

# ASTROLOGICAL TRENDS FOR JULY 2006



by Bev Murray - Insight Astrology

## BIRTHDAY – Cancer

*These emotional and loving beings can be moody and manipulative at times. They have strong imaginations and can over worry because of this! They make caring and sensitive partners, but can be guilty of releasing their personal tensions on those who are close.*

**Give them:** flowers, chocolates, romantic music, candles and plenty of hugs!

## What July holds...

**Cancer:** Your only real problem this month will be procrastination! If you can keep moving and be sure to get things done then everything will be on track! Personal issues and finances will all take a positive turn. The new Moon on the 25th heralds a period of fun, romance and adventure!

**Leo:** Keep a lower than usual profile this month for the best overall results. Creative areas are favoured and those working in health related fields will experience a boost to the career. For some an old flame can be rekindled around the middle of the month.

**Virgo:** Try to let go a little as being stubborn will not help you this month. Watch spending too as you can be inclined to buy items you don't really need during July. The full Moon on the 11th is in your romance sector so be on the alert for a new development.

**Libra:** You need to be careful with finances this month. You are in a spending mood for most of July! Socially a great month with lots of enjoyable activity just be wary of giving your time and consideration to those who really don't deserve it this month.

**Scorpio:** Career is the focus for July. There will be ample opportunity to expand your horizons and gain success. You can actually save a little this month too! The 13th and 14th should see a project or similar bear fruit in a positive way. Appreciate all the good vibes.

**Sagittarius:** If you actually listen to your inner voice this month you might just make the changes that will spur you on to greater things! Inspiration comes from many sectors around the 14th and you can achieve a great deal. The New moon on the 25th sets you moving in an exciting direction.

**Capricorn:** Follow your hunches this month and you won't go wrong. The first few days of July bring new friendships and some lovely warm moments with old friends. It is definitely a feel good time for you folks! Others will be receptive to anything you have to offer!

**Aquarius:** Emotionally an up and down month. Old friends are to be relied upon for the best support and enjoyment this month. Those of you who are working in travel will have opportunities for career advancement this month. A financial solution can present itself mid-month.

**Pisces:** You are in the mood to get things done and take care of the details of your life. Romance is highlighted positively and things could move quite quickly on this front! Gambling or speculation of any kind is definitely not recommended during July.

**Aries:** Impatience is your worst enemy this month! If you rush things there is a big chance you'll mess things up! Be particularly careful with money issues and make sure that you have all the facts before acting! Be especially sure of the details on the 5th and 6th.

**Taurus:** An excellent month for achievement. You can get so much done now! However you are likely to spend more than is necessary! Financially the last week in July will be rewarding and anything speculative is best left until then. Communication and catering fields are favoured.

**Gemini:** Not a starling month but sticking with the tried and true will keep you comfortable and positive. The full moon on the 11th focuses on your financial doings and it is a good time to make sure things are all in order. A power struggle could spoil things on the 15th.

Email Bev: [insightbevmurray@yahoo.com](mailto:insightbevmurray@yahoo.com)

# The Nimbin Financial Times

## How low will the US stock market go?

by David McMinn

In May and June there was market rout in both the US and Australian stock market, which was to be expected from cycles. The big question now is when will the market hit bottom and thus represent an opportunity to adjust your investment portfolios?

Nobody can time the market with great accuracy and anyone who claims they can are frauds. All you can do is look at cycles and market behaviour, gain some idea of market timing and assess your investment alternatives. You can make good bets or bad bets in the market – that is up to you.

Probably most pertinent in the current situation is the 8 year cycle of bear market lows, which has prevailed throughout the 20th century. Since 1966, the bottom has always occurred between August 10 and December 10 of those years within this cycle – 1966, 1974, 1982, 1990, and 1998. Prior to 1966, the trend was less precise as the low tended to take place a little earlier or

a little later than the ideal.

In fact, it was on target only twice and that was in 1934 and 1942. Notably, 1926 was the only year not recording a major market low and that was during the 1920's stock market mania.

The Dow Jones Industrial Average has fallen from its near record highs on May 10, 2006, with the Australian market peaking a day later. Since then the trend globally has been downwards in both equity and commodity markets. This was caused by a collapse in liquidity, as central bankers raised interest rates to counter the threat of rising inflation. There were further problems with geopolitics (the Iran and North Korean situations are not going away) and an imploding US debt bubble that can only get worse as interest rates rise.

Another key consideration is global warming – average temperatures worldwide are rising over recent decades. This means more destructive hurricanes striking the coasts in both Asia and the USA, which will cause massive damage and disrupt vital oil supplies. Companies

are concerned about global warming because it is now affecting profitability.

All this indicates that the current US market downturn has further to run and could end up in a crash. There will be no great crash as in 1929 or 1987, but more like 1966 with a fall of 20% to 25% and a reasonably prompt recovery. As with all forecasts only time will tell.

### 8 Year Cycle

#### US Bear Market Low Deviation from Ideal

2006	???
1998	August 31
1990	October 11
1982	August 12
1974	December 7
1966	October 7
1958	October 10, 1957 3 months early
1950	June 13, 1949 7 months early
1942	April 28
1934	July 26
1926	No Bear Market
1918	December 19, 1917 1 month early
1910	September 25, 1911 9 months late
1902	November 9, 1903 11 months late

## New graffiti art piece

The unattractive container used as a coolroom in the carpark behind Motdang's Thai restaurant has been transformed into a work of art.

Local graffiti artists Zac Price and Dion Wales were invited by the owners of Motdang's to create the mural, and completed the work in 1½ days. The mural is a mix of two-dimensional and three-dimensional styles, based on the words "Dwell," "Xpense" and "Fresk," the tags of the artists.

Zac Price said, "It's a perfect surface for painting – steel, which doesn't need undercoating. That's how we did it so quickly." He added that they did not work from sketches to create the



work, using instead their experience and ideas they already had.

The art materials were funded by the artists, with walls to paint, especially the wall of the container next to the one we've done."

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# Last chance...

By Sophia Hoeben

Why aren't the headlines of every newspaper in the world screaming out, "Our planet is dying!?"? Not just dying, but being murdered.

And what for? Political convenience. Men who want more power, more money, more, more, more. The animal world is disappearing. The human world is sick. Millions starve in underprivileged countries while countless westerners sicken with Muck Donald's style obesity. A few greedy despots are consuming the Earth and these corporate giants may well be our collective nemesis. Yet there is always hope, our hope lives in the heart of human beings like an embryo or seed containing the new start, the new dawn or the new age of Aquarius.

We cannot allow cynicism to manipulate our thinking. We must not allow despair to rule our lives. It is easy

to be overwhelmed by both, when confronted with the facts and figures of what is happening to our planet. But to give in is to give up – a black hole from which there is no return.

What to do? What to do? We may ask ourselves if we really care. In Australia, we took the first step as a people looking for answers by coming to Nimbin and participating in the formation of a new way of living that did not involve a destructive lifestyle.

The alternative way was then as it is now, the way of the goddess, that is, loving the Earth, Her animals and forests, Her abundance of life that She lays at our feet. Loving ourselves and each other, respecting all forms of life as part of Her, the Earth, a precious unique planet that is our entire source of life. Once we understand the importance of this kind of love and its effect on the planet and ourselves, we may be able to save something, something

as relevantly insignificant as human life.

The way of the Goddess is not one of ego. It is not one of gaining wealth or status beyond deserve. It is not one of getting power over anyone or anything for one's personal gain. All gain is illusion. Everything we see and consume is of Her. Everything we consider beautiful is of Her, and everything we strive for is of Her essence. The material world is Her body. All wealth comes from her body.

Isn't it time we stopped the bickering and infighting that fragments our energies? Let's be proud to be Greenies or Hippies, for our values far outshine the capitalistic moguls that eat up this planet. Yes, there is an us and them. To think otherwise is unrealistic.

Want to save the world? Let's start by saving our little village from inappropriate development. Join the Nimbin Environment Centre and make a difference.

## The debate we had to have

### "That Gerald Taylor is The Goddess"

To be decided 11th July 2006 commencing 7pm at The Oasis Café.

There has been a lot of discussion and controversy over his self-proclamation.

During a recent *Hemp Hour* program on Nim-FM, Marie T Cameron challenged Gerald to a debate. He accepted.

Following the usual rules of debating

(with a Nimbin twist) the 2 teams will debate 'That Gerald Taylor is the Goddess'.

Gerald will head the affirmative team and Marie will head the negative team.

Teena Kavasilas will be the debate facilitator and keep things on track.

The audience will be the adjudicators. Look for the team line-ups at the Oasis Café.

## The Goddess finally called to account

by the Goddess

Greetings mortals. The wheel has turned again and strange changes are once more befalling our weird village. The omens tell me it's a time of quickening, a time of miracles and wonders. The Museum, the throbbing tourist heart of the town, has been closed and rumours of police cameras being installed are flying about like plastic baggies at a bust. Relax. Michael is simply excavating beneath the building so he can grow a descent hydro crop and will be reopening again when the hole is dug. He's also putting out for good genetic stock, so give the poor old chap a little slack when you're doing your cuttings.

Across the road at the Hemp Bar the bust of the week occurred; a small brown mull bowl was arrested. Apparently the bad bowl was sitting, bold as brass, on the Hemp Bar counter when the police arrived and it was 'holding' at the time. The bowl wasn't large enough to carry a commercial quantity so has only been charged with possession. We don't yet know what its defence is going to be but Steve Bolt is on the case and will defend the bowl pro bono. I'll let you know how this one plays out but at the moment the cops seem pretty excited and I don't know if we're going to get the little blighter back.

This is the second bowl we've lost, the first being the holy singing bowl stolen by the cops at the great Rainbow boont bar bust a few years back. To this day



the cops deny having stolen the holy bowl but we know that's crap and they're really doing despicable things to it in Guantanamo Bay or some other hellhole out there on the edge of reality. But I digress and should return to real reason for this blurb; the accounting.

An ever growing coven of village witches have been questioning my legitimacy, my right to be deity of the Church of the Holy Smoke. To this end a debate has been called to be held on the 11th of the seventh at the Oasis Café where I will defend my honour and the sanctity of our holy church. The title of the debate is: That Gerald is the Goddess. Should I, and my team, lose the debate I am to be publicly stoned, so for me it's a win-win situation. But enough of my strategy, let's save that for the debate.

We're also planning an auction of some fine art works and also a night of your dreams with the Goddess, where I'll be given, for one magical night, to the highest bidder. So bring your big notes folks, you could get very lucky. All monies raised will go towards Nim 102.3 FM to enlarge our footprint.

As for the church and Her business; we are now

an official entity and in fact Australia's first national church. Services are held in the Hemp Bar every day but our most holy sacrament is held only at four twenty Friday afternoons so don't miss out. The sacrament entails the lighting of the sacred spliff with flame from the burning hundred dollar note. Cleansing the filthy lucre by fire and at the same time lighting our holy joints, indeed it is a sacred mystery.

Doctor David has become the church's first male patron saint by his enormous donation, Kerry Nettle being our very first saint. Dave's donation should keep the spliff's burning for many moons to come. Thank you Saint Dave, you've set the standard high for any future canonisations.

Just a reminder too about the census that's coming around in the next few months, don't forget to fill in the question on religion as Church of the Holy Smoke or COTHolic (the s is silent). With your tick in the box we will once again be recognized as not only Australia's only national religion but also the fastest growing religion in the country.

Keep the faith my friends and I'll see you at the great debate.

## Weave and mend festival looming



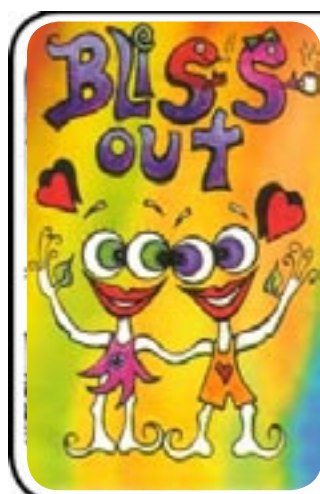
The second Weave and Mend festival is set to happen in the last week of September, 29th, 30th September 1st October 2006, 9am – 5pm daily in the Nimbin Central School grounds.

Last year part of the school grounds were transformed into a three-day weaving camp, with basket-making workshops, music, children's space, chai tent, a beautiful and timeless place of weavers coming together to share their skills.

Experience it for yourself this year. Come for the three days or just one. Saturday night 30th September will be a celebration of music of all kinds, from our talented local performers.

The festival will feature weaving workshops, demonstrations, sales, overnight camping, chai tent and buskers.

For enquiries and expressions of interest phone 6689 7129, write to PO Box 539 Nimbin, or talk to a weaver.



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# Are you getting enough?

by Wayne Cuthbertson

When I first had the opportunity to write a few words about health and fitness for the general community of Nimbin I was stuck for words. Let's be honest, most of us are not going to play for the Socceroos in the World Cup, are we? Nor do we need to.

We don't need to train like athletes but we all need to be active. You don't need to be a runner, actually you don't need to train very hard at all. We all just need to be moving in some way or form.

Being active can be quite fun, it can be social, such as in a group situation, it can even be quite selfish, such as personal one-on-one training. It can also be time out from the stresses of day-to-day life, your own personal time just for yourself.

You may ask what a reasonable amount of activity we need to do to be fit and healthy. Experts recommend 10,000 steps per day, now that's a lot of steps! The average person only needs to be active for around 20-45 minutes most days of the week to gain substantial health and fitness benefits. We also need to do some sort of strength and resistance training, especially as we grow older, and of course the gym is the ideal environment for this purpose.

You don't need the so-called six-pack. We all come

in different shapes and sizes and of all ages. So having a little body fat is not such a bad thing. But many studies have shown that just moving a little more each day gives many health benefits such as more energy, fewer aches and pains, less chance of cardiovascular disease, heart attacks and strokes.

It is also very important that we have a well-balanced diet, consisting of the five major food groups: bread and cereals (wholegrain), fruits and vegetables, milk and dairy products (or alternatives), lean meats, fish, legumes, nuts and meat alternatives, good fats and oils, and of course lots of water.

Now we don't need to eat the perfect diet. Experts suggest if we could consume a well-balanced diet 80% of the time, we would have a good base for a healthy lifestyle.

A high fibre diet is one of the best ways to stay healthy on the inside, and to also drop some excess body fat. Here is why: fibre burns calories, by making your body work harder to digest it. In fact some high fibre foods cause the body to burn more calories than they contain, and create what is known as a calorie deficit.

Fibre fills you up, making you feel full. With fewer calories, it cleans your digestive tract. Because of its bulkiness, it sweeps through the digestive tract and colon like a broom, cleaning out toxins, carcinogens, fatty

deposits and bad cholesterol. You can actually block seven calories with every gram of fibre you add to your diet. That's more than 250 calories with only 35 grams of fibre a day.

We all have different energy patterns, highs and lows, some of us are morning people (I know I am), others are better late at night, some peak mid-afternoon. How often have you convinced yourself you couldn't be bothered because you just don't have the energy?

It happens to all of us but the fact is, exercise actually creates energy, so when you're next feeling drowsy or downright lazy, don't wait for the energy to come to you, shake it off by taking a quick walk outside. Walk up and down some stairs, find a slope and just do it. Do some gentle stretching, slowly move, do anything to just get yourself moving. It will wake you up and generally make you feel a whole lot better and help you through the day.

So if we can all be a little more active and have a healthy balanced diet, organic where possible, drink lots of water, try to be a little stronger for better balance and more muscle tone, have good core strength for better posture and less back pain, and try to be more flexible, we will feel better, have a whole lot more energy so we can hopefully live a fuller life to enjoy some of those vices that are all part of a well-balanced life.

in the price, though hot drinks and beverages are not included, at an on-site dining area with tables and chairs. Please advise of any special dietary requirements when booking, most can be catered for.

ArtCamp at Nimbin Rocks will be a drug and alcohol free event, and dogs and other pets are not invited.

See Johnny Chai at his Mothercraft chai stall at Nimbin markets and elsewhere for more details.

# Run for relief



by Sam Dowsett

Recently I was involved in a charity run to raise money for Burmese refugees. After reading several eyewitness accounts of whole families being mercilessly gunned down, I decided I should try and do something to help.

Despite a constant drizzle and a bout of pleurisy I managed to go the distance, in fact due to a minor administrative glitch I ran an extra lap totaling 10.4km



Sam Dowsett on the home straight in the drizzle at Alstonville raising money for refugee children.

in an hour and 14 minutes. The fact I no longer smoke helped a lot, I'm sure.

I would like to give a huge thankyou to all my sponsors. Altogether I raised \$380 from Nimbin locals and businesses. Anyone who

would have liked to help but I didn't manage to see could support my next project, trying to free the refugee children from indefinite detention. Log onto [www.chilout.org](http://www.chilout.org) for details.

Thanks again.

## New STD alert

There is a new STD that all citizens of the US should be alerted to: **Gonorrhoea Lectim**.

The Center for Disease Control has issued a warning about a new virulent strain of Sexually Transmitted Disease. The disease is contracted through dangerous and high-risk behavior.

The new disease is called *Gonorrhoea Lectim*...pronounced (gonna re elect him). Many victims contracted it in 2004 after having been screwed for the previous four years.

Cognitive characteristics of individuals infected include: antisocial

personality disorders, delusions of grandeur with messianic overtones, extreme cognitive dissonance, inability to incorporate new information, pronounced xenophobia and paranoia, inability to accept responsibility for own actions, cowardice masked by misplaced bravado, uncontrolled facial smirking, ignorance of geography and history, tendencies towards evangelical theocracy, categorical all-or-nothing behavior.

Naturalists and epidemiologists are amazed at how the destructive disease originated only a few years ago from a bush found in Texas.

## Homophobes are latent pooftas

Gay men have been saying this for decades and now it has been supported by hard evidence. Psychologists from the University of Georgia assessed a group of 64 men by giving them a questionnaire on their attitudes to homosexuality. They were then categorized into two groups – those who were homophobic and those who were not. Both

groups were then shown two hard core pornographic movies – one showing men having sex with women and another men having sex with men. The subjects had their penises attached to sensors to test for any arousal responses to watching the erotica. Of the homophobic group, 80% were recorded as being stimulated when shown the

gay porn, where as for the non-homophobic group the figure was only 34%. Those men who strongly disliked homosexuals or homosexual behaviour, usually became sexually aroused when watching men having sex with men. Not surprisingly, virtually all of the homophobic group denied being aroused at all, but their penises did not lie.

## ArtCamp

by Johnny Chai

The next Art Camp is being planned and it promises to be even bigger than last year's. Imagine living, loving, camping and creating art with the local Bunjalung custodians at Nimbin Rocks for five days.

Five days of painting, drawing, sculpting, gardening, writing songs,

performances, jewellery making, art workshops with expert tutors, Bunjalung language classes, story telling, dance, cooking on the fire.

On-site facilities are minimal, at camping areas with toilets and showers. Food will be available through the Mothercraft Chai tent, and three meals per day will be included

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# The soy milk debate

by David Hoffman

I was recently asked to find out information on the health issues of soy products and how beneficial the products were for children. I was amazed at the information out there and it is evident that it is not all good. I have collated information on the latest research into the negative and positive attributes of soy products and it seems the health benefits of soy are not as wide as nutritionists once thought.

## The benefits

Soy has been extensively promoted as helping reduce heart disease and cholesterol, assisting with menopause symptoms and reducing the risk of cancer and disease. In 1999, the Food & Drug Administration (USA) officially recognised that soy can reduce the risk of heart disease. This was on the basis that someone replaces meat and dairy products with soy. Some studies have also shown that eating soy instead of meat and dairy will improve bone mineral density, but investigations have been limited to date.

Other areas of research state that soy also helps stop cancer, particularly breast cancer. However, research in this area is still out on the matter, as it is inconclusive whether the plant estrogens (isoflavones) actually help prevent or causes breast cancer. The American Cancer Society promotes that cancer patients and sufferers do not use soy products from pills, powders or other forms.

## How are soybeans processed?

The soybean is most often fermented to make it edible. The beans are pureed and soaked in an alkaline liquid. It is heated in a pressure cooker to remove the chemicals and other items that may cause us harm. Unfortunately, this process destroys the bean's protein, which makes it harder for the body to digest. The

alkaline solution produces a carcinogen (any substance that increases the risk of cancer in the body) called lysinealine. This method also reduces the cystine content in the bean. (Cystine plays a major role in liver detoxification that allows our bodies to effectively filter out toxins from the body.) This ends up making the product of little nutritional value to us.

## The downside

Soy bean hulls and husks contain a substance know as phytic acid (or a phytate). This acid reduces the uptake of vitamins and minerals like calcium, magnesium and zinc, which are essential to our day to day function. Soybeans also contain enzyme inhibitors, which reduces the body's ability to digest proteins that can lead to gastric distress and deficiencies in amino acid uptake.

Soybeans also contain hemagglutinin, a substance that causes red blood cells to group together and inhibit the body's ability to absorb and transport oxygen to the tissues. It can reduce your overall cardiac health. Soybeans also have a higher susceptibility to cause or increase allergies (especially in children). The American Academy of Paediatrics stated that early exposure to soy through infant formulas may be a leading cause of soy allergies among older children and adults. Soy is only just short of peanuts on this scale.

Isoflavones are another item contained in soy and are a plant version of estrogens. This is where the science community is divided about 70/30 against soy products. Plant estrogens are thought to help with symptoms of menopause by simulating the body's production of estrogens during low periods. This then fools the body into thinking it is going through its normal cycle, which in turn helps with things like hot flushes and other symptoms.

On the other side of the coin is the fact that it may be affecting tissues that are sensitive to estrogens, particularly the thyroid gland. The thyroid gland helps with normal growth and development through hormone production. Its primary job is to regulate the metabolism and often people who have a problem with the thyroid gland also have difficulty with weight control.

Soy is also directly related to the cause of kidney stones, due to the high amounts of a substance called oxalate. Other concerns have been expressed about soy's impact on the immune system and general health.

## My thoughts on Soybean Products

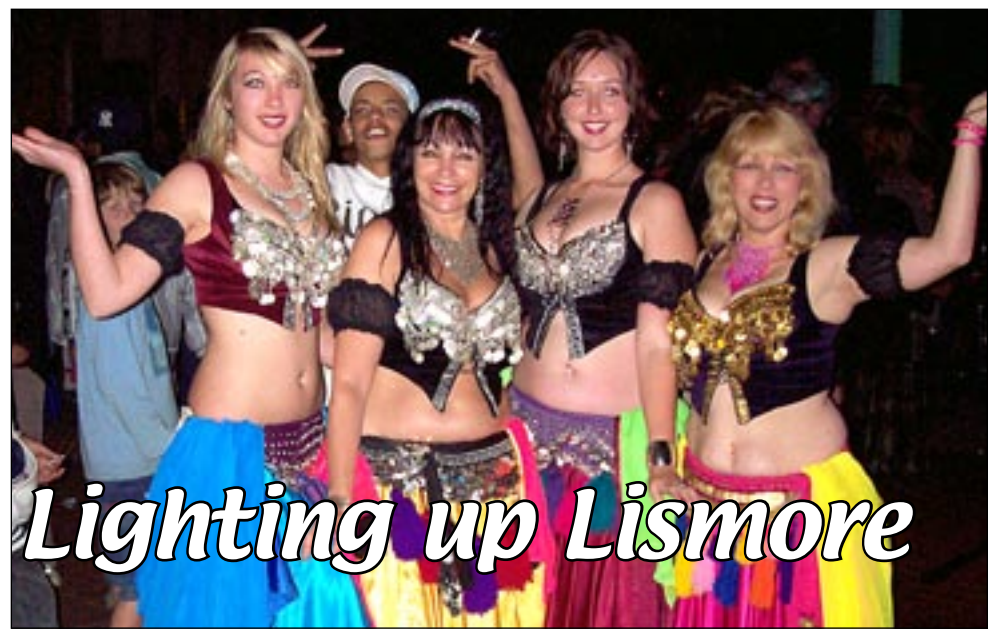
In writing this article, I found that all the research in favour of soy products for human consumption was heavily sponsored by the producers and the organisations directly related to the soybean industry. Surprisingly, I was expecting all the sites against soybeans to have a big plug for milk and dairy, but this was not the case.

The things that keep coming back to my mind were the fact that the product is used mainly for animal feed. Animal producers in the USA have openly stated that the effects of soy feed on animals cannot be directly related to the effects on people (issues related to growth and fertility problems).

All the problems in these articles are occurring with highly processed items like burgers, junk foods and other items disguised as health foods. Given the fact that there are now class actions occurring in the USA against the soy industry (with out-of-court settlements) and there is an increasing awareness amongst complimentary medicine practitioners, who are discouraging their clients from consuming soy products.

I sincerely encourage you to find out more about soy products.

• David's Health & Lifestyle, Goonellabah, phone 6625 1433.



## Lighting up Lismore

Seen after the Lantern Parade, before their performance at the Magellan Street party, members of the Snake Weave bellydance troupe were keen to get started. Troupe leader, Belladonna, said "It keeps you warm and saves on heating costs!"

## New term for Open Learning

The Open Learning Centre Term 3 program starts on Wednesday 26th July and runs for 8 weeks. It includes a Wednesday program of popular mainstays and some tempting new offerings on Thursdays.

The Art of Sourdough will be conducted at 10am to 12 noon at the School of Arts kitchen on Thursdays, with Nogah Strom. This course is a special offering this term, and includes discussion and eating time, and costs \$65. Nogah's course shows how to make a sourdough starter and use the natural leavener to make bread, pizza bases, cakes, muffins, pancakes, and create an amazing range of toppings.

Thursday also features the established courses Conversational French with Tida Grypma, and Mandala with Brigitte Boll, together with interesting newcomers Percussion with Claudio Caleffi, Photoshop with Roy Raddle and Preparing for a Job with Roy Radle at the CTC. Ray is also offering a special one-day workshop for \$25, Buying and Selling on Ebay on 9th August.

The Zen of Knitting course on Thursdays

with Lisa Yeates will show how to read and convert patterns, and includes crochet. "The gentle art of picking up and dropping," the programme reads.

Of note among the mainstays on Wednesday is Pol's exciting class on Clothes Design, but also highly regarded are the continuing courses – Maxx Maxted's Creative Writing, Carole Burnett's Art of Drawing, Donato Rosella's Sculpture and Sue Boardman's Yoga and Beyond and Gentle Exercise.

Enrolment days are Wednesday 19th and Thursday 20th July, 10am to 3pm at Nimbin Community Centre, 81 Cullen Street, Nimbin. Fees are \$45 for one course, \$65 two courses. Administration fees and no refund policy apply in event of cancellation.

A feature of the Open Learning Centre programs has been the conviviality of shared lunches and celebrations around the pizza oven. Look for the pink course programme in your letterbox, and see if there's something you've always wanted to do.

## Do you have a medical question?

Health is Wealth has returned to NIM-FM in a new weekly time slot on Sunday morning at 10.30am.

Featuring Dr Oscar Serrallach from the Nimbin Medical Centre, Health is Wealth presents the latest in orthodox and complementary medicine.

Email your medical questions or requested topics to [nimbingp@hotmail.com](mailto:nimbingp@hotmail.com) and tune in for the answers.



## HOMOEOPATHIC & HERBAL DISPENSARY

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# The Archie Code

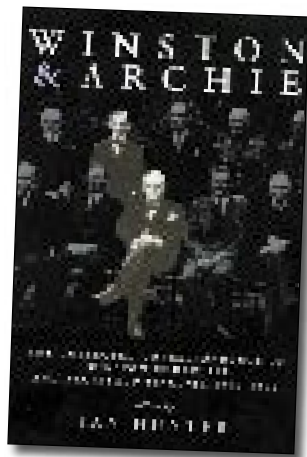
## Episode 2

And so, dear reader, the Archbold family arrives at Heathrow Airport in London. The beautiful Jo and I are humorously gratified as we fly over Buckingham Palace to see "Giddy Archie, Jo and Ella – Welcome to Britain" spelt out on the Palace lawns below by an artfully orchestrated arrangement of Corgis. She's a good ol' gal is Liz, a mate of mine from way back. To one side is a message from Phil the Greek in what appears to be 'doggy do-do' (to quote that pillock George B) in his usual crude, expletive-laden style that cannot be repeated here. The Royal Family is a pack of cards and much misunderstood.

We are to stay with the parents of friends in the Cotswolds, one of England's most beautiful regions, about 90 minutes drive northwest of London. As England is a small country and fuel costs about 1 pound per litre (2.50 Australian dollars) most cars on the freeway are small 4 cylinder models. There appears to be no speed limit (not unlike Cullen Street at home) and old white-haired ladies fang past us whilst knitting and chatting at about 140kph compared to our conditioned 100kph. Once we overcome our initial paranoia it's quite liberating to crank up our little eggbeater and feel a bit illicit, which appeals to us Nimbin folk.

Turning off the expressway we enter a world of country lanes only slightly less labyrinthine and confusing as Fathers Day in Nimbin. They are lined with stone walls and trimmed hedgerows with old gnarled, deciduous trees stark against skies as grey and ponderous as German comedy, and the wind cries "Heathcliff". Of particular note are the bright yellow fields of rape in full flower, visually spectacular but their unfortunate nomenclature renders them less appropriate for song lyrics or poetic whimsy than fields of barley for example. I have since

written to Crony Blair, British PM, suggesting that this oil-producing crop be called 'Seduction' or 'Romance'. He quickly responded, saying that although he was currently pre-occupied helping George and John liberate the Iraqi people from the ...er...Iraqi people, he will address the issue as soon as he brings peace and democracy to that unfortunate nation, which should be any day now. I am much reassured knowing that the seduction (or romancing) of Iraq is in such



considerate hands.

We soon arrive at the charming village of Stonesfield where we will be the guests of Bob, Wendy and their daughter Liz. After greetings have been exchanged and pleasantries engaged, I ask Bob, our genial host, why the village is named 'Stonesfield'. "Well...ye see them there fields around the village full of them there stones?" he rasps with a wry smile on his crinkled face, but does not elaborate so I am still none the wiser.

Stonesfield is typical of the many villages in the Cotswolds. Everything is made of stone. The new buildings pretty much match the old. Everybody appears house and garden proud, there is no rubbish to be seen, 500 year old churches, graveyards, inns, bridges and lock-ups are commonplace. It is early spring, the sun comes out, trees and gardens are in blossom and bloom and it is a joyful assault on the senses to stroll along village or woodland paths, which we do every day. The people are unfailingly polite and considerate, letting each other in at roads, roundabouts and shop doors.

They are completely respectful of personal space and the slightest accidental contact always brings a swift apology.

12 years ago the beautiful Jo lived and worked at the historic village of Woodstock, near the famous university town of Oxford. It is a favoured haunt of well heeled Londoners looking for an up-market historical/cultural weekend fix. She quickly re-orientates and makes a fabulous tour guide. The fringe benefits are priceless but I won't go into that here. Jo's a bit of a card like Her Maj and the Mistress of Understatement (nature's way of compensating for my... er... 'enthusiasm'). There's a little cottage around the corner you might find quaint" she says without detectable nuance.

I stroll around for a cursory glance and at the end of a cobbled cul-de-sac I happen to notice about 40 metres away a stone arch of sufficient stature to allow my ego AND my hair (or the Nimbin Pub for that matter) to pass through comfortably. Attached to one side of it is the gatekeepers house where Jane Austen probably wrote most of her novels. Framed in the distance by the arch is my first view of Blenheim Palace, the 2000 acre country estate awarded to the Duke of Marlborough (inventor of the eponymous tailor-made cigarette) for skittling the French at the Battle of Blenheim in 1704, and birthplace and ancestral home of Winston Churchill. Memories of my wartime collaboration with him come flooding back (as chronicled in that fine book by Ian Bartlett, *Winston and Archie* available at the Blenheim Palace Gift shop and all fine bookstores). Modesty and the Official Secrets Act prevent me elaborating further upon my pivotal role in this crucial juncture of British History. Nevertheless I was pleased to renew acquaintances with his nephew, the current Duke, who welcomed me warmly at the gate to his palatial private quarters in an informal but gracious manner (see pic).

We shortly retired to the Green Room where we smoked cigars, sipped a port or two and reminisced about old times. He was pleased to know that



Andrew Kavasilas, that devil-may-care, buccaneering hero of the Greek Underground during the war was now presiding over a different type of subversive mayhem as proprietor of the Oasis Cafe in Nimbin, and asked me to implore Gerald Taylor, rogue author of *Jesus Weed* and maverick international chess maestro to, under no circumstances, reveal any details of that contretemps in Morocco some years earlier where the fate of the British Empire was decided by a brilliant Gerald-orchestrated

pawn counter-attack, when all seemed lost, on a board drawn in absinthe on the belly of a middle-aged Turkish diplomat. It was a hairy situation. The Duke still cringes when someone mentions the name Bob 'Bulldog' Dooley (editor of this fine newspaper) but who can blame him? He is not alone in this regard as anyone with a fear of fierce journalistic enterprise will testify.

The entire vast estate, with lakes, woods and extensive seasonal gardens was superbly landscaped by Capability Brown

and is contained within a 10-foot stone wall with 4 massive gates at various points. Consequently I had a hell of a time getting out of there in the wee small hours after enjoying, a little too thoroughly perhaps, the generosity of my host.

Despite the historical connection of our two villages, the good burghers of Woodstock are still dismayed by the unfortunate series of events that somehow saw a sister-city pact formed with some obscure, similarly named community in California of all places. Drugs may have been involved in this furore, but that's another story.

Tomorrow we go forth to Oxford where I am apparently to be awarded an Honorary Doctorate of Hyperbole as co-founder with Gail M Clarke of the Nimbin Performance Poetry World Cup. I'll give the Oasis Poetry night a plug while I'm there. In the meantime, as a roving ambassador for Nimbin, short-term memory loss notwithstanding, I shall continue to...er...um...er...um...er....

## A fuzzy flower fable

(adapted from a 'Warm Fuzzy Tale')

Once upon a time, not so very long ago...in a village amongst the hills not very far away... everyone was happy.

This was because in those days every person was given a warm fuzzy seed when they arrived in the village nestled among those green, green hills.

When the seed was planted, it grew quickly and the flowers were called 'warm fuzzies'.

Now, whenever anyone needed to feel warm, fuzzy and good all over, they would go to their tree and collect the flowers and put them in a special bag which they carried with them always.

Whenever you met anyone, or if they asked, you'd simply reach into your bag and place a flower on the person's head, hand or shoulder. As soon as the flower touched them they felt warm fuzzy and good all over.

Everyone gave their warm fuzzies often and freely – even when not asked!

Everyone felt warm and fuzzy all the time – which was good because if you did not get warm fuzzies regularly your heart had a distressing habit of shrivelling up and you could die. As there was plenty to go around this was not a problem.

One day another village down in the valley, where the rivers meet, decided that freely giving warm fuzzies should stop. At first they came to the village in the hills and took

the bags and threw them away. Telling the surprised villagers that these flowers were now illegal and no-one should share them with others anymore.

People handed out fewer and fewer flowers, everyone felt less warm and fuzzy until their hearts began to shrivel.

What was once as free as the air was bought and sold. People had to guard their tree from thieves as warm fuzzy flowers had become so valuable.

The villagers by the river started to make cold pricklies – these artificial flowers made people feel cold and prickly but at least it stopped your heart from shrivelling up.

Some people sold a cold prickly disguised as a warm fuzzy by covering it with soft fluffy stuff and painting a smile on it. These were called plastic fuzzies. This confused people even more because they thought they were getting a warm fuzzy and yet they still felt cold and prickly. Everyone was unhappy.

For a while, no-one noticed that the children still freely gave warm fuzzies because they liked feeling warm and fuzzy and nice.

Some grown ups finally remembered how happy they were before. They also began to freely give and receive warm fuzzies - despite the law. It made them feel better.

They realised that warm fuzzies are linked to your own generous and loving nature and no matter how many you give – you will always have as much as you need.

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# Let's get physical

## New Nimbin Physical Activities Centre

This is a very exciting time for Nimbin. The Building Active Communities Project is in the process of equipping a new gym in the A&I Hall in Cecil St Nimbin (see photo). This will be a wonderful asset to Nimbin village life.

We want to make the gym accessible to all members of our community. To enable this to happen we are looking for suitably qualified and experienced instructors in various fields of physical and recreational fitness and sports specific fitness. Anyone interested in running classes in the new gym should contact Sue Boardman (see below) for further information.

## Friday Night Basketball Term 3

Starts Friday 4th August to Friday 22nd September.

The basketball nights are for all those over 12 years of age. No experience is necessary. Please remember that if you are 16 years of age or under you must have signed parental or guardian consent. James Koker will be Master of Ceremonies as usual. Thanks James. Sign on times will be 1.20pm Friday 28th July at Nimbin Central School or 10-12 noon Saturday 29th July in front of the Nimbin Newsagency. Costs are \$16 pay in advance or \$3 casual rate.

Basketball NSW is running an Under 12 Skills Day on Saturday 29th and Sunday 30th July at Lismore Basketball Stadium. Cost will be \$50 per person. For more

information contact Jodie Patterson on 6583-2501 or [portstad@bigpond.net.au](mailto:portstad@bigpond.net.au)

## Netball

Nimbin is very privileged to have the services of Bev Rawson, dual recipient of Australian Honours for Community Service 2000 Sport Medal, 2001 Centenary Medal and dual recipient of Women in Sport Administration Scholarships, to help establish Netball in Nimbin as a viable sport option.

If you are interested in playing, learning, supporting or becoming involved in Netball at any level you are invited to come to a Training Day and Workshop at 10am on Sunday 13th August at Nimbin Central School Netball court. If you have Netball knowledge and skills



**A&I Hall**, Cecil Street, awaiting transformation to our new gym.

(coaching and umpiring in particular) that you would be happy to share with others please come along. To register for the Training Day and Workshop contact Sue (see below). Please make sure that you wear sports shoes and bring water, hat and sunscreen with you. Cost will

be \$3 per person.

## Tennis

Local Coach, Chris Herden, is offering free Social Tennis and Coaching every Sunday from 4pm for children and adults. So get your rackets out, put on your tennis shoes and get down to the Nimbin

Tennis Courts to hit a few balls and enjoy the social aspects of the game.

**Sue Boardman**  
Physical Activities Project  
Co-ordinator  
Phone 6688 1454 (Tues)  
or 6689 1731  
[sueb@nrabs.nsw.gov.au](mailto:sueb@nrabs.nsw.gov.au)

## Nimbin Bushwalkers Club – Walks Program July

All walks meet in Nimbin car park next to Information Center to arrange car pooling, or at start of walk. In the Northern Rivers, be prepared for leeches/ticks. Anoint feet with Rid before socking-up to deter leeches; for ticks – tweezers and a post-walk whole-body examination.

Membership fee, \$25 individual, \$40 family. Contact Peter LePatourel 6689 0422. Visitors are welcome, but will be required to pay a fee of \$5 per walk, (deducted from the membership fee when they join Nimbin Bushwalkers Club Inc).

### Wednesday July 12th Midginbil Hill Farm Walk

Leaders Kay & Len Martin 6689-0254  
1.5 hours Grade 3 an easy paced walk with gentle grades.

Meet 10am Nimbin car park; 10.30 am Midginbil Farm  
Bring: lunch for after-walk picnic.

### Sunday July 16th Don Durrant's Place, 'Afterlee' (20 mins west of Kyogle),

Leader Don Durrant (6633 3138 a/h) - Len Martin, (at Nimbin 6689 0254)

5 hours Grade 3: a walk through rainforest, all on tracks easy grades  
Meet at: 8.00 AM Nimbin car park for car-pooling, then drive in convoy to Don's place - bit over an hour  
Bring food for picnic & water.



Members of the Nimbin Bushwalkers Club at Wanganui Gorge.

### Saturday July 29th The Real Mulgum Falls

Leaders Judy Hales & Don Durrant (6633 3138, at night)  
4-5 hours return, Grade 4: no tracks - rock hopping and creek crossings and a scramble up the lower falls by aid of a rope to the Real Mulgum Falls. Lots of lovely rainforest (with stinging trees!)

Meet at: 10am Nimbin car park; 10.15am the end of Gungas Road.  
Bring day-pack, food & water.

### Wednesday August 2nd A Ramble Round Ron Ronan's

Rainforest Regen, No. 5263 Kyogle Road on the left just before Cawongla

Leader Ron Ronan (6633 7207)  
3 hours Grade 3.5: through the bush, some tracks some not - great variety of vegetation.  
Meet at: 10am Nimbin car park for car-pooling; 10.30 at Ron's place.  
Bring food for picnic and water.

### Saturday August 12th, Eden Creek Falls (West of Kyogle)

Leader Don Durrant (6633 3138, at night)  
3 hours, Grade 3 pleasant walk on tracks, three sets of falls - lunch at falls  
Meet 9am start at Nimbin car park, then drive in convoy to start of walk (a bit over an hour)

## Garden Club AGM



The swap table is always popular with garden club members

The Nimbin Garden Club will hold its Annual General Meeting on Saturday 15 July 2006 at 2pm. The meeting will be held at Lindy Bentley and John Knight's house in Falls Road. The main business of the meeting will be the election of a new management committee.

In addition, there will be a major raffle draw and a mystery guest speaker, followed by afternoon tea. Visitors and prospective new members are most welcome. For more information, please contact Lindy (6689 1217) or Gil (6689 0581).

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# Bowlo events for July

Club Championships start 1st July, pairs and singles. Could all bowlers please drop into the club and check the noticeboard for the draw, or contact Bowls Director Anton Eldridge on 6689-1929.

## Social Bowls

Sunday 9th July Northern



Retiring President John Ryan, gallant in victory over the Blues.

Rivers Hotel social club visit. Bowls start 10am. All F-troopers needed.

Sunday 16th July Cabarita Bowls Club visit, 10am start. All bowlers welcome, casual dress.

## Women's Bowling Club AGM

The annual general meeting

of the Nimbin Women's Bowling Club will be held on Wednesday 19th July at 10am. President Viola Asi expressed her heartfelt thanks to all the ladies of the club during 2006.

"Moving Ladies Day from Wednesdays to every second Sunday to accommodate working members has proved a huge success," Viola said, adding, "Thank you too, to all the businesses and community members for their continuing support. Without them, our little club would find it that much harder to survive."

## Bowlo AGM

The date for the annual general meeting of the Nimbin Bowling, Sport and Recreation Club Ltd has been set for Sunday 13th August at 10am. All members are welcome to



attend to hear reports of the past year's activities and vote in the Directors for the coming year.

See you all on the green. Happy bowling.



# Fishing with Wassa

by Pixie

A great mid-week outing, fishing out of Brunswick Heads - the milko, the baker, the builder and the painter took the day off work for a cold wintery day's fishing.

With the seas 1½ to 2 metres, the wind 15 to 20 knots, white caps all over the ocean and a southerly cold windchill factor, Terry, Warren, Pix and Wiss set off with skipper Mono and decky Gabe through the heads just as the sun was waking up. Just outside the heads we jigged some slimeys and yakkas for live bait and trawled for some bonito for dead bait before heading south past Byron for

some serious morning fishing.

With it not being a really nice day, anchoring was out of the question and drifting was the order of the day. Straight away we started hooking into some nice pearl perch and snapper before Terry the milko had a good fight on his hands and landed a good 12½kg jewfish.

After drifting for a couple of hours and landing a few nice fish, the skipper decided to go out wide, despite the bad weather. We started drifting again and were soon back into pearlies and snapper and waiting for Wassa to pull his first fish into the boat, which he proceeded to do. He was stoked to find it to be a 4kg

trag, which is big for a trag. Then we got into a couple of parrot fish and a few more good size trag with your humble reporter landing a 4½ kg trag, just to top Wassa's day.

As we were drifting one of the guys called out, "Look over there, a whale's blowing," and as we watched the large whale came closer and then did a huge ariel backflip, lifting its whole body out of the water and landing with a huge splash re-entry, just putting on a show for the boys, and then it was gone. Sometimes you are just in the right place at the right time.

With the esky full of fish, Wassa catching a couple and



Terry the milko with his 12½ kg jewfish.

Wiss, Pix and Terry catching heaps, and the weather not much improved, it was time to

do the one hour trek through the waves to dry land. As often happens, a bad day's

weather produces a good day's fishing. Good fun, boys, and a great day.

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Normal Depart Times		School Holiday Times			
8:00	2:35	3:20	Lismore Transit	8:00	2:35
8:10	2:45	4:00	Goolmangar	8:10	2:45
8:20	3:00	4:15	Coffee Camp	8:20	2:55
8:45	3:20	4:30	Nimbin Ave	8:35	3:10
9:30	3:30		Nimbin depart	9:00	3:30
9:40	3:40		Blue Knob	9:10	3:40
9:50	3:55		Twin Bridges	9:15	3:45
9:53	4:00		Mt Burrell	9:20	3:50
10:10	4:20		Uki	9:40	4:10
10:15	4:25		Mt Warning turn	9:45	4:15
10:30	4:40		Murwillumbah	10:00	4:25

**Leaving Murwillumbah through to Lismore**

Normal Depart Times		School Holiday Times			
7:10	1:50		Murwillumbah	7:30	2:15
7:20	2:03		Mt Warning turn	7:42	2:28
7:30	2:08		Uki	7:55	2:33
7:55	2:30		Mt Burrell	8:10	2:55
8:00	2:35		Twin Bridges	8:20	3:00
8:32	2:40		Blue Knob	8:30	3:05
8:45	2:50		Nimbin arrive	8:40	3:15
9:00	3:00		Nimbin depart	9:00	3:30
8:05	9:10	3:45	Coffee Camp	9:10	3:40
8:15	9:20	3:55	Goolmangar	9:20	3:50
8:50	9:35	4:10	Lismore Transit	9:35	4:00
8:55	9:40	4:15	Lismore Depot		

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**July Gig Guide**

Friday 7th	Kobya
Saturday 8th	Wordplay
Friday 14th	Evan Alexander
Saturday 15th	Mettaphor
Friday 21st	Sleigor Trout
Friday 28th	Namaste Jake (Bris)
Sunday 30th	Charlie Horse - Acoustic Sundays

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