

Faith of spirit

by Binnah Pownall

In the nineteen sixties, there was an incredible expansion of conscious understanding and an explosion of investigation into new areas of information.

The younger generation created a gap between themselves and their parents by setting off in a completely different direction, rejecting the materialist boom of the fifties. Along with a more sustainable way to live, these new pioneers also looked for a new explanation of what spirituality meant – beyond Christianity.

From the sixties to the present, intrepid travelers and seekers have journeyed to other countries and realms and brought understandings of different philosophies and religions back to Australia. The question to be asked is: have those same intrepid Aussie explorers searching for a new direction, really investigated the dreamtime spirituality of the Australian Aboriginal enough to see if what they are looking for out there, may be right here at home?

Have we overlooked anything here that we thought was to be found outside this ancient continent of ours? Let us take a moment to look deeper at the spirituality of arguably the oldest and longest surviving race on arguably the oldest continent on Mother Earth. It seems the Earth has spoken to the Aboriginal, what has it got to say for us newer arrivals if we care to listen?

For a society or a group to survive for a long time, they need more than will. They also need faith, or a deeper connection, a deeper 'understanding of life' so to speak - that one can hang one's hat on... something that keeps one going - beyond all else.

Australian Aboriginality is, despite all the distraction of the last 230 odd years still a living life 'religion'. In reality, it's more of a way of life – a 'being', if you like....

As all indigenous tribes the world over, Australian Aboriginal people believe that God, the Creator (or whatever you wish to call the creative conscious energy of the universe), is present in all forms of life.

The Creation stories from the Dreamtime were ways of passing down in symbolic



form, tales of how things came about. Creation stories weren't kept in books. They were told around the fire at night for tens of thousands of years.

Songs and dances of conquest and great journeys are performed and passed on in great ceremony. These songs and dances are often Dreamtime stories about how all the beings got their names and how the Earth was formed. Some say that those ancient songs and dances are 'alchemical vibrational concoctions' that are holding the Earth together somehow. Stories and songs passed on orally - by word of mouth through generations, ensure that a person must be very present and 'in the moment' not to miss the story – especially if one's life may hinge on knowing that story...

The First nation had intimate knowledge of 'energy meridians' or as they called them – 'song lines' running through the Earth. Sacred sites were generally but not always where energies conjoined or were strongest. The greater the 'power of nature' felt or sensed in a place, the more important it is to the people of that place as a place of reverence and extreme respect. A place that literally was considered to uphold life itself. This land these families walked on and cared for was of course also where their family relatives were buried – which deepens the whole spiritual connection to land to yet another level. That is a hard concept for us new Australian boat people to actually comprehend – what, with most of our line of relatives buried on another continent...

Other religions have Gods and Deities to worship. Aboriginals have the life around them and the stars in the sky at night as theirs. Just like all the great religions, life was (and still is) considered sacrosanct. The planet is the church. Everything – all life is

sacred and worthy of respect.

Part of 'being' is being a part of the land.

This is ultimately achieved by understanding and living in the deeper acceptance of the fact that the land is the source and support for all life and ultimately one's own life too.

The tribes or clans were each told by Elders that they had a link to other life forms and they were to learn from that life form their own characteristics of who they were.

Those other 'living beings' were there as virtually part of the family...so they were to be watched over and be custodian of.

These 'totems' as they were called were given to the tribes through the Elders to be treasured and worshipped - as

every individual gets the 'job' of respecting and protecting their designated being – right down to the insects and plants. These custodians of life had to ensure that their totems were treated with respect at all times. These totems are sometimes chosen for individuals by looking around and seeing the most prevalent animal, insect and plant present where one is born. If one is aware enough to see it, a totem may present itself.

For the First Peoples of Australia, everyday living became a sacred conscious act. This demanded that one live and behave in a manner of constant conscious homage to all the 'beings' on whatever level that is around. It also ensured survival, as one moved in unison and

synchronicity with nature. Ultimately this 'lifestyle' demanded acute awareness of the moment and 'what life is doing' around one's immediate environment... the depth of which is a difficult concept for many of us to grasp - from the way we have interpreted things up to now...

It seems that one of the intrinsic characteristics that emanate from the ground that is Australia is one of a 'no-frills-paring-backness' of everything down to its essence. Australiana appears to be presented in such a clear, direct and open way.

Is not the Aboriginal way of life the most intimate of natural spiritual relationships one could have with the source? As far as comparing it with world religions go,

it could loosely be related to Buddhism in that it has no deities as such and is intrinsically simplified down to a beingness in the moment so as to present the full self to respond as best as one can – with ones full potential in every moment. Could this be the key to spiritual oneness that explorers since the sixties have been looking for?

Perhaps it is time on our spiritual journey that we go to the First Peoples of Australia and investigate further how to go deeper on this land. We may yet find our spiritual home... if we listen well enough to the people who have been tuned in for thousands of years. An undoubtably ancient and wise race from an ancient and wise country – we all now call home.

Sovereign Territory For Peaceful Consciousness

by David Peace=One Love
www.OneRainbowBridge.com



To the beautiful souls exploring these Nimbin Good Times, I feel these words may be of interest on your quest. I'm introducing the ORB, a small stone that hit Goliath between the eyes and helped him see peaceful conduct integrating the corporation in our loving humanity...

This site is directed by me, David Peace=One Love, Incorporating intelligence of our galactic relativity, assisted by Life Stylers from all around our planet Earth.

I embarked on an ambitious, some would say a ludicrous film project in 2003, empowered by money predestined to arrive on my 25th birthday. In honourance of my late mother=equally in gratitude to my father this project began an EPIC process of integration...

To many including me I seemed like a fundamentalist dreamer, idealist, I'm sure it was easier to be a doubter, to deny and distort the message, especially me.

It was laziness I judged in general society something to be done about it... In my own propriety responding intuitively innocently

like children this curious me wants to see it be... better that inspired me to create these Adventures In Communication I'm involved in reflections my purpose essentially Heaven sent, my intent...

On Earth this means our dreams are the means meaning we are the answer to the quest i on

I have realised I made judgements of the world believing something was wrong with it that I had to make it better, there I was disagreeing with other's same attempts ~ to make it better.

So I've come to accept no matter what it looks like on the surface

From where we're looking ... at this:

We are all collaborating on one thing ~ making this experience ... BETTER.

I wondered how can we work together in a way that builds us both

conscious, harmonious, potent with this blessing of life within which the "you" and the "me" in this equation both benefit in a tangible equality?

You see I wondered so long floating across the pond UR these words taking a turn message commandeered by the me in the egosphere pumping lyrics spit this shit is this language stretched going to the mist assist a shift getting the jist

Precocious seen as boisterous really similar to many most shy

Like a pigeon just a smidgeon unless it has a message it's got fly

You're still with this flow yo?

We're talking about making it better wondering if it were possibly true there could be a perfect alignment we can both feel, that if it's not good for me, then it's not good for you and that what is right for me is right for you... Is this possibly true?

I wonder if in our conduct every day in every relationship whether we can remember this and observe a beautiful intelligent peaceful experience emerge in our co-creation?

This is prayer embodied in the One Rainbow Bridge storyline hand in hand many supporters around our Earth interested in our creation potential arising in the I n I Spiration we've invoked come to fruition.

I would love to take this project to a more sophisticated level of sharing all along I have intended to have the

wholehearted support of our audience and this is of greatest importance we can be patiently approaching every situation with conscious care embodying the integrity of our own contribution accepting clarity in direction.

Don't you feel we all have to own what is possible, we have to create it together? Toward this I am patient and dedicated...

Please enjoy your time on the One Rainbow Bridge site, any questions, impressions you have... feedback is greatly appreciated and helps US refine what works for US.

If you feel it please contact davidpeace.onelove@gmail.com to make it better ;-)

At present One Rainbow Bridge is supported on so many levels by an incredible group of people who have acted with spirit and enthusiasm for its manifestation.

The magnitude of the intention embodied in this process the transformations of ego in service to the whole occasionally seem insurmountably grand and difficult for the self to relate to the scope of what is being created with and through the ORB especially me ;-)

Simplicity being the key

These reflections inspire patience and diligence = Check it out ~!~ the process of making the film is what the ORB is ultimately about...

It's the rainbow serpent eating it's own tail (tale) looking into it's own reflection and seeing the stars in it's own eyes=Yes this film is transforming our consciousness as we grow to serve and serve to grow...

I AM making it happen: WE ARE making it happen.

We're interested in what this means to you,

The blessing of your day and your way, you are the awakening rainbow serpent, you have the message of life, it's beaming in your eyes ;-)

May peace be with you, In LOVE Wholly, All Ways, Bless You

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Dr Free Love, Nimbin's Own Sexpert's Advice for the Lovelorn

Question: If you go to bed with some guy and he turns out to be a dud bash, should I let all my girlfriends know? (Mixed Up, Lismore South)

Answer: Darling. What a predicament. Looks like you are stuck between a rock and a hard place, or should I say a well cushioned lounge room. Well of course if the guy has other things going for him eg. A hot water system, firewood chopping abilities...it would be advisable to be diplomatic. However if it is a very close girlfriend who is hot on him tell it how it is. If she still goes for him then hopefully it will be on a night that she is heavily intoxicated (then at least this will hold your story up to be true). Incidentally, if a guy is rude to you after mutually satisfying sex, even if he was a hottie in bed tell them all it doesn't function downstairs and that you had a "deeper" connection.



Question: My boyfriend has a really sensitive neck, and I'm dying to give him a lovebite, but he won't let me because it will show. What should I do? (Biter, Cawongla)

Answer: Sweetie on occasion men like (and need) you to be impolite with them. My gut instinct tells me that he may be dying for you to be totally inappropriate. Instead of attempting to ask permission, choose your moment of attack carefully. Remember there may be a scene afterwards, so don't waste it. Wait till there is another man you are hot on in the vicinity so if your boyfriend freaks out at you the other hottie may come to admire your unrestrained and animal-like passion.

Question: In your experience, can you really tell how well endowed a man is from the size of his feet? I'm interested in this guy who takes size 14 shoes, but I don't want to start something I might regret later. (Cautious, Eltham)

Answer: In my experience some men can fill their shoes with socks to make their penis size appear larger. The only way to know is to hit the sack with him. The more lustfully we live our lives the more risks we take. To be safe, announce in the first few moments of expressing interest in him that you are not capable of deep emotion and for you, a long term relationship is 48 hours. If he becomes totally hot on you (a problem I often have) then pulling the "I have day care issues with my husband" line will work a treat. If you don't have a husband then get a male friend to pose as him. In any case do not deprive yourself and suffer the unknowing..

Question: My boyfriend is always shushing me when we make love. It makes me so mad, like he cares more about the neighbours than me, but I haven't said

anything to him, so far. How could I put it delicately? (Noisy, Bilinudgel)

Answer: There are two kinds of woman in the world, "screamers" and "grimacers". You are quite obviously a screamer darling, a woman after my own heart...To save this relationship, for both of your pleasure I would encourage you to get out of town for a while and try some outdoor activities. Go for a long drive and try parking in a semi-secluded place and having a go on the car bonnet. It is perfectly ethical to have sex on the bonnet of ex-lovers cars, just in case you are lucky enough to spot one of them.

Question: I had an intensely satisfying sexual relationship with a local musician. I know it was also wonderful for him because all of his friends told me he looked so much happier. I moved on when the time came and now he insists on being rude to me in public even though all I had ever been to him was a turn on. How do I stop him from crossing the street and muttering rude words in my direction? (Upset, Tuntable Falls)

Answer: Obviously you were the best thing that happened to him in a while. Too often men that have a hard time letting go of the moment can brood and play sooky sooky. If the guy is a musician it is definitely public image obsession. The fact that you were not emotionally wounded after your affair with him probably left his over-inflated ego bruised. Chase him down the street if he continues to be impolite to you and tell him he needs to have a sexual health check (make sure there are other women around). If he is still impolite with you make a scene by telling him you are sorry it is over but that bisexual, sensitive new age guys just don't light your fire.

Please send all your sexual etiquette questions to dirtylaundrygirl@hotmail.com and they will be answered in strictest confidence in this column each month. No time-wasters, please.

Duet

She came into the music shop yesterday
Quietly asked if there was a piano she could play
And pre-occupied with my grief I said yeah yeah
Try the Steinway over there
Without looking up
With a little condescension
I paid her scant attention
Until the music began

Pianissimo
Soft, delicate, so low and slow
That I could hardly hear it
And then soon
The music began to grow
Accelerando to allegro to grandioso
In a glissando arcing like a crescent moon
It was like the hammers of the piano were pounding the strings of my heart
Hitting them so hard that I thought it would explode in my chest
It was pulling
It was pulling
Pulling the pain and despair up from out of me
Opening the floodgates of my sorrow and my shame
I heard the sweetest, saddest tenor voice so intimately entwined in lamentation
With the haunting concerto wrung from her fingers now caressing the keyboard
Like the sleeping face of a lost lover she had known
And realized the voice was my own
The first time I had sung in years
As the tears finally came

It was like waking from a dream
And it seemed
That this was so
For I did not see or hear her go
But I could feel her in the air
And her music that lingered there
She had played me
Flayed me
Slayed me
Remade me

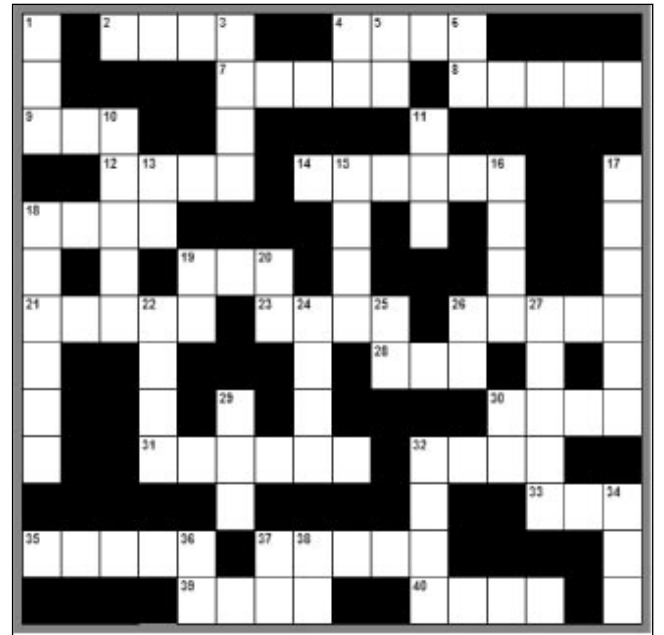
I hope that she comes in today
And asks again if she can play

© Robin Archbold February 2008

Nimbin Crossword

2008-04

by 5ynic



Across

2. Crap? Crocodile
4. Rough leaf rolling tobacco? cormorant?
7. Capital of Vietnam
8. Nimbin's coffee shop? Desert watering hole
9. Bob Marley say "When more smoke _____, Babylon finished"
12. ___ of Zion
14. Broken rock - good for driveways?
18. There are 21 of these across, and this is the 8th - number 18
19. Bird of prey
21. Cloth dyeing technique using wax
23. Style of hard trance? Hallucinogen
26. Destroyer god of Hindu pantheon
28. Stock cube. Palindrome
30. Meat - neither kosher nor halal
31. Off your rocks on 9 across
32. (and 29 down, 24 down) Nimbin's Thai eatery - no guitars on the wall
33. Turf? Bugger
35. Cow food? Turn informer
37. Learner? Centre of eye
39. Climb a pole? Bony part of lower leg
40. Sound return

Down

1. Match? Draw? Goes around collar
3. (Punch) part of face below mouth
4. Therefore
5. Greeting
6. Set off? Japanese board game
10. Smoking mixture rolled into cigar? Not sharp
11. Digital disc
13. That is to say (init.)
15. Greek hard liquor
16. Whip? Found around the eye
17. Native American nation allied to Iroquois? Punk hair
18. Spider lair
19. Alright
20. 6th note when singing scales?
22. Coloured part around 37 across
24. See 32 across.
25. Event? Perform
26. See 4 down.
27. Apple MP3 players
29. See 32 across.
30. Public relations (init.)
32. Courtney Love's band? What you aim at in golf
34. Fabric colorant
36. Nazi storm troopers (init.)
37. 3.14159...
38. United Nations (init.)

Solution page 23

102.3
102.3
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102.3

NIM-FM
Face
The Music

102.3
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102.3

Tree Shape

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by Len Martin

The Good News is that rain spectacularises waterfalls (how's that for taking liberties with the lingo?) and the recent drop certainly did that for Eden Creek Falls, the objective of our second walk of the day on March 1st.

Alas the day did not start well. In our February-March program the meeting time at Nimbin car park (always the end near the information centre) was specified as 8am. Unfortunately, some silly old bugger (me) in updating the program for March-April somehow managed to change the time to 9am. As he put his socks on, the SOB said to his carer (who should have picked up on his mistake) "why didn't we make this an 8am start".

Imagine the horror and embarrassment on arriving at NCP to find that people had been waiting since 8am. Oh spit and panic - a frantic drive to Afterlee-beyond-Kyogle in the Landy wondering whether our leaders would have given up on us and left. What a fine mob they are. They were still there as we arrived.

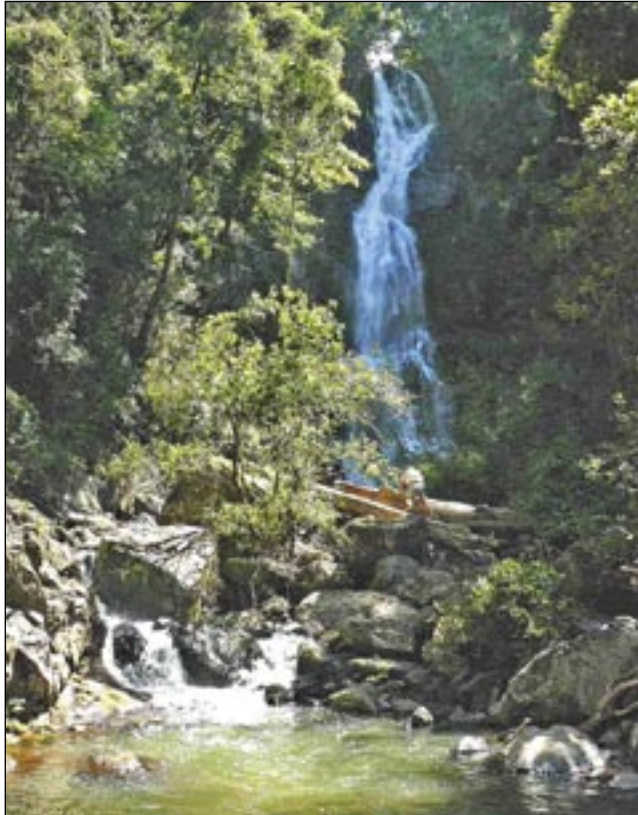
Thus, all nineteen of us arrived at Toonumbar Dam spillway for our walk to the Bells Bay camping area. A beautiful fine day and a well-shaded walk through varied forest with many interesting trees, rocks, insects, fungi, epiphytes and orchids. The camping spot looks very inviting and we are planning a weekend camp there later in the year. Return to the spillway for lunch, then into

the vehicles for the drive towards Eden Creek Falls along old forestry roads.

The last was over-grown and muddy so 4WDs only - and even they didn't go all the way because of the slippery slopes. Finally, a steep walk down through rainforest with the ever-increasing noise of water, to emerge on the creek just below one high spectacular fall with lots of water, and just above as-high-a-one below. A wonderful spot, well worth the trip.

The Bad News is that rain, in its own Catch 22 way, while beautifying waterfalls, can stop you reaching them by making it too dangerous. This is what happened to our mid-week walk to Twin Falls Mulgum Creek on March 18th. The morning dawned misty and damp, the damp turned to drizzle and by 9am at Nimbin Car Park it was steady and heavy.

So, reluctantly, we cancelled, because the walk involves several creek crossings and much rock hopping - and wet rocks can be ankle-breakers. Also there is a tendency for rain to be heavier close to the Nightcap range, so there was also the risk of the creek rising and... The walk has been postponed. Alas, two keen bushwalkers had come from Stokers Siding to join us. They definitely were not stoked by the cancellation. So, in future, we shall add "if it is raining, this walk will be cancelled" to program notes for walks of this nature, thus avoiding heartbreak.



The upper falls at Eden Creek Falls (above), and at Bell's Bay (left).

Walks Program for April

Saturday April 5th Culmaran Falls and Rainforest Circuit

Leader Michael Smith 6689-9291

The Rainforest Circuit: 2½ km, Grade 2-3 largely an easy walk on formed track from Picnic Area but with some steep sections, (there are 147 steps down to the creek), and some tree roots to step over in the forest.

The Culmaran Falls walk: 1½ hr Grade 3 with beautiful photographic opportunities. The walks pass through a subtropical rainforest with more than 200 plant species, including Booyongs, Rosewood, Pigeon-berry Ash, Giant Stinging Trees, Hoop Pine and Strangler Fig.
Meet: 9am Nimbin car park, 9.20am Goolmangar shop, or 10.30am at Cambridge Plateau Rest Area, Cambridge Plateau Scenic Drive near Mallanganee. Bring food and water.

Wednesday 16th April Lismore Rotary Park and Lismore Lake

Leader Len Martin 6689-0254

2-3 hours Grade 1 easy walking on track through Rotary Park rainforest regeneration area inspecting the flying-fox camp

with a bat expert; then on to Lismore Lake for birdwatching and a picnic lunch.

Meet: 10am Nimbin car park for car-pooling. Bring food for picnic, binocs for bat and bird watching.

Sunday April 27th Green Pigeon Pools and Cascades

Leader Don Durrant 6633-3138 (at night).

Grade 4, 5 hours, rock-hopping and lawyer vines, but beautiful small falls and cascades. In Border Ranges National Park.

Meet: Nimbin car park 9am. Proceed to Horseshoe Creek intersection 1 km from Kyogle on Murwillumbah Rd to meet leader at 9.30am. Bring food and water.

Tuesday May 6th Nimbin Rocks Co-op Waterfalls (members only)

Leader Len Martin, 6689-0254

Grade 4, 3 hours off-track walking with some rock-hopping to waterfall in rainforest, thence up steep slope to base of southern cliffs and another waterfall site.

Meet: 9am at Martin's place, 2345A Nimbin Road (entrance opposite Shipway Road). Bring picnic lunch. If it is raining the walk will be cancelled for safety reasons.

Inks ain't inks, Sol

by Rob Harle

If you believe the advertising blurb of the computer office supply stores when they sell you a printer you may be in for a disappointment.

The potential quality output of the latest range of ink jet printers, over about the last five years, is quite astounding, and when you factor in the low cost of around \$100- \$150 it's almost unbelievable. All you need to know to do a print is to find the GO button, however, if you want to produce good quality prints, with reasonable longevity, there are a few tricks you should know.

Firstly, before you buy a printer try and work out what you want the printer to do (top quality photos, letters, brochures?). Printers come with either dye or pigment based inks and with two types of cartridges. The first type of printer has one black and one 3 in 1 colour cartridge, the second type has one black and 3 separate colour cartridges. Significant savings can be made by having the 4 tank system, as you only need to replace the colours as they are used.

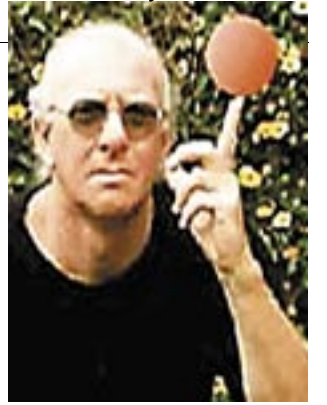
For school or general office work, dye based inks are quite acceptable and if used with good quality paper have an approximate light fast rating of 25 years. Light fast ratings refer to how long the colour, particularly the reds and yellows will last without appreciable fading, if the document is stored out of direct sunlight. For artwork or irreplaceable family photos, dye based inks are probably not acceptable. Twenty five years goes very quickly when you're not looking, at the moment I'm scanning some photos (non-digital) which were developed and printed over 30 years ago and they are still perfect. Pigment based inks used with high quality inkjet papers have from 75 to 200 year light fastness. These good quality papers, as with art papers, are acid free, this means the paper will not eat itself away over a few years, rust-like spots and yellowing are signs that paper is not acid free.

The quantity of printing you will be doing may also influence your choice of printer. If you have large volume black & white printing a laser printer may be the best choice. It is not advisable to buy secondhand laser printers as they require new drums after two, or at the most three, toner refills and the cost is prohibitive. It is debatable as to the choice of laser over inkjet printers for home colour use, the inkjet models are more user friendly, have less paper jams and they are much easier to refill colours.

It is possible to refill ink cartridges from bulk ink supplies, this is a very cheap way to print, however, the quality of the ink is very important as poor quality inks may stop the printer working correctly. A viable alternate to using genuine replacement cartridges is generic good quality cartridges. I recently found some on ebay these have the ink made in the USA and the internal sponges made in Japan, they are a fraction of the cost of genuine cartridges and are top quality. Just make sure to enquire about the use-by date as this is important.

When you install a new printer, a printer control facility is automatically installed, this allows you to fine tune many aspects of the printing. Choosing between draft, text, photo or quality photo for example. Correct selection of the paper you are using is very important, don't put a sheet of top quality photo gloss paper in the printer and simply hit the print button, you must select for the type of paper you're using. It is worth spending some time to learn all the functions available in the Printer Control Panel as most printers allow you to correct minor inherent problems - like colour correction for example. This should be done at the printer level not in your graphics program because all printers print slightly differently, and rarely print exactly what you see on the screen. There are choices for reverse order collating, maximum printable area and so on. Actually a whole range of options many people never use or know anything about.

One final point, for general purpose home use, a combination unit with printer, scanner, fax capability may be a suitable choice. Again decide on what you'll be using the unit for, the quantity you'll be printing and the quality output required.





Nimbin Bowling, Sport and Recreation Club

Sibley Street Nimbin, phone 6689-1250

What's On in April?

Sunday 6th - Ted Cox Trio 2-5pm
 Sunday 20th - Elena B. Williams 2-5pm
 Thursday 24th - Monster Seafood Raffle
 Friday 25th - Anzac Day - The O'Briens 1-3pm
 Monday nights - Poker Nights 7pm \$200 prizemoney
 • Happy Hours - Tues-Wed-Thurs 5-6pm, Sun 12-4pm



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Physical Activity Centre: Term 2 Class Information Starts April 28 2008

Sue Boardman

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Please call Sue to enrol on 6689-173 or email (see above).

Cass Jefferys

Discover Body Circuit: A series of exercise stations designed to give a total body workout. Improves strength, endurance and aerobic capacity.

Discover Body Blitz: A high energy total body workout. A great fat burner.

Discover Body & Mind: A sequence of poses guided by the breath (yoga and pilates influenced).

Discover Body & Mind/Circuit Combo: A combination of traditional and modern exercise philosophies that target the whole body & core strength.

Cass has had to cancel Discover Kid Fit for this term. She apologises to the kids and their parents but

she is doing further studies in Fitness and needs the time to complete her assessment tasks. Cass had a fantastic time with the kids and was impressed with their all-round improvement in fitness. She will be back!!

Please call Cassandra on 6689-1405 to enrol.

Daniel Keszler

Tai ji quan Chen Style: Explore the original Style of Tai ji quan. Learn the secrets of the Chen Style Tai ji Qi Gong and the Silk Reeling exercises. Then, engage into the routines, a dance in meditation, a health exercise, an internal system of martial art. Improve stability and balance in motion, improve relaxation and energy levels, build kinaesthetic memory and improve posture. Tai ji is fun, healthy and challenging. I dare you to master it!

Integral Martial Arts: Learn a synthesis of the diverse range of Korean kicking, locks and throws, the sophisticated self defence of the Chinese Wing Chun Kung Fu and the ancient art of the Shaolin Kung Fu combined in a new style. Improve coordination and flexibility, improve strength and endurance, improve concentration and self control. IMA is fun, diverse and demanding. IMA is suitable for anyone 16yrs+.

Kids Kung Fu: For kids aged 7-13.

Health Chi Gong: Helps to improve organ function, flexibility; teaches self adjustment of the spine; improves all the vital functions of the body; creates unity of body, breathing and mind. Learn two sets of these ancient Chinese health chi gong sets standardised by the Chinese Health Chi Gong Association.

Please call Daniel on 6689-9249 or 0419-182-989 to enrol and for more information.

Rocky

Rocky's approach to fitness training uses free-weights, resistance training and boxing.

Women's fitness: Tuesday and Friday evenings, early session for girls.

Individual training: available Wednesday evenings.

Please ring Rocky on 6689-7507 or 0412-547-930 for more information.

N.B. Times are still available for classes at the centre for professionally qualified instructors. All enquiries contact Sue Boardman (see above).

Focus on Men's Health

FREE Community Health and Exercise Information Session and BBQ

Topic: "Men's Health Across the Lifespan"

Thursday May 15 from 5-7pm at Nimbin Physical Activity Centre, Cecil Street.

This presentation by David Hughes, a Clinical Nurse Specialist in Men's Health, will include issues such as Boys to Men; Marriage; Ageing; Retirement and some specific health issues such as prostate cancer.

The Mobile Men's Shed will provide a FREE BBQ for all participants starting at 5pm.

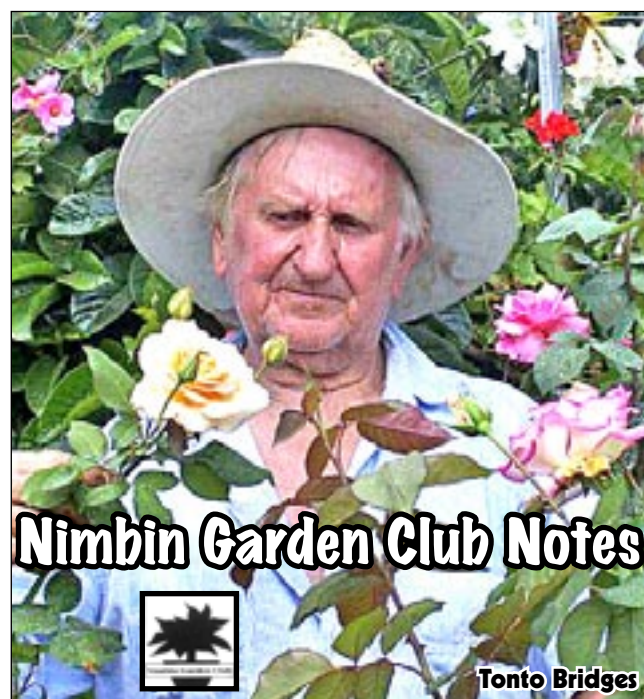
There will also be demonstrations of the types and styles of classes that are being run at the centre by our fitness instructors.

It will be your chance to inspect the Physical Activity Centre, meet some of the instructors, discover ways to monitor your health and learn about preventative measures that can be taken to help maintain and improve your current lifestyle.

Mature men in our community are urged to attend the presentation and encourage others to do so. It could change someone's life.

Perhaps our various sporting teams could use this event as an opportunity to explore alternative training methods with the fitness instructors to add variety to their training regimes.

Please RSVP to Sue Boardman (details at left) for catering purposes.



Nimbin Garden Club Notes



Tonto Bridges

by Gil Schilling

Photos by Sue Adler

The March meeting of the garden club was recently held at Harold (Tonto) Bridges' Mountain Top rose garden. More than 30 members and friends turned out on a beautiful mild, clear sunny Saturday afternoon to admire the garden's many dozen rose varieties, as well as an eclectic collection of rare and mostly exotic sub-tropical flowering and fruiting trees.

For those with a particular interest in learning more, Tonto demonstrated techniques for bud-grafting particular varieties on to common hardy understock. The swap table did a roaring trade, while many members also took home tree seedlings generously provided by Tonto himself.

The champagne raffle was well supported and the afternoon was concluded with an excellent afternoon tea.

The next meeting of the club will be held at 2pm on Saturday 19th April at Carol & Ken Boomsma's Sunflower greens farm located at 1834 Nimbin Road, Coffee Camp. The Boomsma's produce certified organic sunflower sprouts for the commercial market, and their nutritious and high quality greens are available at three major outlets in Nimbin. If you think you would like to join us or find out more, why not contact either Gil (66890581) or Caroline (66891945).

Other meeting venues for the coming months include Denise Braidwood's garden at Koonorigan and Orion Hill's newly re-opened Bamboo Oasis. Details will be published in future editions of the NGT closer to the scheduled meetings.



Term 2 • Nimbin Physical Activity Centre

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8.15am		Cass Jefferys Muscle Body and Mind 8:15-9:15am			Cass Jefferys Muscle Body & Mind/Circuit Combo 8:15-9:15am
9am	Sue Boardman Tai Chi for Health Beginners 9-10am	Sue Boardman Tai Chi for Health For those who have completed Beginners 9-10am	Rocky 9-10:30am School Sport		Beatrix Keszler Health Chi Gong 9-10:30am
10.15am		Cass Jefferys Muscle Body Circuit 10:15-11:15am			
10.30am			Cass Jefferys Muscle Body with 10:30-11:30am		
11am			Rocky Open Open 11-12pm		
1.15pm				Cass Jefferys Muscle Body and Mind 1:15-2:15pm	
4pm		Rocky Girls Open Training 4-5pm Please ring Rocky for more information	Beatrix Keszler Kids Kung Fu Ages 7-12 4-4:45pm		Rocky Girls Open Training 4-5pm Please ring Rocky for more information
4.30pm		Rocky Open Adult Training 4-5pm Please ring Rocky for more information		Beatrix Keszler Tai Chi 4:30-5:30pm	Rocky Open Adult Training 4-5pm Please ring Rocky for more information
5.30pm			Cass Jefferys Muscle Body & Mind/Circuit Combo 5:30-6:30pm		
7.30pm				Beatrix Keszler Martial Arts 7-8:30pm	

Crossword Solution

See page 21.



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
7:50	9:00	3:30	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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Let's go fishing



by Pixie, Fishing reporter

Finally, after months of cancellations due to floods, big seas and strong winds, eight members of the Nimbin Heads Fishing Team get a chance to go to sea.

With the weather predictions not being the best for the Sunday trip, we head down to Wooli on the Saturday afternoon and stay the night, with the decision to go to sea to be made at 5am Sunday morning.

Sunday morning 5am, the wind is already up – not the start we were looking for, but we are going to sea anyway. So there's Chris, Tub, Pix, John, Callum, Mark, Jonathon and Michael on board, with Skipper Chris and Decky Reece, cruising down the Wooli River in the early morning dark with clouds covering the sunrise.

All of the guys put \$5 into a kitty and best fish of the day gets a carton of beer. Yes, we are after big fish, but after two hours of fishing, Callum has the only fish, a 1-kg fusiller. Not a carton-winner.

We decide to move to another rock and find some real fish, and Callum, Tub, Jonathon, Mark and Chris are pulling in small snapper, fusillers and mowong when Pix and John both hook up to a couple of nice snapper, John's being 4½-kg and Pix a 5-kg, and maybe a carton winner until 30 minutes later when John landed an 8-kg snapper. Now that's hard to beat.

The wind came up stronger and was now blowing around 20-knots, with a 1½-metre swell, not nice but the fish were biting. A few more 2-kg and 3-kg snapper were landed before they went off the bite.

We moved to another small reef looking for jewfish. Mark caught a 15-centimetre slimy

Callum, Pix, Mark and John with their jewfish catch. Below: Big John with his 8-kg snapper.

mackerel on a 6-0 hook, put it on as live bait, dropped it to the bottom and bang, hooked up to a 12-kg jewey and maybe a carton. Pix was floating a pilly out the back looking for snapper when he hooked up to a 12.7-kg and maybe a carton. Callum was using a slimy fillet and hooked up to an 11.7-kg jewfish and a personal best. Good stuff Cal.

Big John had on a live slimy, dropped it to the bottom and bang, away it went, a big hook-up that landed a 15.3-kg jewfish, a personal best jewfish, a personal best with his 8-kg snapper and a carton of beer. Good stuff, John.

The wind didn't let up all day. We got blown off our marks and tossed around all day, but we caught some good fish, it was good to be at sea again.

Thinking ahead, our annual two-week trip to Fraser Island is only 45 sleeps away, and counting down. Tight lines, guys.



Demons running hot

by James Alexander

The Nimbin Demons have had the best pre-season training in the club's history with numbers reaching as high as 26 on Tuesday and Thursday afternoons.

Most people at the club are attributing this change in form to the presence of new super-coach Steven George who has brought a level of discipline and professionalism to the club which is already the envy of our competitors.

The Demons are currently boasting the highest attendance at training of all the clubs in the league – an excellent way to start the season – and footballers who are developing their self discipline, fitness and skill levels to a degree never seen before.

With the current numbers, it will be competitive for people to get a game with the Demons this year, and all at the club agree that this is the way it should be. Cameron Hatty has made his return to the Demons and is training well in preparation for his first season in a couple of years. Zen Novak was last week announced as the new captain – he brings to the team years of experience and



commitment. Vice captain positions will be announced soon. All at the club are confident that this is the year of the Nimbin Demons – the club's first premiership will be won this season. The Demons first game is against the Byron Magpies at Bangalow Sportsfield on Saturday 19th April.

A jumper presentation will held on the back verandah of the Nimbin Hotel on Saturday 12th April at 5.30pm when each player will be introduced to the community and receive their red and blue jumper for season 2008. All supporters and players are urged to attend this important event. The 2008 Demons juggernaut won't stop until we bring home the premiership flag after the the Grand Final in late August. Be part of the excitement.

Headers now on the move

by Nigel Hayes

Although the season proper does not commence until 12th April for the Seniors and 3rd May for the Juniors, the Headers Anzac Cup team has already played three games in the annual pre-season tournament.

With a team made up of youth and experience and with players drawn from all three Headers divisions, the results of beating Ballina 2-nil, drawing 1-1 with Tintenbar and losing 2-1 to Kyogle, were highly credible. Unfortunately the team will not progress to the final rounds, but this allows all players to now concentrate on the Pointscore competition.

This competition kicks off with Home Games for all senior Headers teams with the 5th and 6th Divisions playing at 1pm on Saturday 12th April and the 4ths



taking to the Headers Fields at 3pm. The 4th Division Women's team start their campaign on Sunday 13th at home against South Lismore with a 12.30 kick-off time.

The Junior draw has yet to be announced, but the Club is excited by the prospects for all ages this year, especially with the increased numbers of both junior and senior football players and teams. The introduction of Small Sided Games for Grades 6, 7's and 8's is a new development and has meant the re-development of our junior fields.

Another new development for the Club has been the leveling of a netball court

area in preparation for top-dressing and seeding etc. All this activity and news suggests a big year for the Club and we urge every player, parent and supporter to get involved to help make it happen.

Your first real chance will be to join all the activity down at the Headers fields on Saturday 5th April to watch many of our junior teams as they play pre-season matches in the morning. The Senior Forum will be held in the afternoon, along with pre-season games for all men's divisions and the Women's team.

A further highlight of the day will be the announcement of all winners in the Logo Competition as well as the unveiling of the new Headers Logo. The BBQ will be fired up and the drinks will be chilled, so come and join us as we launch into season 2008.



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April Gig Guide

Friday 4th	Buddah Hillz +DJ
Friday 11th	CC The Cat
Sunday 13th	Compass Rose Market Sunday 1.30-5pm
Friday 18th	The Re-Mains
Sunday 20th	Monks Wife 1.30-5pm
Friday 25th	Sista Ray & DJ Magoo
Sunday 27th	Songbird 1.30-5pm

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