

Return of the Goddess

by Lynne Oldfield

In Nimbin, a town where violence against women is rife in both the physical and verbal form, there is now institutionalized degradation in the form of public humiliation by a male impersonator of the goddess.

Goddess consciousness is reaching out to connect to us from our ancient depths in readiness for our only chance of a future co-created with earth energies.

Beneath our rational modern minds lie dormant the earlier ways of the matriarchal, magical and mythological perception and concept formations, the limbic and reptilian affects, aggression, defence and survival mechanisms.

From the standpoint of our modern rational minds these earlier layers seem unconscious. In fact they show a sort of consciousness and even intentionality of their own. Ever and again they prove capable of opposing the rational stance.

Who better to start noticing this phenomena than Nimbin mothers and some sensitive, observant partners in the very different times and atmosphere of the early alternative days of Nimbin, where even Birth and Beyond relied more on magic than qualifications? After all, childbirth is the initiation path for women.

We had timelessness and time on our hands in which to let go of modern conditioning and go into the magical inter-relatedness of all things and how it played out in our lives in the closed protected community of Nimbin. While old values were breaking down a new consciousness was being born.

For it to culminate in that outstanding production Rituals of the Goddess channelled by Biskit and Deborah honouring women through time and their magical consciousness was a breakthrough of another dimension. I see it as a combined cumulative effort arising out of the collective unconscious of the female community to erect signposts

for another direction that we can all follow.

So, obviously it was no surprise that an outstanding example of patriarchal consciousness would rise up quite shortly afterwards claiming to be the goddess, making fun of and disregarding women in the process, while reconnecting the Nimbin community to the old values of the patriarchal system where the devaluation of femininity is an intrinsic feature.

Archetypes are psychic forces that demand to be taken seriously, and they have a strange way of making sure of their effect. Always they were the bringers of protection and salvation and their violation has as its consequences the "perils of the soul". Moreover, they are the infallible causes of neurotic and even psychotic disorders, behaving exactly like neglected or maltreated organs or organic functional systems.

Maleness and femaleness are archetypal forces. They constitute different ways of relating to life, to the world and the opposite sex. In fact, the balance of the left and right hemispheres of the brain is different in men and women. The repression of femininity, therefore affects humankind's relation to the cosmos no less than the relation of individual men and women to each other. Repression of femininity can become a negative creative force which comes back to haunt us.

In the time that Gerald has been masquerading as the goddess, and I say violating as well, there has been a large increase of police harassment of Nimbin and there is absolutely no end in sight to marijuana prohibition so the evidence suggests it may be contradictory to his hedonistic and economic purpose to call on the energies of the goddess to support decriminalization, particularly when female marijuana plants are often the only females that are treated well in Nimbin.

Patriarchy repressed the magical stratum, the fairy-world. In this global awareness, life and death were the peak and valley of one wave, emotional oneness was

experienced with group, clan, nature and blood. Life was known through instinctual tides and rhythms, ESP communication and yielding openness to whatever came along.

Under patriarchal rule the magical level of consciousness had to be buried. As we now rediscover it, we also perceive that whatever we do to our neighbour we are simultaneously doing to ourselves as well. Understanding this, I have been deeply concerned about the energetic effects and their consequences for Nimbin of the aggressive rantings and ravings of Gerald Taylor in the name of the goddess every month in the *Nimbin GoodTimes* for that reason.

The male experience is one



of discontinuity, contrast and opposition. This is subordinate to the feminine continuity. The Great Goddess represents being and becoming. It is not heroic, self-willed and bent upon battling against opposition. Rather it exists in the here and now and the endless flow. It expresses the will of nature and of instinctual forces rather than the self-will of a particular person. The feminine form of consciousness is global, field and process orientated. It is functional rather than abstract and

conceptual.

The Goddess would not keep brutally attacking one point but would instead see that all things are related and would deal with what could be done at the present time. By recognising prohibition to be authoritarianism, which is a facet of patriarchy, we can work on the same problem by clearing patriarchal ways of relating, conditioning and damage in ourselves which will allow a new state of awareness in ourselves and the world, where male and female energies are in balance.

If you really want to shift the world, shift yourself. The past and its decrepit patriarchal damage and conditioning are stored in every cell in your body, and that emotional damage we have suffered produces pain, sickness and behavior that perpetuates the same patriarchal energy

dimension. The denial of pain, guilt or shame leads to callousness, insensitivity and cynicism, hence to destructiveness. It is only your dominating rationality that is holding you back from understanding and using the magical, mythological dimension consciously.

By denigrating the archetype of the Goddess and her energetic flow, and as a consequence all women, there can be no good outcome and therefore I suggest Gerald is either channelling the Anti-Goddess or some such entity who feeds on the disturbance he is causing women.

Women need to be honoured as the first step out of patriarchal authoritarianism and not used as an aggressive and divisive advertising weapon. Men can only be the consort of the goddess, never the goddess.

Is there nothing sacred?

by Binnah Pownall

In this present world climate, we need to see some more light at the end of the tunnel - otherwise things can appear grim.

Despite the present world of general conservative austerity and hard line harshness, there are those around here who endeavor to still hold some things Sacrosanct on this Earth as the only way to maintain some semblance of hope for the future. One of Nimbin's traditions for the last thirty odd years has been involved in holding things sacred.

There's no doubt that cynicism is rife in our society - particularly in the young. Holding so-called spiritual views are often sneered at - even in Nimbin. We are surrounded by a world that only believes in what it can see and touch. At least that is the basis for our so-called scientific world.

Anyway... some of us here in Nimbin feel we know better...

Back in the sixties and seventies the breakaway Hippies drew a line in the sand in our consumer/materialist society regarding sacredness and that-which-is-sacrosanct. Through whatever process, the new pioneers got a feeling for what 'sacred' means in relation to this beautiful Planet we live on. Partly through initiating forest protest and partly from taking mind altering drugs - which allowed them to see nature in a deeper and completely different light. The Aboriginal peoples' relationship with the Sacred has also offered us a

deeper understanding and a reawakening regarding the importance of holding in high esteem the Spirit and sanctity of Life in ALL things.

Those who believe in something more than what meets the eye wish to regard the energy as precious and sacred above the everyday bump and grind of social life - Some 'vision of life' that can still be looked to for inspiration and motivation.... something that inspires one to get one out of bed in the morning. The words 'God' and (more recently in our present day history) 'Goddess' have both had their fair share of bad press and the whole concept constantly takes a battering out there in hard-line, 'eco-land' for being hollow and meaningless - too often used inappropriately and cheapened by the corrupt morals of the traditional churches for instance, ending in the meaning of the words being weakened in society.

Spiritual matters are constantly under threat in this western non-spiritualist environment and must be maintained or 'the Spirit of Things' is in danger of being watered down. If this happens then there is danger of a situation where new people who may want to know more about spiritual matters and they know not where to go from there.

It has been seen that history can and does get rewritten. We must be careful to guard the truth. What is Nimbin's role in protecting this so-called 'Spiritual Realm'? Correct me if I'm wrong but the Aquarian 'philosophy' as such is all about Love and Caring and

Sharing and Respect and above all - Openness and Trust.

Trust and faith - in amongst other things that there is something out there in the wider universe more than what we experience everyday on this third dimensional level - something more than what appears out there in John Howard's world...you remember - all that stuff we came here to leave behind...?

The 'science' of what we do when we do hold a vision of beings holding others in high regard and with great respect is: firstly acknowledging the power of our minds and our thoughts in creating reality and secondly the thought creates the space for the vision (if it is clear enough) to become actual reality.

What can this town do to hold the concept of sacredness and spirituality strong so when people come to Nimbin looking for something deeper behind the pictures on the shopfronts, that it is accessible to the new new-age explorer? Do we not have a responsibility to uphold this resurgence since the sixties of interest in anything spiritual beyond our churches narrow views?

Are we able to willingly hold onto that vision of an open and loving society and all that that entails - for the sake of many in the world who have obviously lost their vision of something greater than the 3D madness we see around us and that unfortunately some of us are having to be involved in at present. Despite the subtlety of the subject, people believe that 'the spirit of things' is where the power lies. At least we can practice 'each to his or her own' in this respect. After all - it IS something to respect. No kidding.

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Virtual Venezuela, 2006

by Warwick Fry

"Don't follow leaders ..."
(Bob Dylan, 1964)
(But a good example will earn an endorsement)

Once upon a time, Bono from U2 looked like a role model for alternatively correct causes. U2 has dutifully performed (like Peter Garrett (and Midnight Oil) in all the right places, for all the right reasons.

They did benefits for, and in, El Salvador during the civil war in the 1980s, they did concerts for the Irish 'troubles', they did anti-war concerts, anti-nuclear concerts, etc etc. They looked and sounded bloody good. As did Peter Garrett, once upon a time.

Bono has unfortunately blown it.

Currently he is refusing to answer media questions about his endorsement of a computer game which promotes the invasion and destruction of Venezuela in order to check 'a power hungry tyrant' who has 'seized control of Venezuela and her oil supply.'

Bono has failed to respond to concerns about the funding of this project. 'Mercenaries 2: World in Flames', created by Los Angeles based Pandemic/Bioware Studios, simulates a mercenary invasion of Venezuela in the year 2007. Pandemic is a subcontractor for the US Army and CIA funded Institute for Creative Technologies, which uses Hollywood techniques to mount war simulations in California's high desert in order to conduct military training. 'Mercenaries 2: World in Flames' simulates destruction in downtown Caracas, and promises to leave no part of Venezuela untouched. People who live in Caracas and know and love the neighbourhood are not impressed by the blonde haired, blue-eyed invaders of the game even though they are blonde haired, blue-eyed



Venezuelan president Hugo Chavez.

and not native, themselves.

'Power Hungry Tyrant' Hugo Chavez, President of Venezuela, elected again and again through a number of US promoted constitutional crises and coups, with (at each crisis) an ever increasing popular majority (at the latest polls, 80 percent +) has disturbed US hegemony by reinvesting Venezuela's oil revenue into sustainable and renewable technologies and social programs. Normally these revenues went out of the country after a 'take' by the oligarchic elite, to multinational oil companies.

They hate Chavez. Chavez and his comrades have broken the mould, cracked and hacked the conventional wisdom and dogma of The Church of Economic Rationalism and the decrees of The World Bank, and the Washington based IMF, and reinvested oil revenues into social programs of education, health, community projects, and sustainable agriculture. Venezuela is one of the few nations that have consistently displayed an economic growth rate of over 10 percent per annum, since Chavez was re-elected President for the nth time since the early years of this century. Chavez has upset Western governments by selling oil at half the market prices to vulnerable communities in the US and London local councils, who are burdened with the cost of providing heating to pensioners, the aged,

the underprivileged, the unemployed and in general, people on fixed incomes.

No wonder they (the economic rationalists) hate him.

President Hugo Chavez announced the formation of a new social mission — Mission Tree — commencing a major campaign to save Venezuela's environment. "We hope to plant 100 million trees in 150,000 hectares over the next five years. More than [US\$5 million] has been allocated for the execution of 460 projects", Chavez said. He announced the formation of 800 conservation committees — grassroots committees based in the local communities — that will play a central role in running the project.

Miguel Rodriguez, vice-minister of environmental conservation, told Venezuelanalysis.com that organising and educating the rural poor, who are often responsible for deforestation in their attempt to find land to work in order to survive, is key. "You can't tell a campesino to conserve the valley, because he's going to respond that he has to eat, but you can find a product which can be cultivated along with the trees."

Venezuela faces a massive task in reversing deforestation and environmental destruction, but the launch of Mission Tree signifies that the job has now started.

Ridiculing Chavez - the media hit their stride

with kind permission from Medialens www.medialens.org. Selected and edited by Sue Stock

The mainstream media have been united in depicting Venezuelan president Hugo Chavez as an extreme, absurd and threatening figure. In essence, the public has been urged to consider Chavez beyond the pale of respectable politics.

Of the hundreds of media reports on Chavez in recent weeks, almost none have depicted events in Venezuela as a fundamentally positive and urgently needed attempt to improve the condition of impoverished people. In a rare exception, John Pilger wrote in the *Guardian*:

"Mavis Mendez has seen, in her 95 years, a parade of governments preside over the theft of tens of billions of dollars in oil spoils, much of it flown to Miami, together with the steepest descent into poverty ever known in Latin America; from 18% in 1980 to 65% in 1995, three years before Chávez was elected. 'We didn't matter in a human sense,' she said. 'We lived and died without real education and running water, and food we couldn't afford. When we fell ill, the weakest died. In the east of the city, where the mansions are, we were invisible, or we were feared. Now I can read and write my name, and so much more; and whatever the rich and their media say, we have planted the seeds of true democracy, and I am full of joy that I have lived to witness it.'

In all the voluminous coverage, there has been close to zero analysis of why so many Latin Americans living in resource-rich countries have been so poor for so long. The role of the West in this catastrophe has been essentially invisible. Instead, a remarkable leader in the *Independent on Sunday* observed:



"Mr Chavez is an unabashed admirer of Fidel Castro, which gives his attachment to democracy a temporary and improvised feel. As do the human rights abuses of which the Venezuelan government is guilty.

"Most sinister of all, perhaps, is Mr Chavez's use of anti-US sentiment to create an external threat in the classic gambit of the tyrant. As we reported recently, he has formed a militia of ordinary Venezuelan citizens to mobilise against the threat of an 'invasion' by unspecified enemies. That is not the sane or balanced action of a committed democrat." (Leader, 'Why Hugo Chavez is no hero,' *Independent on Sunday*, May 14, 2006)

Killing Hope - Of Jackals And Economic Hit Men

In his book, *Confessions Of An Economic Hit Man*, John Perkins describes the role he played in the West's devastation of the Third World for profit, Latin America very much included. Perkins compares himself to the slave traders of colonial times:

"I had been the heir of those slavers who had marched into African jungles and hauled men and women off to waiting ships. Mine had been a more modern approach, subtler - I never had to see the dying bodies, smell the rotting flesh, or hear the screams of agony.

In January 1971, Perkins was hired by American big business to forecast economic growth in Third World countries. These forecasts were used to justify massive international loans, which funded engineering and construction projects, so funnelling money back to US corporations while enriching a small Third World elite.

Perkins explains that his real task — rarely discussed but always understood in high government and business circles — was to deliberately exaggerate growth forecasts in countries like Peru, Ecuador and Indonesia. The goal was for these countries to fail to achieve their inflated targets and so be unable to repay their loans. The point being, as Perkins writes, that Third World leaders would then "become ensnared in a web of debt that ensures their loyalty". As a result, American interests "can draw on them whenever we desire — to satisfy our political, economic, or military needs. In turn, they bolster their political positions by bringing industrial parks, power plants, and airports to their people. The owners of US engineering and construction companies become fabulously wealthy".

The "needs" include military bases, votes at the UN, cheap access to oil and other human and natural resources. Perkins describes this as a non-military means for achieving "the most subtle and effective form of imperialism the world has ever known bankrupt debtor countries have thus been forced to spend much of their national wealth simply on repaying these debts even as their people sicken and die from malnutrition and poverty. For example, international banks dominated by Washington loaned Ecuador billions of dollars from the 1970s onwards so that it could hire engineering and construction

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firms to improve life for the rich. In the space of thirty years, poverty grew from 50 to 60 per cent, under- or unemployment increased from 15 to 70 per cent, public debt increased from \$240 million to \$16 billion, and the share of national resources allocated to the poor fell from 20 per cent to 6 per cent.

Today, Ecuador is required to devote nearly 50 per cent of its national budget to debt repayment - leaving almost no resources for millions of citizens classified as "dangerously impoverished". Out of every \$100 worth of oil pumped from the Amazon, less than \$3 goes to Ecuadorian people dying from lack of food and potable water.

Perkins is clear that, waiting in the wings should the economic hit men (EHMs) fail, are the real hit men - "the jackals". He writes of Jaime Roldós, president of Ecuador, and Omar Torrijos, president of Panama, who both died in plane crashes:

"Their deaths were not accidental. They were assassinated because they opposed that fraternity of corporate, government, and banking heads whose goal is global empire. We EHMs failed to bring Roldós and Torrijos around, and the other type of hit men, the CIA-sanctioned jackals who were always right behind us, stepped in."

Perkins writes of Roldós's death in May 1981:

"It had all the markings of a CIA-orchestrated assassination. I understood that it had been executed so blatantly in order to send a message. The new Reagan administration, complete with its fast-draw Hollywood cowboy image, was the ideal vehicle for delivering such a message. The jackals were back, and they wanted Omar Torrijos and everyone else who might consider joining an anti-corporate crusade to know it."

Torrijos was killed just two months later. This is the likely fate that awaits Chavez, Morales, and other Third World leaders

currently being ridiculed by the British press.

The last fifty years have



seen a vast bloodbath as Washington has funnelled money, weapons and supplies to client dictators and right-wing death squads battling independent nationalism across Latin America. Britain's only left-wing daily newspaper, the *Morning Star* said

"Military dictatorship, death squads, torture, assassination, economic blockade, economic genocide, military intervention, wanton repression, corruption and every other means intrinsic to capitalist and imperialist 'management techniques' has been utilised to secure the profits of primarily US multinationals and the wealth of the privileged few. Mass unemployment and mass poverty are just two extra means with which to obtain compliance with the economic and political pillage of the continent."

John Pilger adds:

"In the US media in the 1980s, the 'threat' of tiny Nicaragua was seriously debated until it was crushed. Venezuela is clearly being 'softened up' for something similar. A US army publication, Doctrine for Asymmetric War against Venezuela, describes Chávez and the Bolivarian revolution as the 'largest threat since the Soviet Union and Communism.'

Who benefits? The answer is provided by Professor William Domhoff of the University of California in his study 'Wealth, Income, and Power In the United States'. Domhoff reports

that as of 2001, the top 1% of US households owned 33.4% of all privately held wealth, and the next 19% had 51%, indicating that just 20% of the people owned 84%, leaving only 16% of the wealth for the bottom 80%. In terms of financial wealth, the top 1% of households had an even greater share: 39.7%.

He said "Since financial wealth is what counts as far as the control of income-producing assets, we can say that just 10% of the people own the United States of America

These fabulously wealthy elites own politics, they own the media, they control what the American people know, see and think. In Britain, the top 5% of the British population own 45% of the nation's wealth - they also run politics, the economy and the media in their own interests.

We should be under no illusions. The corporate media oppose Chavez because the corporate system is viscerally opposed to policies that are unleashing democratic hopes in Venezuela. It takes a moment's thought to understand that greater democracy, equality, justice and popular empowerment are not in the interests of a system built on exploitation. As John Perkins comments of the media:

"Things are not as they appear... Our media is part of the corporatocracy. The officers and directors who control nearly all our communications outlets know their places; they are taught throughout life that one of their most important jobs is to perpetuate, strengthen, and expand the system they have inherited. They are very efficient at doing so, and when opposed, they can be ruthless."

As long as we support this corporate media system - as long as we hand over our money for its product, for its phoney 'balance' and subliminal smears - it will continue to subordinate the welfare of millions of human beings to corporate greed.

It's all Greek to me

The Archie Code Episode 3

Robin Archbold

The stentorian tones of Bob "Bulldog" Dooley, pugnacious editor of the *Nimbin GoodTimes*, were still ringing in my ears. "For Chrissakes Archie, find me a plot! Gerald "The Goddess" Taylor is too busy inflaming Nimbin women, and we're missing the plot. NGT will pay for everything."

So the Archbold family's quest to find the missing plot takes us next to Stratford Upon Avon, only to be shocked by the news that Shakespeare is dead. Then there are the strange events at Stonehenge, not to mention the 'vision' at Warwick Castle that leads us to the ordeal at the Louvre, and, exhausted but exhilarated, stumbling through every perilous step of The Catacombs beneath Paris before slipping undetected into Gothenburg on a night as cold, wet and dark as John Howards conscience.

Our hosts - Jo's brother Brad and his gorgeous Swedish bride Therese who's far too young for him - are charming but despite this and the attractions of three hundred types of smoked meat and even more cheeses, our hearts tell us it's dangerous to stay long. Cholesterol and cold drive us onwards. We go underground...to Brad's computer in the basement where the "Last minute" website offers holiday package cancellations at cheap rates.

We apply the Archie Code to the clues already gleaned to find a ticket number. This involves the number of columns at Stonehenge, my birth date, the Kama Sutra, Foucault's Pendulum and other ritualistic requirements whilst imbibing the Sacred Herb and hey, Presto! Weird as it sounds it works because we're off



to Skiathos, a lovely Greek Island in the shimmering Mediterranean.

Now, the Mediterranean needs to fulfill expectations because after a plane ride packed with young families from Sweden, where it's illegal to physically or verbally punish your children, you deserve a treat. A big one.

The sight of a white-washed, terracotta-tiled, colourfully-trimmed cubic kaleidoscope of Mediterranean village cascading down from a hilltop medieval stone church into indigo and turquoise waters bobbing with fishing vessels and leisure craft as you approach by air is one of life's



singular sensual epiphanies. Unfortunately, I was staunching blood and vomit from the sixteen-month-old blonde, barnstorming Ella who, in the blink of a parental eye, had speared herself face-first into the bulkhead with plane-shuddering impact at the critical moment. They tell me the view is great. Awesome in fact.

The island is only 8 km long and has a local population of about five thousand, mainly around Skiathos Town. The harbour promenade is lined with

cafes and a paved pedestrian street lined with exotic boutiques and colourful eateries winds through the town from the Marina to the hilltop and the beach below.

On our first outing along the promenade, which starts at the foot of our hotel, I am immediately contacted by a man calling himself George. He invites us warmly to eat at his café behind him, and knowingly informs me he is "your man in Skiathos, Archie." I reply to his obvious coded message with the only one I remember. "The swallows fly early to Capistrano this year". His stoney-faced reaction indicates that confidentiality is paramount. As we continue our stroll it

soon becomes apparent that all the well-dressed, friendly fellows in front of the cafes are "my men" also. I feel the plot thickening and determine to let it come to me.

So we eat and drink in funky waterside tavernas, retire to rented banana lounges under beach umbrellas between swims, go island-hopping in ferries, peruse glorious backstreet galleries and tiny bars twinkling under a riot of bouganvillea, all the while taking postcard pictures to email to envious friends.

The quest for the missing continues, regardless of cost, and I urge NGT advertisers and readers to dig deep in their pockets to allow us, like Frodo and Sam, to complete our mission.

It's dirty work but somebody's gotta do it.



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Exercise and cancer

David Hoffman

Cancer affects everyone and is one of the only diseases that will not discriminate between the rich, poor or racial backgrounds. Of all the cancers diagnosed in Australia each year 84% are malignant. 20 men in every 1000 and 14 women in every 1000 will be diagnosed with a cancer each year. Cancer also contributed to 27% of recorded deaths in Australia in 2000. The more we look at the effects of cancer and the treatment programs, the more exercise comes to the fore as being very helpful in returning to as normal a life as possible.

The effects of cancer treatments

Cancer treatments (chemical or otherwise) have severe (if not permanent) side effects on the body. The recovery and return to a quality of life can be dependant on your physical and mental well being during and after treatment. In a 2001 article, the USA Weekend magazine interviewed Karen Hornbostel (a breast cancer survivor) on how exercise helped her recovery after a mastectomy and numerous chemotherapy treatments.

"I have metastatic breast cancer, so I have had to continue with various types of treatments since 1993 and, each time, exercise has made a world of difference in how I feel. Sometimes, when I'm stuck in my big easy chair and overcome with such intense fatigue that I feel like my muscles are frozen, if I make myself get up and do a brief

walk in the neighbourhood, I feel 100% better".

How does exercise help recovery?

During cancer treatments, the body will suffer the effects of muscle breakdown. This leads to a loss of strength and stability in the body and lowers the person's ability to complete even the most routine of tasks. Thus, the patient has to deal with both the averse physical effects of the treatment and the painful psychological affects. Depression and other feelings of anger etc are quite common.

A recent article published in Medicine and Science in Sports & Exercise (2002, Vol 34) cited a study that had looked at the effects of low and medium levels of cardiovascular exercise during cancer treatment and recovery periods. They found that there were significant improvements in all aspects of the person's physical and psychological well being, with no significant difference between low and medium levels of intensity. The study concluded that the "prolonged inactivity associated with recovery of cancer patients leads to physiological decline and contributes to long-term fatigue and weakness. Furthermore, being able to take part in daily activities contributes to psychological well being. Although rest combats fatigue in the short term, exercise is clearly an important part of the recovery process over the long haul".

Because some cancers permanently affect organs like the heart and lungs, it

may be even more important to keep up, or get started with, regular exercise.

Resistance training and regular cardiovascular exercise will help build muscle mass and improve the transport oxygen around the body. It will also allow the person to become more sensitive to the normal hormonal processes which keep us functioning well.

How much should I do?

The general rule is to maintain activity that gets you moving at a low, medium or high intensity, without any detrimental affects. In other words, whatever level you feel capable of handling, without causing you any discomfort. Unfortunately, you will feel the affects of exercise when you start, but this will gradually decrease as your body adapts.

Exercise & cancer prevention

A study by the Scottish Cancer Foundation established that those who regularly exercise had 50% less chance of getting bowel cancer, even if they had a genetic predisposition in their family. Most studies are along the same lines, with percentages varying from 20% reduction in lung cancers to 30% reduction in breast cancer.

Researchers don't know exactly why this occurs, but the evidence is overwhelming. Most studies also found that the intensity of the exercise program directly correlated with the percentage of risk reduction. In other words, the higher the intensity and longer the time, the lower the risk factor.

Cancer accounts for one-third of deaths in Australia, why wouldn't you try and prevent it from happening to you?

Editor's note: Exercise has been conclusively proven to be beneficial in counteracting dementia, heart disease, diabetes, depression and now cancer. Looks like we will all have to start a regular exercise program to stay young and healthy.

David's Health & Lifestyle
Goonellabah 02-6625-1433

Book Now! - it's Children's Book Week 2006

It's that wonderful time of the year again - it's Children's Book Week! Children's Book Week (CBW) is running from Monday 21st through Friday 25th August 2006. This year's theme is "Book Now!" and the Regional Library will be running with a fun "Gremlins, goblins and witches" theme.

Kyogle library will once again be holding CBW talks with 30 minute storytime sessions for younger children and CBW discussions with orientation tours of the library for older children. Kyogle library invites pre and school groups plus other children's groups to make bookings and help celebrate the biggest event on the Children's Services calendar.

Please contact Kyogle library staff for bookings to this FREE, fun celebration of children's literature on 6632-1134.

Young Adult School Holidays Craft

On Tuesday 11th July Kyogle library held its first FREE Young Adult (YA) School Holidays Craft session with special guest Wendi Dillion who teaches a variety of fabulous craft classes at "Country Chicks". Wendi very generously donated her time and resources to teaching the group how to make a painted fabric book-cover for an address book or diary.

A group of seven 'gorgeous girls' as Wendi says, attended the session and learned new craft skills, whilst having a great fun-time together. The group worked extremely well; carefully listening to Wendi's instructions whilst having fun, helping and encouraging each other throughout the hour-long session. Everyone, including the girls, were very impressed with the amazing craft they produced and the level of creativity they each



achieved.

The girls attending the YA craft session were: Alice O'Neill, Lilliana Bowen, Kirriyl Smith, Kavita O'Brien, Phoebe Dlask, and Phoebe Mitai and they are photographed having fun working on their craft under the instruction of Wendi Dillion. At the conclusion of the day the girls took home their finished craft and presented Wendi with a bunch of flowers to say a very big thankyou on behalf of Kyogle library for her time and generosity.

Further information about Wendi's incredible craft classes can be obtained from "Country Chicks" - Summerland Way, Kyogle.

Learn to search on the Internet @ Kyogle Library

Would you like to learn to search the Internet for FREE. Why not contact Kyogle library and ask staff for bookings and details. Photographed are Carmel Doyle and Lenore Gardner the latest SkillsNet graduates from Monday 17th July, 2006.

What to do if a heart attack happens to you

What are you to do if you have a heart attack while you are alone? Read this...it could save your life!

Let's say it's 6:15 p.m. and you're driving home (alone of course), after an usually hard day on the job You're really tired, upset and frustrated. Suddenly you start experiencing severe pain in your chest that starts to radiate out into your arm and up into your jaw. You are only about five miles from the hospital nearest your home. Unfortunately you don't know if you'll be able to make it that far.

What can you do? You've been trained in CPR but the person who taught the course didn't tell you what to do if it happened to yourself. Many people are alone when they suffer a heart attack.

Without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness.

However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and

prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again.

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital.

Tell as many other people as possible about this, it could save their lives!

The Johnson City Medical Center staff actually discovered this technique and did an in-depth study on it in their ICU. It is called cough CPR and does work. The two individuals who discovered it published a paper on it and have had it incorporated into ACLS and CPR classes.

From "Health Cares", Rochester General Hospital via Chapter 240's newsletter "And The Beat Goes On", reprinted from The Mended Hearts, Inc. publication, "Heart Response."

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Nimbin Bushwalkers Club Inc. Walks Program July & August 2006

Wednesday August 2nd

A Ramble Round Ron
Ronan's Rainforest Regen.
No. 5263 Kyogle Road
on the left just before
Cawongla,
Leader Ron Ronan (66 337
207)

3 hours Grade 3.5: through
the bush, some tracks
some not - great variety of
vegetation.

Meet at: 10 am Nimbin car
park for car-pooling; 10.30
at Ron's place.

Bring food for picnic & water.

Saturday August 12th

Eden Creek Falls (West of
Kyogle)

Leader Don Durrant (66 333
138, at night)

3 hours Grade 3 pleasant
walk on tracks, three sets of
falls - lunch at falls

Meet 9 am start at Nimbin
car park, then drive in
convoy to start of walk (bit
over an hour)

Bring food for picnic & water.

Sunday August 27th

Mooball Walk, Burringbar
Ridge

Leader Lydia LePatourel (66

890 422)

2-3 hours grade 2, pleasant
easy shaded walk

Meet 10am at Nimbin car
park, then drive in convoy
to start of walk (about an
hour)

Bring food for picnic & water.

Nimbin Bushwalkers Club
Inc. is an initiative of the
Nimbin Building Active
Communities project.

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 66 890 422.

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).

[http://www.geocities.com/
nimbinbushwalkers](http://www.geocities.com/nimbinbushwalkers)

Nimbin Physical Activity Centre takes shape

After a years' work by the Nimbin
Building Active Communities
(BAC) Steering Committee and
the Project Coordinator, Sue Boardman,
a Physical Activity Centre is ready to
open in Nimbin.

The BAC project was developed after
extensive community consultations
which commenced in February 2004
by an ad hoc committee established
in Nimbin by the North Coast Area
Health Service, Lismore City Council
and community representatives. The
need for a physical activity centre as
a physical outlet for young people
in particular in Nimbin was also
articulated at the Nimbin Community
Development Association's "In Our
Hands" forum in 2004 which was held
to identify community development
priorities.

These meetings led to the Lismore
City Council, in partnership with
Community Health, securing funding
from NSW Sport and Recreation for
a three year physical activities project
in Nimbin, and the BAC steering
committee was established to ensure
Nimbin community involvement in
the directions of the project. The BAC
committee is chaired by the team
leader of the Nimbin Neighbourhood
and Information Centre, meets on a
bi-monthly basis, and is comprised of
representatives from NSW Sport &
Recreation, NCAHS, Council, the



Coming soon. New lease of life for the showground pavilion.

Nimbin Headers and numerous other
local community and sporting groups.

Since gaining the funds in 2005, the
BAC committee has leased and re-
furnished the pavilion at the Nimbin
Showground, with the cooperation and
support of the Nimbin A&I Society,
in order to establish it as a physical
activity centre. The Committee is calling
for expressions of interest from people
interested in conducting activities at
the new facility. Any persons interested in
submitting an EOI should contact Sue
Boardman at Nimbin Hospital or the
Neighbourhood Centre for a tender kit.

To date the project has also been

successful in conducting the Friday
night social basketball, the super8
cricket comp, various activities at
the school including elastics and
hopscotch and establishing the Nimbin
Bushwalkers club.

Activities which will be available at
the Physical Activity Centre will be
advertised on the physical activities
notice board down the laneway next to
the butcher's and in the Nimbin Good
Times.

It is so good that there still exist such
altruistic committees of people working
quietly to achieve things of lasting
benefit to their communities.

Lets Get Physical

by Sue Boardman

GRANTS - Regional Sports Facility Program now open

Sport and recreational groups
in regional areas of NSW are
encouraged to apply for funds
to develop their facilities
through the Regional Sports
Facility Program (RSFP).
Applications close 31 August.
See [http://www.dsr.nsw.gov.
au/finance/f_rsf.asp](http://www.dsr.nsw.gov.au/finance/f_rsf.asp)

Teacher of Swimming and Water Safety, Austswim NSW

This course provides
candidates with the skills to
teach swimming and water
safety to people aged 4 years
and above. Candidates can
take part in the course from
16 years but will not be
issued with the qualification

until they are 17 years of age.

To receive the qualification
candidates must also hold a
current resuscitation award.

The course is in two parts:

Part 1 (by CD-Rom) is
theory only and must be
completed prior to attending
the face to face component of
the course.

Part 2 (16 hours of theory
and practical components).
Date: 12th & 13th August
2006

Time: 8.30am to 5.30pm each
day. CPR option Saturday
12th August, 6pm-9pm.

Location: Lismore Memorial
Baths
Cost: \$275 per person. CPR
full- \$60. CPR update- \$50.
Enrolments close 4th August.
For more information phone
6687-7168.

Basketball

For anyone aged 12 years or

above.

Pay in Advance: 8 sessions
\$16

Casual Rate: \$3 per session.
Fridays 6-8 pm Nimbin
Central School MPU

Please remember that if you
are under 16 years of age you
will need parental consent.
Also remember that you will
be unable to play unless you
are wearing proper sports
shoes.

For more information call Sue
(see below).

Netball

Netball Training Day and
Workshop Sunday August 13
9.45am- 3.30pm at Nimbin
Central School Netball Court.
If it is raining we will be using
Nimbin Central School MPU.

A day not only for the young
but also for all those mature
athletes who have played in
the past. It will be facilitated

by Bev Rawson who has
nearly 40 years experience
in coaching and umpiring
Netball and Joan Savins,
and is winner of a Senior
Sportsperson Australia Day
Award for 2006.

The program will include
learning (and remembering!)
the rules of Netball; warming
up safely; basic skills;
teamwork; cooling down
safely; and best of all playing
Netball. Bring a picnic lunch,

water, 30+ sunscreen and a
hat with you. Please note that
you will not be able to play
unless you are wearing proper
sports shoes.

If you have umpiring/
coaching knowledge please
contact Sue (see below).

Cost will be \$3 per person.

More Netball News

Coaching Conference 12th &
13th August, Byron Bay and
Lennox Head

Presenters: Jill MacIntosh,
Lisa Beehag and Tracey
Robinson.

For all coaches looking
towards gaining further
knowledge and experience
in the development of their
coaching. Topics of interest
for all levels of coaches from
junior club level to senior
representative level.

For more info contact
[lkirknetballnsw@bigpond.
com](mailto:lkirknetballnsw@bigpond.com)

2006 Musicoz Awards entry date extended

Do you create original music? Want a chance
to share in over \$100,000 in cash, prizes and
industry opportunities? The 2006 Musicoz
Awards are calling for entries and they have
extended the entry submission date to 15th
August.

So now there's still a couple of weeks left
to enter the Musicoz Awards. If you've got
MP3s of your music, you can enter straight
on-line; download an entry form at [www.
musicoz.org](http://www.musicoz.org) Or phone 1800-002-955 for
an entry form. You can also grab one from
music retail shops around the Northern
Rivers.

Musicoz is a non-profit community based
organisation dedicated to supporting original
unsigned Australian music. Musicoz Far
North Coast services the community
from Ballina to Tweed Heads and has an
office located at Mullumbimby. For more
information on the awards and other exciting
opportunities call 6684-6056 or e-mail
them on northernrivers@musicoz.org

Musicoz Far North Coast is a work-for-the-
dole project operating with the support of
ENVITE training and employment and the
Department of Employment and Workplace
Relations.

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Headers high hopes for finals berths



With only five matches remaining in the season, the Nimbin Headers are looking to their junior teams for finals glory.

With a lacklustre season by 3rd grade, the club's interest is fixed on the performance of the mixed

teams in the 10s, 13s and 14s grades.

Club President Nigel Hayes said, "The season has been distinguished by high levels of participation and commitment. All teams have been competitive throughout the season."

The Headers 10s cemented their second place spot with a 6-2 win over Kyogle in the last round in July, ably demonstrating their tenacity, skills and teamwork.

The team comprises Quinlan, Emma, Hawk, Kyle, Sasha, Grant, Suki,



Junior champs. The Headers goalie being tested by Kyogle in the 13s game (above), the victorious Headers 10s team after their win at home.

Linus, Ry, Tico, Angelo, Timote, Daniel, Isaac,

Jarrio and Nyssa. They train several nights a week,

coached by Brett Webb. Go Headers!

Artists' paradise

ArtCamp International

A 5 day Artists Retreat sharing GINYELAH (consciousness) 1st - 6th August 2006

"ArtCamp International stems from the balance that can be achieved when the goal is simple. People can live in harmony not only with themselves and their differences, but also with the natural world that surrounds them."

"Tulebum" traditional song, dance and language man of the Welubai and Wia-bal peoples of the Bundjalung Nation.

It is not known how long the Bundjalung have inhabited this land. In the stories, the Nathang Garrah have seen the dawn of creation and have witnessed the changes to it both by nature and the hand of man.

This is the second ArtCamp at the Nimbin Rocks, an ancient sacred site to the Bundjalung people of Northern NSW.

ArtCamp's purpose is to allow creative people to an opportunity to be creative all day all night all week in an environment conducive to having fun with art.

It is a chance to meet and get to know each other in a magical space on this ancient site and with the Bundjalung custodians inviting us to sit around the fire and find out where we fit in.



Omega and Murray at last year's ArtCamp at Nimbin Rocks.

The Camp will offer mentoring and tutoring by established artists, and be fully catered by Mothership Chai Tent. It is expected to attract painters, sculptors musicians, photographers, sketchers, etchers. Booking made through Perceptio Books, Nimbin. More info 6689-1766, www.artcampinternational.com

Celebrating 30 Years of POLICE OVER-KILL
12th August 1976 - 12th August 2006

Join us in celebrating the anniversary of the Great Tuntale Falls Cattle Truck Bust. Main drag, Nimbin @midday Sat August 12th 2006

Bring a smile, some courage, a joint (just kidding, officer) and a good sense of humour.

ENOUGH IS ENOUGH!

WALLERS BUS COMPANY

Leaving Lismore through to Murwillumbah

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		

This service runs Monday - Friday excluding public holidays
Enquiries phone 6687-8550 Mobile 0428-255-284

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53 Cullen Street, Nimbin
Phone 6689 1246

August Gig Guide

Friday 4th	Boneyard
Saturday 5th	Blunder, Anti-Bodies
Sunday 6th	Aurora Jane
Friday 11th	Iii Starred Captain
Saturday 12th	The Henchmen
Friday 18th	Marshall Trio
Sunday 20th	Compass Rose
Friday 25th	Skylarks
Sunday 27th	Jezz & Friends

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