sunday, April 28th, we extend a warm invitation to everyone to participate in a working bee. Come together with like-minded individuals to lend a hand in nurturing our sanctuary and its surroundings. It's a wonderful opportunity to connect with nature, build community bonds, and contribute to the flourishing of our shared space.

For more information and event updates, visit: www.flourishsanctuary.com.au

On the same Page

by Kevin Hogan
Federal Member for Page

Rail Trail

It was fantastic to see the rail trail from Casino to Bentley open. I secured a \$7.5 million grant through the National Tourism Icons Program for this to happen.

This section is 13.4km in length, from Old Casino Station to Back Creek Bridge at Bentley, with an adjoining bridle path.

The project includes four car parks, picnic tables and seating, bike racks, amenities, landscaping and signage.

It is forecast to increase visitors by 40,000 a year to the Casino area, which will be fantastic for local businesses and bring a new form of tourism to our region. This is going to be wonderful for locals and tourists.



This section is part of the 132km running the full length of the Casino to Murwillumbah rail corridor. The section between Bentley and Lismore is already under construction.

Grants for AFL clubs

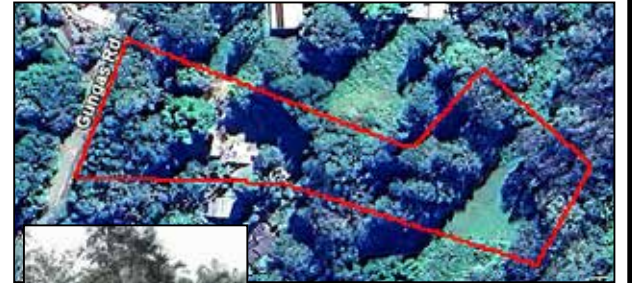
Footy Country Grants up to \$20,000 in funding is available per club for things like safety and training equipment, finance and software upgrades,

volunteer resources and growing the game for young girls.

This will help our regional AFL Clubs grow and assist volunteer capacity, diversify participation and improve club environments and experiences.

Submissions close at 5pm on Wednesday 7th August. For further information on how to apply, program guidelines are available at: www.telstra.com/footygrants

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42 Basil Road, Nimbin SOLD	927 Cawongla Rd, Larnook SOLD	2/24 Alternative Way, Nimbin SOLD	516 Ballina Rd, Goonellabah SOLD	1/28 Sunrise Cres, Lennox Head SOLD
81 Oxbow Road, Cawongla SOLD	663 Jiggi Road, Jiggi SOLD	8 Kenzi Rise, Nimbin SOLD	131 Billen Rd, Georgica SOLD	MR PAINT Isaac Ross 0401 005 197

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NEW
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Nimbin
CONTACT AGENT Agent: Samara & John

NEW
Panoramic Heaven
Kyogle 101.59 acres
\$1,100,000 Agent: Jacqui & Grant

NEW
82 Cullen St
Nimbin 1208sqm
\$595,000 Agent: Samara & John



NEW
128 Mooneys Lane
Ellangowan 9.35 Ha
\$549,000 Agent: Grant & Samara

NEW PRICE
26-30 Cook St
Broadwater 208sqm
\$1,360,000 Agent: Vicki Morgan

NEW PRICE
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Green Pigeon 167 acres
\$1,300,000 Agent: Suzy

NEW PRICE
41 Alternative Way
Nimbin 594 sqm
\$675,000 Agent: Sundai



SOLD
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