

## Integrated transport

Don't get me started  
by Harry Gumbot

I was responding to the NSW Government's 'Draft Strategic Regional Integrated Transport Plan,\* when news of the failure of the Lismore and Byron councils to secure funding for the next stage of the Northern Rivers Rail Trail broke.

Train enthusiasts seemed to think this was a win for their plan to reinstate a rail line designed to service 19th Century agricultural practices.

Cyclists and other rail trail users, on the other hand, saw it as a minor setback, a feeling echoed by local politicians who put it down to the project not being "shovel ready" – a reference to Byron's inability to read the timetable – and suggested reapplying next year.

Despite the XPT's design speed of 160kmh, the age and terrain of the former Casino-Murwillumbah branch line limited it to between 60 and 70 kmh.

Any plan to introduce regular local services – a 90-minute one-way journey – would limit return trips to three or four a day, none of which would call at centres like Alstonville, Nimbin, Ballina, Lennox Head or Coraki.

Which brings us to the Strait of Hormuz's role in public transport.

One result of the panic about fuel supplies and prices in early March was the revelation that the

rapid uptake of electric vehicles in Australia was not limited to private cars.

Volvo is presently assembling commercial EV vehicles in Brisbane from imported parts while carrying out tests on local and interstate routes. Their prime movers and buses have shown a potential range of up to 700km under test conditions, along with recharge times that fit the parameters of driver breaks.

Local bus companies make a fair bit of their income from government-subsidised school runs. As a result, they're heavily invested in vehicles designed to carry up to 50 or more passengers. Outside of school hours, many run at less than 20% capacity.

Varying vehicle size to provide more flexible solutions in terms of routes and timetables is an expensive ask for privately-run businesses. Doing so as part of a government-subsidised move to EVs is a different proposition and far better value than a train service with limited stops.

Bus companies already use technology to keep track of speed, location and fuel consumption, while the railways have allocated seats based on where passengers get on and off for decades.

Imagine putting the two together.

\* Submissions close on 14th June and can be made at: [www.haveyoursay.nsw.gov.au/sritp/north-coast](http://www.haveyoursay.nsw.gov.au/sritp/north-coast)

## Exercises in forgiveness that make your life humming

How easily can you forgive? If you, like me, have always struggled with the concept of forgiveness, and if you have been at the receiving end of a cruel act, you may feel ashamed as if the offence is justified.

The guilty feeling that follows can be debilitating and numbing because, in effect, you know the treatment is unjust but somehow the offence feels like a personal rejection. To exercise forgiveness when the ego is hurt and you are being wronged, clarity is very important. You need to stand back and try looking at the big picture and separate the offence from your subjective perception.

This is the beginning of holding the offender responsible, and it is also the start of learning to forgive. It is not forgetting or excusing the abuse, it is awareness. The gentle wave of forgiving creates clarity.

When someone cheats on, lies to or steals from you, your ability to forgive is tied in with your ability to recognise that the fault is not yours, even if you find yourself in the middle of a

raging storm of blame and anger. Seeing the affront for what it is, by erasing that hurt ego, is the way out, the only light to follow that leads you out of the mess.

Payback is not an option, it will hurt you more than the offender because you may do something against your ethical principles that you would normally not do. And then you have to forgive yourself.

Making the victim feel guilty is the offender's strategy to justify their act of cruelty. In our culture, emotional cruelty, inflicted carelessly or deliberately, is often played down.

Yet, it is not uncommon, and every day we may, in our relationship with others, come across unfeeling behaviour, in private and in public. If someone is out to hurt you, why should you forgive?

I have long held to the Taoist concept of walking away from the source of offence, illustrated by the kicking horse on the road, where you either keep walking and risk being hit or simply choose to take another route, which may



by Antionette Ensbey

turn out to be an awfully long detour and bringing on new hurdles.

Instead of avoiding the horse, you may want to forgive and make friends.

Releasing your anger and holding no more grudges may enable you to tame the horse, or with the blockage of resentment removed and your inner guidance clearer, you find yourself on a brand new path.

With forgiveness, the focus is on yourself, not the offender. It is about coming clean with a situation that is imposed on you. Forgiveness is a courageous act of benevolence.

You've got to let go of

protection and put faith into the healing power of kindness. Again, it is not about the other person, but about your own sanity and standing strong in your wisdom.

The worst offenders are in need of the deepest forgiving act. As long as you keep your defences up, the offence is kept alive.

Resentment is a form of defence during the grievance stage – but don't get stuck here, keep moving. The person who inflicted the pain may have forgiven themselves in order to act responsibly in future and you may be invited in the process of deep awareness.

Forgiving is not forgetting but a chance to discern, to kindly listen and to learn. For every one of us, experiencing life in connection with others.

While we can thrive for love, we cannot avoid hurting, and if you enter into a close relationship, there is a lot of material for wrongdoing, intentionally or unintentionally – it does not matter – it all belongs to the growing and changing nature of evolving as a human being.

## A moment

by S Sorrensen

"I took my granddaughters to MardiGrass," I say to Judy, leaning back in my chair, enjoying the sunshine.

"Really?" a passing woman says, and then sits down, uninvited, at our table. Who are you?

"Hi Judy," she says to Judy, whom I do know, and with whom I'm having chai latte. The sun, not often seen lately, is warming both our heads.

"Oh hi..." Judy says to the woman. She doesn't recognise her.

"Amanda," says the woman, smiling broadly, her lipstick cracking. "From the workshop."

"Oh. Yeah. Amanda," Judy says, definitely not remembering the woman. Or the workshop. But she pretends to, like you do, because we are polite.

"They're 18 years old," I say. About my granddaughters.

"Really?" Amanda says. "Exposing them to drugs is responsible parenting?" Okay. I don't like this woman. I'm going to...

"Oh, they would have loved MardiGrass," Judy says, sensing a cloud forming in our sunny sky, jumping in before I create a storm. Because we are polite. "Were they Ganja Faeries? Did they dance in the parade?" she asks me.

"No," I say. "They were too busy. They helped me with the running of the Hemp Olympix."

"Really?" Amanda says, disdain drooping from the corners of her very red mouth. "The Hemp Olympix? What's that? A drug thing I suppose."

I take a deep breath. "It's a world-famous sporting event, Amanda," Judy says, winking at me without winking. She turns to this Amanda woman. "Athletes from all over the world come to compete in the MardiGrass Hemp Olympix."

"Really? You're joking, right?"



Amanda says.

"No. It's very popular," Judy says. She turns to me: "How about that Norwegian fella throwing 41.2 metres on the Saturday? Wow."

"Oh yeah, that was a magic moment in sport," I say. "Fantastic technique. Overarm with that huge wrist flick so popular with Nordic throwers. Perfect trajectory, no loss of water," I say.

"What sport is this? Javelin throwing?" Mandy asks. Judy and I laugh. "As if. That's a stupid sport," we say.

"It's the Bong Throw & Yell," Judy explains. "You throw a bong –"

"A sports bong, of course," I interject, "constructed according to the specifications laid down by the International Hemp Olympix Committee in Brussels in 1896..."

"And at the same time, you yell something meaningful like 'Free the weed!'" Judy says.

"Really?" Mandy says. "Yes. And this Norway bloke chucked 41.2 metres," Judy says.

"Yelling 'Frigjor marihuanaen!'" I add. "The granddaughters were amazed. As the bong landed, clearly well past the 40-metre mark, they jumped to their

feet, as did all the spectators, cheering and applauding such a tremendous display of human skill. It was very emotional."

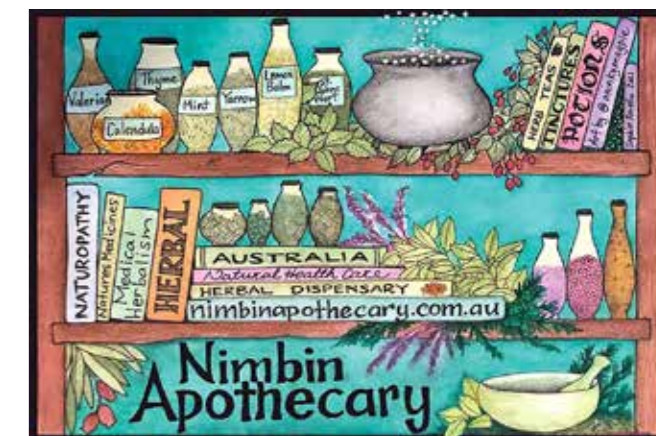
"It's a moment they'll never forget, Grandpa," Judy says, patting my arm as I wipe a tear from my eye. "And his throw was just short of the world record: 43.7 metres set by Julio Katno in the Rio de Janeiro games of '98," I say.

"Cannabis para uso medicinal" Judy yells, swinging her arm.

Amanda ducks, licks her lipstick, picks up her bag. "This is weird," she says, and walks away.

No, Amanda, it's not weird. Dropping bombs on schools and hospitals is weird. Poisoning soil, rivers and oceans for the corporate bottom line is weird. Lethally heating the home planet is weird. Isolating children in the blue light of screens and calling it connection is weird. Drinking water from plastic bottles while it's raining is weird.

Compared to that world, people gathered together celebrating a bloke who chucked a bong a really long way is not weird at all, Amanda. It's funny, harmless, real – and beautifully human.



the rainbow health centre

- Naturopathic consultations
- Nutrition
- Lifestyle advice
- Flower Essences
- Electrodermal Screening
- Herbal & Homeopathic Dispensary

Suite 4/8 Slade Street, Goonellabah NSW 2480

For appointments, call 02 6621 5121 or 0484 076 120

Email: [info@rainbowhealthcentre.com](mailto:info@rainbowhealthcentre.com)

Web: [rainbowhealthcentre.com](http://rainbowhealthcentre.com)

Satellite clinic now available on Thursdays at Birth and Beyond, Nimbin

Gentle Realignment. Pain Relief.



Sonia Barton Bowen Therapist

- Bowen Therapy  
- Scar Tissue Release  
- Reiki Master

[www.BowenEnergyWork.com.au](http://www.BowenEnergyWork.com.au)  
Mobile: 0431 911 329

## Radiate Positivity

## Do you have the SADs?

The art of practice  
by Susan Paget

I'm pretty sure I've got me a case of the SADs! Better known as 'Seasonal Affective Disorder'.

This is a condition where seasons play a role in triggering depression. And talk about triggered. This past month of non-stop rain crept under my skin big time.

But SAD caught me by surprise because I take my Vitamin D. I generally love this cooler time of year and let's face it, it's not like I'm living in a Sweden situation where winter days are as dark as night.

But when I did a review of life against this backdrop of relentless rain, clothes on the line that won't dry, muddy pathways with the occasional leech hitching a ride on my toes, feeling off made sense.

I've learned some interesting things about this seasonal mood change. It generally shows up during the autumn or early stages of winter, but it can also affect some in the spring and summer.

Women can be more susceptible to SAD than men, possibly because a woman's biology is more sensitive to circadian rhythms.

So what does practice have to do with managing SAD? Well, let's put it this way, if I wasn't such a stickler for routine, habit and ritual, I probably wouldn't have had a really hard time getting out of bed.

Practice teaches you to show up and do your thing whether you're in the mood or not and that has gone a long way to help push me along during these days when I feel a lot less motivated than usual.

During a deep dive into the seasonal

blahs I found some coping tips to pass along to any fellow seasonal strugglers out there.

If you're really doing it tough with SAD, talk to a medical professional. But if it's more the mode of just messing with your vibe, here are some points to consider.

**SAD cravings**  
Fangng for sweets is apparently a symptom of seasonal affective disorder. Bad timing for me because just before this change in seasons I had the "brilliant" idea of taking a break from desserts.

I've done various cleanses and detox experiences over the years, so I'm no stranger to withdrawal symptoms but this was the first time I felt put upon and even resentful that I couldn't indulge in a basic cookie! If you're like me and sense you might be vulnerable to winter blues, it might be wise to hold off on an 'I Quit Sugar' challenge until the weather is more favourable.

**Move that bod**  
Swinging a kettlebell outside, going for a daily walk even in the rain and of course yoga has kept me connected to my body, working like an energy bridge to get me to the next thing on my daily list. Movement is medicine and making physical practice a non-negotiable part of self care has been a life saver.

**Empathy and tough love**  
Having SAD can do a number on your cognitive function. Brains get foggy, sleep is disturbed (I'm writing this at 2.30am!) and serotonin, a mood stabilising hormone, lowers. It's helpful to have someone who will listen to your complaints but will also hit the brakes

on the whinging when it gets stupid. I'm super grateful to have my husband as a sounding board who doesn't suffer my foolishness. He's been there when I needed to rant but he also knew when to kindly shut me down when enough was enough!

A little tough love jolted me out of overindulging my inner whinger and hopefully I'm not doing it as much.

**Ambience matters**  
Light seems to be a big deal with combatting SAD and while you can really nerd out on different spectrums that have been researched to improve symptoms, I use what I've got and have been keeping a variety of lights on in the house during the day.

It's not something I'd normally do because I was raised to always shut lights off when not needed but our home has a lot of dark areas and I find that having my surroundings lit up brightens my outlook.

It's cool that in this time of being so reliant on technology, nature manages to still have the upper hand and reveals this in surprising, subtle ways.

It was frustrating when I couldn't pinpoint a reason for feeling out of sorts but I've found that being aware of SAD has lightened my mood.

Moving forward this winter, with some fresh coping strategies that will absolutely include some delicious cookies, I'm pretty sure I'm in a good place for navigating my way through the rest of it.

Susan Paget is a television producer, well-being writer and yoga teacher who lives in Tuntabla Creek. Listen to her podcast 'The Art of Practice' or connect at: [theartofpracticeofficial@gmail.com](mailto:theartofpracticeofficial@gmail.com)

## Friends, fate and family

I'm woken by an early phone call. It's Saturday. My sort-of-surrogate son is being followed by a lot of cars and wants me to go out the front when they drive past.

I dress and go out, stand on the porch, watch cars drive past. He calls again and I assure him it's safe here.

He's soon parked out the front. It appears he's having a paranoid episode. The woman he calls his 'better half' has been texting me. I calm her down. He's safe here, patrolling, looking out of windows, making sure the doors are all locked.

I've known him since he was a kid, and a couple of years ago looked after his daughter, when she was 14 and charged with visiting, late one night, some people who'd been bullying her for months, and nothing had been done.

As she was happy to admit to dressing in a black coat and hat, with zombie knife and pepper spray in the pockets, black scarf over her face, and breaking a window.

We pleaded guilty to all

charges on the first occasion, to claim the 25% discount on sentencing.

Her father's out the front now, looking through windows. I respond to another of the better half's texts before he comes back in, then google 'paranoid episode'. It seems I'm doing the right things. He trusts me.

He's back. I keep typing. He whispers, "The back door's open." I reassure him, "I'd like to see them try to get in here." It's a church, after all, and very secure.

Michael, one of our new solicitors, is a Coca Cola addict and there are two full bottles in the fridge. My visitor shares his addiction and I give him one. Now he's wandering around, hands in pockets, noticing things on the wall.

Anyway, back to his daughter. The magistrate, instead of locking her up, put her on strict curfew and ordered a Juvenile Justice Report.

Miracles appear to be happening around here lately. After the last months of last

year, when Rose and I were running 25 or so legally aided family law matters between us, with no response to our job ads, by February I was thinking of retiring.

Then an accountant and his lawyer wife, Keshini, arrived in Lismore from Sri Lanka, saw my friend the barrister Gemunu Kumarasinh's sign, and were pointed in our direction.

She's already up to speed in Australian family law, and it's become blindingly obvious that, as a lawyer, she's out of my league, but she likes it here. She's particularly skilled in contract law. Now I'm taking her into the world of the contract for the sale of land.

The week she arrived, council restructured, and Michael, retrenched, joined us. Doing his Masters, he'd just finished the family law bit.

Rose and I set about unloading files onto him and teaching Keshini about the Federal Circuit and Family Court of Australia (minus WA). She learns fast. And

Michael is actually excited about family law.

Now, when there are raised voices in the office, it's always hilarity. With Rose (the boss), three solicitors and Millie, our law clerk, plus Maggie, her dog, it appears to be that rare thing, a happy workplace.

My paranoid friend's daughter, when the Juvenile Justice Report was back, got a sentence of a year of weekly meetings with a woman I had a crush on in the fun days of the turn of the century in Lismore. The way things happen round here...

Her mother now texts that they really are after him.

To be continued...



Legal writes  
by John 'Sindhu' Adams

Michael is actually excited about family law.

Now, when there are raised voices in the office, it's always hilarity. With Rose (the boss), three solicitors and Millie, our law clerk, plus Maggie, her dog, it appears to be that rare thing, a happy workplace.

My paranoid friend's daughter, when the Juvenile Justice Report was back, got a sentence of a year of weekly meetings with a woman I had a crush on in the fun days of the turn of the century in Lismore. The way things happen round here...

Her mother now texts that they really are after him.

To be continued...



BERNARD O'BREE  
0416 130 664

645 Williams Road, Barkers Vale NSW 2450  
[bpobree@outlook.com](mailto:bpobree@outlook.com)

PLUMBING  
LP GASFITTING  
SEPTIC SYSTEMS  
IRRIGATION  
BORE PUMPING SYSTEMS  
WATER TANK INSTALLATION

"Prompt and efficient service, when & where you need it"

- Fully licenced
- Insured
- Free quotes
- Reliable

SERVICING THE NORTHERN RIVERS AND SURROUNDS

**CHI FUNG LEE**  
ACUPUNCTURIST  
AHPRA & AACMA

047 823 92 98  
chibiz@xs4all.nl  
2012 Nimbin Road, Coffee Camp



**Julia Lincoln: 0434-919-172**  
**KINESIOLOGIST**  
Over 20 years of experience



- Structural and neurological integration
- Pain and restriction of movement
- Emotional challenges including psychological reversal
- Learning difficulties including dyslexia
- Inherited patterns and belief systems
- Gait system
- Immune system and allergies
- Safe for seniors

**AWAKEN YOUR INNER GURU**

- QHHT Quantum healing
- Past life regression
- Akashic Record readings
- Hypnotherapy

**Auralia Rose**  
Visit me in Murwillumbah or stay at home and meet me on Zoom  
0422 481 007  
auraliarosewellbeing.com



**NIMBIN HOMEOPATHICS**  
– For all your homeopathic supplies –  
tarangbates@yahoo.com.au



**NIMBIN AQUARIUS**  
foundation inc



**ENROLMENTS ONGOING**

- Inclusive Learning Culture
- High Potential Gifted Education
- Individual Education Programs

**Enrol Now!**

02 6689 1355  
www.nimbin-c.school.com.au  
23A Thorburn Street, Nimbin NSW 2480

Success Through Diversity



## Microsystem acupuncture

The word “micro” comes from the Greek word mikros, meaning “small.”

In acupuncture, a microsystem is a small area of the body that is believed to represent the whole body and can be used for both diagnosis and treatment.

Practitioners understand that stimulating specific points in these areas may influence related organs, muscles, and body functions, helping to restore balance in the body.

Common acupuncture microsystems include the ear, scalp, abdomen, hand and foot. Each of these areas is thought to reflect the whole body, with different points linked to specific body regions and internal organs.

While traditional full-body acupuncture originated in China over 2,000 years ago, microsystems were mainly developed in the mid-20th century by combining ancient concepts with modern neurology.

In the 1950s, French neurologist Paul Nogier proposed that the ear represents an “inverted foetus” map of the whole body, with different regions corresponding to specific organs and body parts. This

idea was later systematised into what is now known as Auricular Acupuncture.

Building on this concept, Battlefield Acupuncture (BFA) is an auricular acupuncture protocol developed by Richard Niemtzow for rapid, drug-free pain relief. It uses up to five tiny ASP (Aiguille Semi-Permanente) needles inserted into specific standardised points on the ear.

These points are stimulated to reduce pain quickly, making the method useful in both military and clinical settings. BFA is designed for simplicity, fast results, and minimal side effects, and is commonly used for acute and stress-related pain management.

In the 1970s, South Korean physician Yoo Tae-woo developed Korean hand therapy, proposing that the entire body is represented in the hands, with specific areas corresponding to different organs and body regions.

According to this model, stimulating points on the hands may influence the function or condition of the corresponding parts of the body.

It is also quite common to find a do-it-yourself

hand acupuncture kit in Korean homes, reflecting the popularity of self-care practices and the use of Korean hand therapy for managing minor pain, stress, and everyday health concerns.

Abdominal microsystem acupuncture was developed by Professor Bo Zhi Yun in the 1980s-1990s. Like other microsystems, the abdomen is viewed as a control centre of the body. It is used to treat a wide range of conditions, including pain, neurological, psychological, and eye disorders, and has been applied in hospitals in China and other countries with reported positive outcomes.

Around 2020, Professor Daniel Deng of Sydney introduced a scalp acupuncture microsystem known as the Jing Qi Shen Deng Style Acupuncture Hologram. Similar to other microsystems, areas of the scalp are mapped to represent the whole body.

In this approach, acupuncture needles are used to address structural, functional, and mental imbalances.

### DIY ear massage

Do-it-yourself ear massage is a simple self-care technique



by Chi Fung Lee

based on Auricular Acupuncture. Instead of using needles, you use your fingers to gently massage and press different parts of the ear.

Start by finding a quiet, comfortable place free from insects and breeze. Sit comfortably, close your eyes, and relax your shoulders. Rub your hands together until warm, then gently cup your ears.

Next, softly rub the outer ear using your thumb and index finger, moving from the top down to the earlobe. Massage the earlobe in small circular motions, then move around the outer edge of the ear with light pressure or gentle pinching.

Finish by lightly pulling the ear upward, outward, and downward, then relax and take slow breaths. This massage should only last about three minutes.

Chi Fung Lee is an AHPRA & AACMA registered acupuncturist in Coffee Camp. Phone 0478-239-298.

## So they say...

### Bad sport

My partner is a lovely person, except when she plays games. Then she turns into a nasty, competitive, ogre who is a terrible loser and an even worse winner. Do you think there is any chance that she could be rehabilitated?

– Mark D’Carde, Casino

### Magenta says...

Dear Mark, what planet are you living on? Sport is supposed to be hard, rough and competitive. The harder the opposition falls, the more enjoyment we get, whether playing or being a spectator.

Sport and games are probably the only time when all rules of nicety are suspended and bad behaviour is not only accepted but encouraged.

### Oh, the audacity!

I have a friend, who shall remain anonymous because I want to stay friends with her, who makes up rules as we go along, but then again, who doesn’t? She hates losing and doesn’t mind cheating.

When challenged, she obdurately denies it. Even though everyone knows she did it, she’s like a cute bull terrier and never backs down. I totally respect her audacity and tenacity. The memorable loud, animated fights are even more fun than the game.

I am good at sports and games and grew up in a family that was venomously competitive. I, like your girlfriend, play to win and I play HARD. I am particularly adept at sledging at the ping pong table. We have a no-swearing rule because our table is so close to the neighbours that we noticed they made their children go inside every time we started playing.

Whenever I am falling behind, I insult and intimidate Norm.



with Uncle Norm & Auntie Maj

All in good fun, of course. He is susceptible, probably because he’s too nice, and his concentration goes out the window and he starts making mistakes. I then laugh at him and the game is as good as mine. I know it’s not very sporting but I really, really, really want to win.

### Releasing existential angst

Every day Norm and I play the card game Spite and Malice which was recommended to us by our marriage guidance counsellor. Our otherwise loving relationship recedes as he becomes petulant and pouty.

Doors and windows have to be closed so the neighbours can’t hear lest they think the swearing, cursing and whingeing means we are on the brink of splitting up. No, just playing cards. The game is well-named and a great release for our existential angst.

### Toughen up

Mark, your partner sounds like a hoot and can come and play with us any time. The beauty of games is that they allow you to be your worst person. I suggest you toughen the fuck up, get in there and play hard or go home.

### Norm says...

Dear Mark, only child? Sheltered, cloistered upbringing? Yeah, I thought so. I’m sincerely sorry to have to tell you that this is considered normal behaviour these days. Some might even say it’s healthy.

## It’s time for the king’s gambit



by Anand Gandharva

Fuelled by outdated stories of human exceptionalism and misplaced wants, our relationship with nature requires reality checks: together we cause harm to wilderness, social justice, environments, biodiversity, tax, pollution, bio-capacity, climate. Without changes, a desert world is left for kids by 2050.

People aren’t forced, they are persuaded subconsciously and have old habits. We did not have to repair cumulative damages to nature, or recognise population explosions. The world seemed an endless resource to exploit.

Most products and services are welcome and raise our standard of living. ‘Hidden persuaders’ often are not ill-willed: environments were self-generating and catered to three billion people. But not 10 billion.

How to be sustainable? Enterprises are urged to be ecologically viable, abide Net Zero Agreements, but consumers are not held accountable. Consumer demand drives destruction, robbing from next generations.

Your purchase may clear the Amazon, rob living space of Borneo orangutans, or help kill local forests. Yes, warnings of impending doom aplenty, but markets help consumers to buy unregulated goods.

The United Nations parliament has to act. The International Court of Justice (ICJ) declared that states have binding legal obligations to protect climate and halt pollution.

The decision enables sustainability and holds perpetrators responsible. Change is in the air. See: <https://unu.edu/sites/default/files/2026-04/ICJAO%20Discussion%20Paper.pdf>

Read this guide on what to do to reduce your personal footprint: <https://www.un.org/en/actnow/ten-actions>

Many people believe global warming is a hoax and Green Industry pushes selfish narratives – realising well that idling a fossil fuel car in a closed garage is deadly, but ignore exhaust impacts of tens of billions of cars, motor cycles, rickshas, mowers, generators, factories, utilities, fertilisers, trains, planes and plastics.

Many of our beliefs are wrong. Human DNA is 99.9% similar, whether we are European, African, Inuit, Indian, Chinese, Arab, Jew, Filipino, Koorie, Māori, etc. It shatters old race purity myths. The USA/Israel-Iran war also has good consequences: lifted solar panel enquiries by 70%: [www.youtube.com/watch?v=zGG\\_116Miao&t=5s](https://www.youtube.com/watch?v=zGG_116Miao&t=5s)

Protest is as important as empathy. As some use of fossil fuel continues for a while, carbon removal technology

is vital: think of families whose only transport is a gasoline car or farmers on an \$800,000 loan for their grain harvesting machine.

We are the problem: population and consumption are quadrupling every generation – Lismore needs your views on doubling in size to 60,000: there is nothing wrong in growing, but why do cows have 13 times more land than housing, and three times more than forests?

‘More cows, fewer trees: What could go wrong?’ says the Kyogle Environment Group (page 13, last month in the NGT). Solutions are available: one can buy real, tasty animal meat grown in factories at 99% less land and water use than grazing.

As the Farrer by-election showed, voters are revolting. Here the King’s Gambit comes in: chess moves sacrificing a piece to enable a winning move: let consumers decide what’s needed, but provide financial incentives for buyers of eco-friendly product and services, and so fund recycling environments.

See: [https://en.wikipedia.org/wiki/True\\_cost\\_accounting](https://en.wikipedia.org/wiki/True_cost_accounting) Future jobs: over 130 per LGA.

Not only chess masters, kids and AI see the writing on the wall. Your move!

## Meditation – it’s not what you think

by Magenta Appel-Pye

“I have so much to accomplish today that I must meditate for two hours instead of one.” – Mahatma Gandhi

Mindfulness meditation has become a big thing, but isn’t that an oxymoron? The whole idea of meditation is supposed to be an empty mind, not a full one.

Research suggests that meditation could support healthy aging and potentially lower the risk of dementia. It is said that regular meditation boosts serotonin and dopamine, which help emotional balance and is supposed to reduce stress and anxiety, but for me it’s the opposite.

I’m no good at meditation, and I have been trying for many years. And therein lies the problem – trying too hard. Letting go of your thoughts is easier said than done. And my failure makes me feel more stressed than before I started.

### Don’t fall asleep!

I don’t even like guided meditations when they get you to think about going into the forest or the beach and doing all sorts of imaginative things. It’s too much work for my already overtaxed mind.

I only like pranayama, the best part of any yoga class, where they get you to relax every muscle in your body starting at the toes. I never make it past the hips by which time I’m snoring loudly. A big no-no because you’re not supposed to fall asleep!

I can understand why some monks give their acolytes a whack on the back with a stick if they see them sleeping during those gruelling early morning meditations. Sitting there like a pretzel in the freezing cold for hours on end



seems less like nirvana to me but more like torture.

### Insomnia? Try this...

For many years I tried to meditate to get back to sleep at the inevitable 3am wake-up. I tried the whole-body meditation and it sometimes worked but not infallibly because I was relying on myself and invariably slipped into teacher mode which is never relaxing.

I eventually found that what works for me, apart, of course, from the wonderful Prince Valium, is alternate nostril breathing. You hold one nostril with your thumb, breathe in the other, then close it with your finger and breathe out the other side. Beautiful in its simplicity.

I find that the concentration, along with the slight physical effort, has me feeling somnolent in no time and soon I am back in noddyland dreaming about being kicked out of a meditation class for snoring and farting.

These days I gain mental relaxation and clarity by spending time watching, in child-like wonder, the clouds roll by.

The British psychiatrist, R D Laing wrote: “There are three things human beings are afraid of: death, other people, and their own minds.”

## Disney characters on war footing

by Michael Brooke

The cartoon character Popeye the sailor was recruited into the US Navy in 1941 to sink German battleships. Yes! Really! Donald Duck was another Disney character who joined the US military, parading as a foul tempered Yankee Doodle – he was superbly violent.

On the home front, Superman fought saboteurs and crooks – being a parody of the archetypal American hero, time and time again he saved the world. And now, 2026, it’s possible the same Looney Tunes gang will be parachuted behind enemy lines. Of course, by the US military, to crusade on the side of the good guys.

The god-given cause this time is to destroy civilian infrastructure, assassinate Islamic mullahs, and disrupt Iran’s nuclear capability. Weapons of mass destruction are for a select few.

And let’s not forget Porky Pig, Israel’s Netanyahu, the USA stooge known for his shy and bashful mannerisms, the ultimate salesman of war bonds. Netanyahu, a leader confected by America, representative of End of Days Zionism and We Are All Doomed Judaism.

Some people think it’s fun to lampoon war. Dr Strangelove is a famous example: “Gentlemen, you can’t fight in here! This is the War Room.” Some of us shrug off war as nothing but puffs of smoke and piles of gray rubble, blood and gore discretely filtered out.



Death is tucked away in neat white body bags. We think ‘poor buggers’ and we switch channels. TV and on-line war images are unreal because there’s a gap between the actual gut experience of war and viewing moving pictures of it – real filth and terror contrast sharply with sanitised TV imagery.

Better TV viewing is the boisterous violence of American and Aussie rules football. Painless, civilised ways of making war – in theory. Stretch the imagination. The ball becomes a bomb.

In the Northern Rivers, we are at a safe distance a long way away from where shit is hitting the fan. War in Kyogle is a verbal spat with a neighbour for mowing on Sunday. Most people in my street like it quiet. Which is not necessarily based on ignorance, but is rather a willful unco-operative attitude towards aggression. Threats and punch-ups are taboo – my neighbour votes Liberal and doesn’t give a stuff that I vote Labor.

In our neck of the woods, preferences lean toward things like walking the dog or having a quiet beer on the veranda.

Simultaneously I flip the bird to America, Russia, China and all the other foul tempered Looney Tunes who think they rule the world. “Pity them,” I say, “those who flounder bewilderedly from one bloody catastrophe to the another.”

### Spite and malice

My little warmonger and I have been addictively playing a card game for some time, innocently named “Spite and Malice”. She has taken the title to heart and consequently raised spitefulness and maliciousness to new levels hitherto unheard of.

Many’s the time I have been doing well only for her to throw all the cards in the air and storm off. After begging and cajoling her to come back and finish the game, she wins handsomely.

Then she wants to play table tennis. Take my advice, if Magenta ever suggests you have a hit with her, don’t. You would be better off getting a kicking by a gang of skinheads in a dark alley.

I have developed a coping mechanism to all this ‘playful fun’. I let it appeal to my slightly masochistic tendencies and get a bit horny. There’s a lesson for you, my friend. Always try to make the best of things.

### Brazen cheating

I’ve also discovered this win at all cost approach to ‘harmless fun’ isn’t just confined to my little Piranha. I’ve seen otherwise intelligent, sensible sweet little old ladies turn into dangerous thugs as soon as you put a deck of cards or a pair of dice in their hands. Brazen cheating is always to be expected as well.

Lest I be accused of being sexist, let me tell you the blokes can be a real worry as well. While they’re generally much more passive than the sheilas, the odd social game of cricket and tennis can often result in some skilful pushing, shoving and punching. At least with my friends anyway.

### Gloat and strut

Can she be rehabilitated? No! Don’t even try. Show her your quiet strength and resilience. Let those barbs and taunts bounce off you like Superman.

Occasionally you’ll get a win. Make the most of it. Learn how to gloat and strut your stuff. She might even give you sex. Remember, winners are grinners.

“Get ready to rumble, you little c\*\*\*, broken arm coming up.” – Australian cricket captain Michael Clarke to England’s Jimmy Anderson

Send your relationship conundrums to: [magentaappelpye@gmail.com](mailto:magentaappelpye@gmail.com)

# ASTRO FORECASTS



by Tina Mews  
What's happening  
in the heavens?

## Aries

This is a time when you need to be out and about on the marketplace where all the action is. The task is to discern what to focus on while dealing with an influx of new information and possibly new social contacts. Use your quick learning skills for further developing values that feel true and important to you.

## Taurus

This is a good time for improving your financial situation and acquiring new skills. On a different level it is about working out what really matters to you, thus avoiding accumulating things you don't need. Mars transiting your sun sign until June 28 provides you with an energy boost and extra drive to achieve your goals.

## Gemini

Uranus, the cosmic awakener, liberator and disruptor of the known will be in your sun sign until 2032/33 announcing a major time of change. Sudden flashes of insight may move you in a new direction accompanied by the desire to be more authentic in your expression. Try not to lose focus and scatter your energies in too many different directions.

## Cancer

Venus joins Jupiter in Cancer for a last time during June 8 to 10. Enjoy these special vibes with family and friends. And it is your time for spiritual and emotional renewal. As you approach the Winter Solstice, take it as an auspicious moment in time to celebrate your unique relationship with Mother Earth.

## Leo

With Venus transiting Leo from June 14 - July 9 and Jupiter entering Leo on June 30 to remain until July 1, 2027, you may feel a burst of creativity and fresh optimism ready to inspire a new audience of interested people. Remember to leave some breathing space for others, especially during the period from June 15 to June 20.

## Virgo

Your destiny seems to be linked with the discovery of new concepts that break with accustomed ways of thinking. Balance criticism and judgement with compassion and faith. The lesson seems to entail emotional detachment and the ability to dis-identify from drama by relying more on your intuition to discern when to act and when to lay low.

## June

June is another interesting month marked by several significant planetary changes: Chiron, not a planet but a planetoid, enters the earthy sign Taurus on June 20 first time since 1976; Mars ingresses into Gemini and approaches its first conjunction with revolutionary Uranus at the end of the month while Jupiter enters Leo first time in 12 years on June 30.

**Uranus in Gemini is in a square aspect to the lunar nodes in Virgo/Pisces (exact June 12)** signaling a turning point in how we perceive the relationship between mind (Virgo) and intuition (Pisces). It is an invitation to remain open to the unknown and have faith in the future despite unsettling news and disruptions that may worry us. Uranus in its function as the cosmic liberator teaches detachment through free will.

**The Gemini New Moon occurs on June 15 in opposition to the Black Moon Lilith, a Super Moon** as it is at its closest point to Earth (perigee), signaling a stronger gravitational pull on the tides and most likely on our emotions. Gemini is represented by the Twins, illustrating the interplay of duality and the challenge of incorporating unintegrated aspects of self. Through observation and assimilation, Gemini ultimately seeks to integrate light and shadow, mind and emotion, spirit and matter. **This is the first Gemini New Moon since 1947 with Uranus being also present in this mentally very agile sign.** Uranus entered Gemini for good on April 26 and will remain until 2032/33 initiating a global reconfiguration in how we think, learn and share information. The twins can be controversial and divided, ideologically polarised; however, the necessity for dialogue increases as separation brings about a need for reconciliation.

**Chiron will be in Taurus from June 20 to September 18, and again from April 2027 to July 2033 directing us toward healing what has been wounded,** including our physical bodies and natural environment that we are part of. Themes around money, wealth, possessions and security are highlighted as well as the drawing of new territorial boundaries and national sovereignty. On a personal level, Chiron in Taurus represents behaviours rooted in a lack of self-worth and self-appreciation with a strong focus on material possessions and stability. The healing comes when

the focus shifts toward tapping into one's innate resourcefulness and creativity. Chiron was discovered in 1977, when last orbiting through Taurus during 1976 - 1984, a period marked by a rise in modern environmental awareness. It was a turning point in how we relate to the Earth and its creatures, coinciding with the expansion of the organic food movement, regenerative agriculture and environmental activism. In this sense, Chiron in Taurus relates to the shadow aspects of the current technological revolution, such as the unsustainable demand for Earth's resources by power and water hungry AI developments.

**The winter solstice takes place on June 21 at 6.24 pm AEST when the Sun enters tropical Cancer** corresponding with the summer solstice in the Northern Hemisphere. It marks the shortest day and longest night in the Southern Hemisphere when the cosmic energies retreat to the earth's core, inviting us to go inward, rest, and reflect as it serves as a portal for spiritual and physical renewal. This is astrologically supported by a square aspect between the solstice Sun and Neptune in Aries. It is not an auspicious time to make important decisions.

**The Capricorn Full Moon opposite the Cancer Sun follows on June 30 just hours after Mercury entered its second retrograde phase of the year. Then Jupiter changes from Cancer to Leo on the same day.** The day is packed with powerful energetic shifts of lasting impressions. Jupiter as 'the king of the gods' entering the sign of 'the king of the beasts' is a statement of renewed optimism, confidence and strength. We are encouraged to live our creativity, be generous towards others and gifting the world with our true light by following the heart. The shadow side of Jupiter in Leo is over-inflation of the desperate ego seeking appreciation at all costs.

**Mercury will be retrograde in Cancer from June 30 until 24 July.** As always, prepare for possible delays and disruptions with travel plans, deliveries, electronic and mechanical gear as well as misunderstandings or communication glitches.

**Navigation by the Stars: Personal and/or relationship astrology; Life cycles and your year ahead transits: plans, directions, concerns for 2026-2027/8; In person or on-line consultations. mobile 0457-903-957 or email: star-loom@hotmail.com Gift vouchers available!**

## Libra

This is a great time for going on a journey, exploring new horizons and experiencing different cultures, values and beliefs. Expect a revolution in world views during these coming years. What once held truth might not do it anymore. Best to remain open-minded and experiment with different perceptions and concepts.

## Scorpio

To avoid being overwhelmed by the vast stream of incoming information pick your favourites and play with them. It is not the time for focusing on one thing too deeply, instead step into the eagle's position and perceive broadly. This may help with dispersing intensity in your partnerships and business dealings.

## Sagittarius

Life is speeding up and new ideas are flooding in from all directions assisting you to dissolve barriers that have become too narrow. More independence and space in your dealings with others may be required as everyone needs more freedom for living their individuality.

## Capricorn

This is an important period of the year for paying attention to your health, diet and daily routines. You may experience more strain on the nervous system stimulating you to explore alternative therapies. Freedom comes from reinventing your routines as your work may change suddenly. Being more flexible or learning new skills might be the answer.

## Aquarius

This is a time when you can benefit from creative activities that generate a sense of freedom. Hobbies may become source of income. Give yourself permission to play without asking for approval. Feeling good about yourself contributes to happiness in your relationships. Being authentically you is the secret.

## Pisces

Uranus transiting your solar house of home, family and roots for the next seven years could bring major shakeups in your living situation. More personal freedom may be needed as you are breaking away from old patterns, concepts and behaviours. You have entered the rebellion of being you as your soul is crafting a new kind of inner truth.



## The midway crossing

by Marilyn Devlin

I've succumbed to the flu. As I write this... trying to find words that make some sense... for a deadline already gone. I'm not sure how I'll go. Surrendering to my state. Not that surrender has been the easiest thing for me. I've avoided flus most of my life... I had little sickness of any kind as a child. But I did have the big one (polio)... when I was three. So I got my share of childhood sickness all at once. I'm not used to flus... I don't like them. I can't relax... I feel restless, sooo tired, weak and listless all at once. My body aches, my head feels thick... nothing makes sense... I'm just lingering in this strange place... waiting for it to move on. Polio began with influenza symptoms... maybe flu activates stored body memories. Sickness is a type of crossing... your body's taken into another state... not your business as usual thing. It's working hard... doing all the things it does to sort out any invaders. It's masterful at that.

The challenging part is getting us to stop... while it needs to put its focus elsewhere... not just on what we planned to do. We take our body for granted... expecting it to be there for us every time we need it. At our every beck and call.

I don't remember everything that happened when I was really sick as a young child. There was so much going on in the midst of an epidemic... threatening lives everywhere.

During the polio epidemics it was mostly children impacted. The level of fear in the community was extreme. My mother said it seemed to hit randomly... no one knew if they'd be safe from its insidious claws.

Little things I remember. They usually come in pictures, images, sounds and feelings. I particularly remember the concentration of fear in the hospital wards (during the early stages of the virus) coming from the medical staff especially. A kind of panic, where no-one really knew what to do. We had a taste of that during covid.

I read a paper by Professor Westbrook at Sydney University... she did a study 'Early Memories of Having Polio Versus the Myths'... Some of the survivors' memories were eerily familiar. Yet I never remembered them so much in words... at age three my capacity to do that was limited. They were likely older during their time in confinement.

Something the professor said that stayed with me... that experiencing traumatic events as a young child, during their pre-verbal stage of development... 'a child 'burns in' a visual memory of it'.

"And sometimes years later being able to affix a few words to the picture. These few words represent the verbal remembrance of a fixed mental picture."

Polio seemed a virus shrouded in mystery... even with its physical impacts. And even after the events... it continued to be hidden or ignored. It was the fifties... so only current beliefs and experience could be accessed and used. We've moved on... somewhat.

The polio epidemics began the early days of the disability movement.

There was one image that's remained clearly in my mind... standing out amongst all the rest. I was being transported in an ambulance from the Children's Hospital... where we were confined during the early stages of the virus... to the Sanitarium (The San), where our slow recovery stage would begin. I can vividly see my face... full of light and awe, my eyes stretched wide... huge glee across my face. My nose right up to the glass. It was the grounds of The San, back then still bush... and in it was a kangaroo. It's such a heightened memory I've never forgotten. My love for Mother Earth.

## Nimbin Trivia Time

by Eclectus



### Questions

- This spectacular sunset was photographed at Darwin's Nightcliff beach in April this year. Can you say what leads to this captivating phenomenon known as crepuscular rays? Take a bonus point if you can say how far the sun must be below the horizon to produce a brightly coloured sunset. Photo: Constanze de Greenlaw, ABC News
- The expression "in the box seat" carries the meaning of being in a superior, winning, or in-control position. Can you say how it came about? Hint: it was coined in the 19th century. Take a bonus point if you know the equivalent US expression.
- Where do the Furies' friends live?
- True or false? When plants hear raindrops falling they exhibit superior growth.
- Banjo, Baw Baw, corroboree and crucifix are all types of what?
- Is the trebuchet a Cambrian life form, a fling or a precious gem cut?
- What four letters can be moved around to mean a body of water, a green leafy vegetable and a loss of water?
- What's the difference between corpulence and crapulence?
- There is a plague going on in Australia at the moment. It could be called a super-mischief. Just what is in plague proportions?
- Which musical icon, (or is that enigma?) recently described as "THE lyricist, poet, musician and singer... an alchemy of all those things and the whole is greater than the sum of the individual parts" just turned 85? Hint: NOOO, it's not Paul McCartney... he's not even 84 yet! Here's a better hint: No wonder Paul and his mates went a bit weird after they lobbed in America.

10. Bob Dylan.  
9. Mice. Many, many mice!  
8. To the more familiar "feeling like crap".

7. Lake, kale (Bryssia oleracea) and leek.  
6. The trebuchet is a fling. That should probably be South Wales and south-western Queensland.

5. They are all Australian native frogs. The banjo frog (Limnodynastes dorsalis), also known as the burrowing frog of southern Australia. The Baw Baw frog (Rhinophrynus) is a critically endangered frog limited to altitudes between 1000 and 1300 metres on the Mount Baw Baw plateau in the central highlands of Victoria.

4. True. A recent paper published in Scientific Reports has indicated that rice (Oryza sativa) expresses higher growth rates in response to the sound of rain. Not surprising, really, when it is already demonstrated that plants respond to the sounds of caterpillars chewing by producing more bitter compounds and "buzz" pollination by releasing pollen (as you all, remember from earlier NITs!).

3. On the eastern bank of the Furies' Rivulet, the highest branches of the eastern position of the carib sea. In the US, the gray caribid (Dumetella caribea) is "being in" being in the view and control. The US equivalent is "being in the box" - often containing tools - that offered the best drivers' (Homo sapiens) seat. This seat was literally the elevated, advantageous position of a coach.

2. The expression was coined in England, referring to the elevated, advantageous position of a coach driver's (Homo sapiens) seat. This seat was literally the elevated, advantageous position of a coach driver's (Homo sapiens) seat. This seat was literally the elevated, advantageous position of a coach driver's (Homo sapiens) seat.

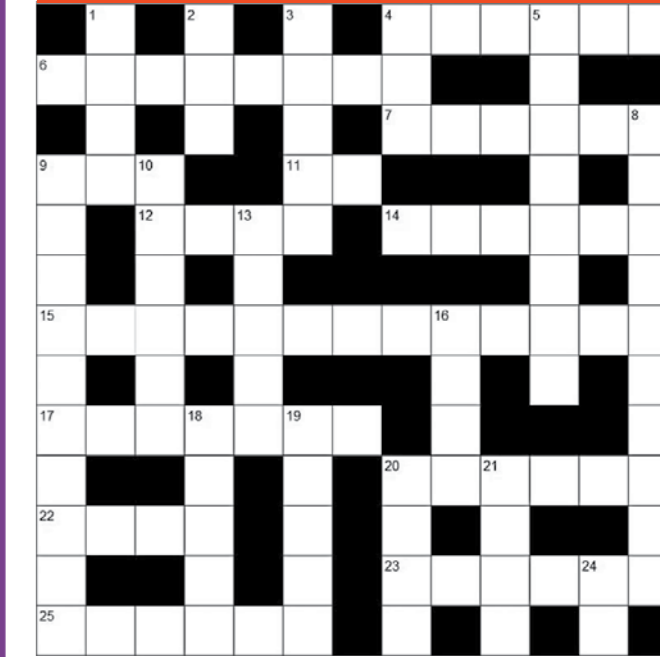
1. The rays of the setting sun (already below the horizon) are obscured by clouds, creating gaps in the refracted light (longer wavelengths and therefore, red, orange and yellow). The sun must be at least one solar disc below the horizon to produce crepuscular rays.

Answers

## Nimbin Crossword

2026-06

by Synic



### Across

- Egg, larva, nymph, and imago - for example
- Naked mole rats and termites - for example
- Fill glasses frames
- Another example of 6 across
- Near
- Suss
- Divined (with a crystal ball, say)
- Gregor Samsa's fate (and the transitions between 4 across)
- (Done) unclothed
- Rely upon
- Master pollinators, 6 across
- Undergo final stage of 15 across
- Trap (in a net, say)

### Down

- Diss? Creek
- Menagerie?
- Easter marsupial
- Sick
- Most delicious
- Modest riding position
- Snowman?
- Gen Z vids
- Well known
- Hearty
- Follow?
- Bloodsucker
- Awesome? Cannabis
- Pontifex
- Isle of Man bike race

Solution: Page 34



## Cawongla Playhouse

Tuesdays  
Wednesdays  
Thursdays  
Enrolling ages 2 1/2 - 5  
5325 Nyogle Road  
Near Cawongla Shop  
6633 7167 cawonglaplayhouse.office@gmail.com



## NIMBIN BOWLO

25 Sibley Street Nimbin  
Phone 6689-1250  
INFO FOR MEMBERS & GUESTS



Club opening hours  
Wed-Sat 2.30pm to close, Sun 8.30am to 4pm  
Bistro open for dinner Wednesday-Saturday  
• Open Mic, Wednesday 10th June, 6pm  
• Andrea and Tim, Friday 26th June, 7.30pm

**Star-loom**  
Navigation by the Stars  
Astrological Counselling  
Chart Readings  
Workshops  
Tina Mews  
P: 02 6689 7413  
M: 0457 903 957  
E: star-loom@hotmail.com  
W: star-loom.com.au

**NIMBIN CANDLES**  
Open 7 days  
9am - 4pm weekdays  
10am - 4pm weekends  
Phone: 6689-1010 Website: www.nimbincandles.com.au

**Rainbow RIDGES**  
School for Rudolf Steiner Education  
Playgroup, Kindy to Year 8  
Education Towards Freedom  
02 6689 7033  
www.rainbowridgeschool.nsw.edu.au