

LOOK TO THE STARS

A MONTHLY REVIEW OF WHAT'S HAPPENING IN THE HEAVENS

BY BEV MURRAY



November 2008

November could easily become a difficult month for us all, but the key in avoiding this is to maintain an active sense of humour and combine this with calm patience. Traditions, cultural matters, habits and routines will be challenged throughout November. Expect the unexpected! On the 17th Mercury and Venus make a difficult aspect to Neptune, indicating secrets and problems with communication. The rest of the month is full of misunderstanding and delusion. It is wise not to take all you hear verbatim! The full moon on the 13th in Taurus offers us some instability in the financial sector which does not auger well for the stock market. The latter half of the month suggests dry and hot conditions generally. With regards to the US election, one would expect the obvious reflection of Pluto's move from Sagittarius into Capricorn to be the end of political radicalism and the emergence of a more egalitarian approach to government. Saturn opposes Uranus on Election Day so unexpected (sometimes not very pretty) surprises are a surety. Airlines and travel related issues will be in the news towards the end of the month. The one definitely positive area for November is the creative arena. If you work in the arts and are looking for some inspiration, November is the time for it!

Aries

There is more change and transformative experience in store for you guys this month. From the 26-and until the month's end you'll be at Pluto's Mercy! This means getting to know a new you and for many new jobs, new projects, new friends and so on....exciting!

Taurus

Career comes into focus this month and you will be re-evaluating your goals and dreams. Many of you may start a new job or contemplate a move, one way or another! Long term financial plans are favoured, but expect a few discussions with your partner first.

Gemini

Your restless self is emerging with new strength and many of you will travel, if not now then sometimes in the not too distant future! When Pluto leaves Sagittarius at the month's close you enter a brand new cycle, moving on from the one you began about 13 years ago.

Cancer

There are opportunities for advancement this month. A positive change of direction is in the pipeline. November 13th and close to this date is peak energy time for you so use it to advance your projects and plans. Social connections will expand and be helpful too.

Leo

Change is definitely in the air but it will take some time to pan out, so practice patience! Your biggest problem this month is knowing which changes and opportunities to embrace! You can get caught in the abundance of choices that become available.

Virgo

This is a busy month that will keep you on your toes! Relationships are in the spotlight and some positive changes here are likely. The home and family and friends are all important in your chart right now. There's a new project afoot.

Libra

There is Uranus activity in your relationship sector. This means some surprises are in store. Finances are looking better, and for many of you this could be the result of a partners luck or hard work. With a strong Pluto presence changes are likely too.

Scorpio

You are in your element this month. It is an empowering time for Scorpio. When Mars moves into Sagittarius on the 17th of the month old projects can come to their conclusion and new vistas will open up. A change of direction is likely.

Sagittarius

By the end of the month Pluto will have well and truly moved on from your sign into Capricorn. Bright new prospects are arriving as a result and the financial gains that have been knocking at your door finally get it to open!

Capricorn

Keep a tight reign on the finances this month. If you want to plan a getaway then do, but wait till later to pay! Friends will be willing to help and favours are no problem this month, so if you need anything, just ask! A sociable time too.

Aquarius

Neptune is in your sign, talking to you of dreams and long held desires. Lucky you, there is a real possibility that some of these will come to pass this month! The New Moon on the 27-28 will herald a new phase for you.

Pisces

While a lot of what has been seems like treading water, November finally offers the opportunity to move forward with your life. There may be some issues resolved this month as well. Career takes a step up and you love it!

"We can be sure that the greatest hope for maintaining equilibrium in the face of any situation rests within ourselves." - Francis J. Braceland

Bev can be contacted on 0401-800-210 or insightbevmurray@yahoo.com
Check out her personal blog fffemale.blogspot.com or her astrological blog www.astralinsights.blogspot.com Bev would love to hear from you and your comments on her blog spot would be appreciated. Contact Bev as above or at the Well Being Centre, Yamba.

"Morgellons" Fungi Menace Identified

by Peter Barrett

Morgellons, a skin disorder which has been causing pain and grief for thousands of sufferers worldwide for many years, has finally been identified by the USA Centre for Disease Control who have been studying the symptoms and tissue samples for about a year now.

After much debate and conjecture this disorder which has until recently been diagnosed by doctors the world over as Delusional Parasitosis has finally been recognized as a very real and dangerous condition which if left untreated can escalate to a condition known as Systemic Mycosis.

So what is it?

Morgellons only attacks those with severely depressed immune systems - young children before immune systems develop, those who have suffered things like malaria, Ross River fever etc, and the elderly.

It starts as a skin rash or an itch which quickly spreads without discrimination to the major Lymph's and Pressure Points in particular the head and neck. The pain is recorded worldwide as intolerable to the point where a quite alarming number of sufferers have taken their own lives rather than endure the long term pain and suffering that accompanies the disease. However it is also recorded that the reason for resorting to suicidal action goes far deeper than just pain.

Sufferers the world over have been to various medical professionals with the problem only to be told that it is all in their mind. This is exactly the same answer I myself received right here in Nimbin just before being referred to Lismore for Psychiatric evaluation. I saw 3 different local doctors plus a Lismore skin specialist and the Lismore Hospital. Yes that's correct, Right here in Nimbin.

The illness was reported to the NSW Medical Board and the NSW Dept of Health but there was no interest from those areas whatsoever. Symptoms have been observed in other local residents but all that we have spoken to claim to have been treated in the same manner that my wife and I were.

The world infection map produced by the Morgellons



Infected lips of a 3-year old boy.
Photo courtesy www.morgellons.org

Doctors shows the whole of Australia as an infection zone. Take a look at www.morgellons.org where you will also find the Phase 1 Summary report by the US Centre for Disease Control

How did it get here?

With origins in South America and reported cases in every part of the world we can only assume it was carried here by tourists, it is known to be an airborne fungus but more recently the source was found in some old style hot water systems which have lain dormant for awhile then put back into service. The fungi developed during the period of dormancy and provided a home for the offending Arthropod.

Just like most of the other sufferers I too was subjected to allegations of being an Ice drug user, a mental case and a carrier of venereal disease not to mention the frustration of being labeled a liar for refusing to admit to non existent drug use. It seems the medical practitioners know very little about the illness but still worse have plenty to say about what it is not. Diagnosing all kinds of tripe including psychologically manifesting the disease. I was even told I passed it to my partner by Psychological transfer. Apparently many GP's feel it necessary to display their superior knowledge even if they have none.

The frustration of trying to get help has been stated by the CDC as the main reason for the high instances of suicide rather than the illness itself.

Morgellons has been found by the US CDC to be a virulent strand of hard fungi. This fungi has resisted most forms of medication and wont even burn at the maximum temperature of the testing equipment available to the CDC. (NASA could not burn it either). It is most often accompanied by an Arthropod which co 'exists with the Fungi. If left untreated the Fungi can invade the Lymph's and main pressure points all

over the body with heavier concentration in areas of joints and bone which is close to the skin. The Arthropod multiplies under the skin but cannot mature in a human host, Samples have matured once removed.

Severe itching particularly at night, brain fog and black dots on the skin are other indicators.

The Fungi produces literally hundreds of thousands of spores which travel around the body often via the blood stream which raises new concerns regards blockages and possible strokes. Further infestation takes hold of the lungs, stomach and other organs. Fine brown fibers begin to grow from hair follicles then spread over the skin sealing off pores and providing a nest for the fungi to grow. These eventually break open and become lesions.

Microscopic photos are available online so anyone interested can see the nasties for themselves, We first identified our own samples by using a microscopic camera and sending photos to US CDC for comparison to their samples.

Treatment?

Yes there are several treatments available but there is no single dose cure.

It is also dependant on the severity of the patients condition . Early treatment is the key.

My own personal treatment was prescribed by one of the professors working with the US Centre for Disease Control and it has worked. A combination of wormicides and fungicides taken over a period of 2 years has almost cleared up our problem but we are talking about a really severe infestation which was allowed to reach Systemic Mycosis level from lack of treatment in the early stages.

This story is not designed to cause alarm but may give some hope to current or future sufferers who know they have a problem but can't get to the bottom of the problem.

Prevention: Simple zinc and castor oil cream for the skin prevents the fungi from spreading externally but an internal infection requires medical treatment, if you can get it.

Avoid inhaling airborne fungi and beware of the old second hand hot water system.

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Bad Backs with Big Bodies

Seventh in a series by Tonia Haynes Bowen therapist and Pranice healer Phone 02 6689-9284

Our skeletal structure is just that, skeletal. In other words, our skeletal structure is very skinny. Between the hips, pelvis and ribs there is little holding us together in the way of bones except for a few vertebrae. This part of the body depends on muscle to keep us upright.

Large amounts of tummy fat stresses muscles and displaces those skinny bones because it's too heavy for us to carry around. Hence sore backs, necks and limbs

Buddha looks wonderful sitting in the lotus position expressing his abundance, but he must have had a terrible time during walking meditations..

There are many reasons why people are overweight and it is not necessarily from overeating, but it may be. So what to do? As one helplessly craves another cake or potato chip because for five minutes they make you feel better. In the mean time your back refuses to sit or stand in any way that is comfortable, because it is sore.

It may be simply that your body is craving nutrition, so it wants you to eat stuff, hoping it will be the right stuff. Nutrition, they tell us covers the five food groups. I won't repeat them, they do enough of that on the tele. I wouldn't mind the blurb if food groups still did what they did thirty years ago, but these days many of them are a tad suspect.. So let's forget the food groups and look at it another way.

It is true the body needs certain things in order to function efficiently.

Minerals and trace elements: The chemical builders of the body. I have written about these before and believe me they are super important because they keep the cogs moving around. Colloidal minerals are good.

Protein; Sixteen amino acids of which we make eight. Are you eating stuff that makes the other eight? The amino acids are the building blocks. They turn fat into muscle and give us energy. Red meat takes thirty hours to break down in the digestive system. Protein it is,



but it also creates huge amounts of acid which holds fat in the body. Chicken is protein that is relatively easy to digest, but it lacks certain amino acids and Vitamin B. Fish is probably the best one to eat for its protein, oil and vitamin content, but these days fish can be less than perfect, thanks to the efforts of the only animal I know who shits in its own nest. Guess who!

Vegetarians, unless they are really conscious, have trouble keeping up with full amino acid content in their diet. In the vege, grain and nut world, often combinations of certain foods are necessary to trigger the full amino acid requirement, eg Chickpeas and sesame seeds. Usually, vegetarians aren't overweight, but they may lack energy..

Whether meat-eater or vegetarian, if your energy is low, try a scoop of protein powder every day and watch the fat slowly burn away because your energy has lifted and the amino acids are building bricks rather than fat bubbles. One scoop is enough, no matter what it says on the packet. A tablespoon of full protein per day gives us all the amino acids required.

Carbohydrates. Imbibe too many and they overload the liver, which amongst it's other four hundred and ninety nine functions, helps break down fat.

Fats: Unsaturated fatty acids help break down fat. Use a good olive oil and eat fish or else get some unsaturated fatty acid capsules. They help the back feel better and unclog the arteries.

Vitamins: Fruit and veges are full of vitamins but fruit contains varying high amounts of fructose, or simple sugars, of which the body needs only a small amount. Veges, particularly green ones are great. Chlorophyll is very close to human blood in its molecular structure. It alkalises the body which in turn breaks down fat, because excess acids are suspended in fat bubbles in order to protect the machine from an acid overload.

If veges are not your favourite thing, try some Barley Green or wheat grass. Both give a huge hit of chlorophyll. If you are a wooz and can't handle the taste try them in apple juice. For all over good health, these two gifts of nature are fantastic.

The vitamin B group: Alcohol, recreational drugs, cigarettes and stress, eat up the Bs and minerals in our bodies super quick. The liver and nervous system need Bs in order to function efficiently. Lack of Bs creates sugar cravings. Blackmores Executive Stress is a good B supplement to take daily.

Cow dairy may be high in calcium but we lose the enzyme which extracts the calcium about age seven. Dairy product is fat product. Goat milk and cheese are easily digested. If you are over fifty a calcium, magnesium chelated supplement is a good idea.

The perfect diet is eighty percent alkaline (veg, fruit) twenty percent acid (meat, grains, fat, dairy).

Beer, wine and cappuchinos are glamour spells straight from the fat faery's wand.. Tequila and tonic water is better. Low sugar, high impact. Ole! And black with milk or simply black is almost as good as a frothy cappa. Stevia is a natural no fat sweetener. Grow it in the garden or purchase from the health food shops.

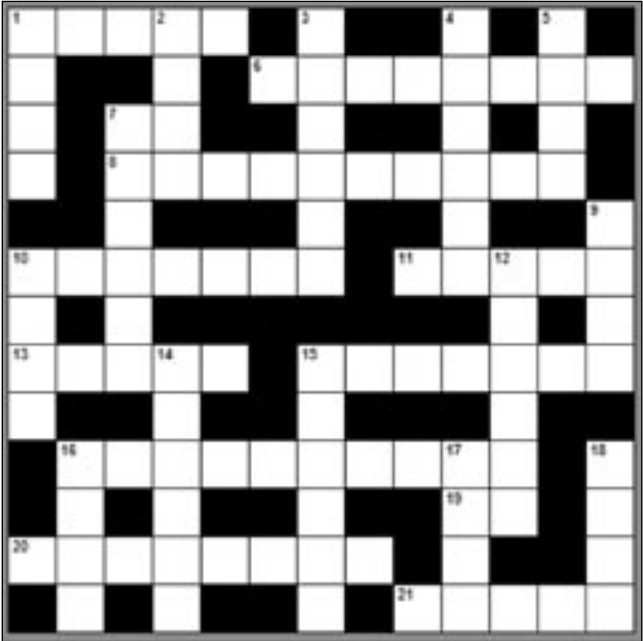
Basically: Create a nutritional bridge for your lifestyle.

Bowen Therapy works extremely well on big bodies with back, neck and limb problems. Treat yourself to some Bowen, lift your nutrition game and before you know it you will have the energy and desire to do some exercise as well.

Love light and laughter.

Nimbin Crossword

2008-II
by 5ynic



Across

- US presidential candidate. Supports withdrawal of troops from Iraq.
- Contains everything else
- Real Life (init.)
- (and 12 down, and 20 across) computerised ballot counters – in this US election, carefully designed to leave no paper trail when votes are cast
- Permitted
- Afternoons
- (3,2) Keep for later collection by customer
- Gun?
- Chillin' out
- Chemical element – roentgenium (symbol)
- See 8 across
- US Vice Presidential candidate. Supports opening the pacific seaboard for offshore oil and gas drilling.

Down

- Swearword? What you're under when giving evidence
- Shopping centre (US)
- (and 15 down) Country to the North, and South, of Canada
- Blue note
- United States Marine Corps (init.)
- What's left when you take yourself out of reality, and sell the earth for money
- Russian emperor
- Join (with treaty?)
- See 8 across.
- Argumentative? Not Menshevik
- See 3 down
- Currency of Brazil? Not fake
- Killer whale
- Scots Tribe

Solution Page 23

Reconciliation Rap

Is that the sound of one hand clappin'
or just a middle-aged middle-class white boy rappin'
'cause middle-aged middle-class white boy rappers suck
and if a middle-aged middle-class pseudo bad-ass white boy raps
in the forest and there's no-one there to hear him
who gives a fuck?
I said well-bred well-fed well-read soul-dead middle-aged middle-
class white boys defeat the meanin' of rap
they're the dry-cleanin' of rap – they don't know what suffering is
it's just two hundred years of middle-aged middle-class white boy
jizz in my ears – sailin' in on an ill wind
lyin' buyin' denyin' putrifyin' multiplyin' slyin' away with the
children – as if they were the ones who'd sinned
don't get me started. But on the other hand
it's a free land in theory and I'm weary of the division and
derision that says this beat is mine and it's excision time
you ain't my bro you ain't my ho
you could be a motherfucker but you ain't bad enough
you ain't tough enough you ain't had enough rough enough to rap
it's just middle-aged middle-class white boy pap

homogenised sanitised deodorised compromised blue-eyed
de-caffeinated skinny soymilk latte in a fine white china cup
it's not a matter of elocution it's a matter of persecution
so *shut the fuck up!* What say you brother?

I say I'm not a stranger in my land of birth
many paths I've walked upon this earth
at many hearths have I sat and shared the customs of my hosts
some strong of spirit, some like ghosts
but to all have I shown respect, to none contempt
and it is out of respect that I attempt to speak your tongue
for though I am not young I have passion and something to say
and I like the way you start her up, hit the road
drivin' and jivin' with the staccato rhythm of the white line just
flashing by flashing by flashing by
motor gunning, momentum running, humming up the highway
doing it my way with the words whistling through your hair
all devil-may-care but aware of the air slipstreaming around and
behind, sucking me into the dreaming of your mind
because I'm a poet too, I'm a poet too, and I'd love to rap like you
I'd love to rap with you, what say you brother?

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I can help you build an organic garden

by David Ward

Do you dream of having a beautiful and productive garden but for one reason or another can't make it a reality? I can make this easily accessible to you.

My goal is to introduce the community to the basic concepts of sustainable food production from their own backyards, and to use the garden as a means to focus on all areas of health.

Do you wish to change certain habits and aspects of diet, or to make an exercise and meditation programme part of your daily routine? I can tell you about what worked for me, and how the garden has become an integral part.

If it is possible to make a commitment to running a productive garden, then this can be used as an incentive to commit to pursuits like yoga, meditation, vegetarian diet and ultimately the control of harmful and unwanted dependencies and habits. If the home garden can be a reality, then so can these other practices, forming a holistic set of sustainable practices, and a truly life-changing experience.

My garden service can benefit those who would love an organic garden but lack the time, ability or experience to establish it. With 33 years experience as my main hobby, and 25 years as my main line of work, it's been an endless process of trial and error, culminating in my most successful garden to date. My approach is based on methods and local organic materials tried, tested and proven in my own garden, which is available for inspection by appointment.

I like to demystify the whole process of organic gardening, and after years of research and experimenting, have found it to be a fairly



straightforward practice. I encourage people to learn and understand my methods so, once established, they can carry on by themselves.

Garden Basics

Gardens can start from a single bed of greens and be developed and expanded over time to provide a full range of vegetables all year round. By ensuring my gardens have a full complement of humus, nutrients and minerals, covered by a good layer of mulch, maximum quality and productivity is assured.

Affordable fencing can be arranged if protection from wildlife or domestic animals is required. A unique retractable shade cover is also available for protection from the extremes of summer heat, and the possibility of hail damage.

Hardwood sawdust over newspaper makes an attractive and long-lasting pathway, bordered by timber edging. With timber edging, sawdust pathways and effective mulching, weeds and grasses can be kept outside the garden and maintenance minimised. Good mulching and humus content can also minimise water use.

Bulk organically-certified compost and worm castings from a local supplier makes a fairly instant garden possible. My garden was providing a variety of greens within

eight weeks. With ongoing replanting, I am able to monitor any potential insect problems and apply regular organic liquid feeding.

Trialling different varieties, I have learnt that certain types are more resistant to problems like fruit fly, or are generally hardier and quicker to produce. Even the smallest gardens can incorporate a fruit tree or two. Citrus trees are tough and productive and can provide windbreaks and some shade.

I also provide a seasonal planting programme with an emphasis on successive plantings to avoid a glut of any one vegetable. I try to follow the moon planting calendar as much as possible, and find it a great help with planning and encouragement.

With the addition of herbs, flowers and accent plants, the garden becomes a beautiful place to visit, as well as a supply of fresh, organic food; it also provides a striking inspiration to others.

Leaving space for a small platform can provide the perfect place for early morning and evening meditation and yoga – garden maintenance and harvesting can interact with these forms of personal maintenance.

Every property has the potential for some level of garden. I would encourage

people to consider the possibility for two or more households to share a garden. Excess produce can be given away, or possibly traded with organic food shops.

Education

I am very interested in working with primary school classes in establishing school gardens, as I believe the correlation between healthy inputs making a healthy garden, and a healthy mind and body, is a powerful example. These are invaluable skills and interests to learn for a sustainable future.

I would like to spread this influence Australia-wide, but starting in this area makes a lot of sense, with the level of environmental awareness, the climate and rainfall. It's also the perfect complement to solar power and hot water, and the use of water tanks.

I look at the garden as an installation that provides a valuable service along similar lines to the way a solar hot water system or a rainwater tank provides a service, with the aesthetic beauty of the plants as a bonus. I would love to see the organic home food garden become an integral part of a sustainable future, maybe involving government subsidies or rebates as with some of these other installations.

Most of all I want to see it become a reality, not just for the gardeners in our community, but for everyone who would like to get involved.

You can contact me on 6689-0445 or email foliarfundamentals@gmail.com



Ingrid's interesting holiday



On top of the world. Ingrid with her herd, below: a fighting cow event in Wallis. Photos courtesy Ingrid Foraita

by Bob Dooley

Ingrid Foraita has returned home to Nimbin after a 10-week working holiday in the Wallis area of Switzerland, where the mountains rise to over 4,000 metres.

The land there is marginal pasture and very steep, and in summer workers are engaged to take the herds of young animals up above the tree-line, around the 2,000 metre mark.

"I love the Alps," Ingrid said. "You are always outside, in all weathers, so you get integrated into the natural elements – you become part of the mountains. It is so strengthening."

Ingrid worked for one of the many small-acreage farming co-operatives, looking after 91 animals, including young milk cows, yaks and Eringer fighting cows.

The large black Eringer cattle are status symbols in Switzerland. Bred for meat, they grow to 800 kilos and establish their rank in the herd by locking horns and pushing each other, which has long since become a regional sport, with a good fighting cow worth \$10-15,000.

A herder is like a mother to the animals, leading them to good pastures and setting up electric fences, repairing the fences and retrieving wandering stock when necessary, and treating sick animals, as there are no vets on the high ground.

"It is physically hard work," Ingrid said. "You walk all day with the animals – it is exhausting. The herders are mostly men."

It is also dangerous work, as the cows can fall over on you while they are fighting and go crazy when in heat, or during the full moon, and it is very isolated, with a half-hour walk to the nearest neighbouring hut, and no mobile phone coverage.

"You have to be a bit mad to do this job," Ingrid said. "But I love the intensity of it, the adventure, the danger of it."

Despite having worked as a herder for several years, Ingrid experienced the danger first hand this year when a heavy cow fell on her legs. After being injured, she limped back to her top hut and treated herself with anti-inflammatories.

The next morning she rode her bicycle with one leg for 35 minutes to the car, then drove herself to hospital, where a removable cast was placed on her badly bruised leg and she was ordered to rest for two weeks, while another herder cared for the animals.

"I must have a guardian angel," Ingrid said. "It happened on the only soft ground around there, and nothing was broken."

"I think if I go again, I will go with someone else. I'm not as young as I used to be."

Ingrid is now back at the Nimbin Apothecary on Mondays, doing acupuncture and massage therapies. For bookings, phone 6689-1529.



David Ward

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A Sad Month for Nimbin Bushwalkers

by Len Martin

We were shocked and saddened by the untimely accidental death of our club secretary, Peter LePatourel (pictured). Peter and Lydia were foundation members of our club and contributed much to its success, with Peter secretary from the word go, and both leading and reconnoitering new walks.

Indeed Lydia and Peter were part of the group that did the exploratory work on the 18 km walk described below - a walk that took place the day before Peter's death. We cancelled the Burringbar walk scheduled for the following week.

Many members attended Peter's funeral, a beautiful, simple, open air ceremony in the bushland setting of the Gummiifer Garden in Lismore. The eulogies from Peter's family and friends confirmed what we all knew, he was a sweet man, a wonderful husband and father, a man with a great love of nature and a wicked sense of humour. I spoke briefly on behalf of the club and members who couldn't make the ceremony. Peter was a beautiful bloke and a wonderful companion on bush walks, we shall miss him greatly. Our hearts are with Lydia and family. We are compiling a collection of photographs of Peter on club bush walks for Lydia; copies can be emailed to me at pteropus42@smartchat.net.au.

I am grateful to Michael Smith for the following descriptions of two walks I couldn't make: the first because of a family visit, the second because of sickness. Perhaps just as well, as Michael doubts that I would have managed the second. Ah the joys of ageing. Thanks Michael.

The last walk in September was an ambitious 18 km through the Nightcap National Park. Fourteen walkers turned up at Mount Nardi for a wander along old logging roads which have not been used for 30 years. Half way to Sphinx Rock we turned left and headed down to an



unnamed waterfall in the wilds of the rainforest. JJ, a visitor for the day, and half of an acrobat troupe, climbed up the inside of a strangler fig to a height of 30 metres, and poked his bald head out through the lattice-work and vines for a photo opportunity.

There were plenty of birds working the forest that day, but had to be identified from their calls. I noted a few new noises in the scrub, children singing (our ages ranged from 4 to 61 years), and a clicking noise from Tony's artificial leg. We walked over three old timber logging bridges which still held our weight, and had trees growing on the deck. The water under these bridges was good enough to drink - a rare thing these days. We did plenty of drinking as the temperature peaked at 30 degrees.

A diamond python, black snake and a golden crowned snake waited long enough on the track for us all to get a photograph. We came across two bowers, splendid with blue feathers, blue bottle tops, snail shells and a snake skin. I thank the foresters for building these roads, the protesters for stopping the logging, and my fellow walkers for a wild day out.

The weekend of October 11th saw a walk to Rockhill Falls in Tooloom National Park. Because of the two hour drive, five club members went up to Tooloom Falls to camp for an early start the next day, spending the Saturday wandering through a pine plantation, finding bird-filled-lagoons, an abandoned cattle yard, dip site and far too many tortoise shells. Tents went up and a rainy night was had, after a campfire, food, jokes, and stories.

Next morning an additional three members turned up for the walk proper. This might be a good time to remind people that when Don Durrant rates a walk as, say grade 4, that is for the easiest part, the toughest being grade 6 and beyond. Expect to be taken into a trackless wilderness to scale slippery slopes and generally hover between destruction and ecstasy in a place that nobody should go. It will, of course, involve a waterfall (both top and bottom). This day's offering was called Rockhill Falls, a round trip of five hours, a place everyone should visit.

Kay and I did manage the Jerusalem Creek/ Black Rock camping weekend on the 25th-26th October, led by our intrepid barefoot bush basher Judy Hales. A small group (nine) but with two new members.

A fine Saturday with cool breeze, ideal for walking out along Jerusalem Creek for lunch and a brief chilly dip before return along the beach beside those spectacular black rocks and the beauties of an incoming tide. No problem about the walk grade, but as often is we took a little longer than the listed three hours - should we change our name to Nimbin Ramblers?

On return, two went home, two rested, two paddled surf skis in the creek and three went skinny dipping in a freshwater lagoon 2km south of the camp, two of these then went paddling on the surf skis well into the dark! The energy some people have!

Sunday saw all walk to said freshwater lagoon for an idyllic skinnydip: dark tinted water fringed by paper-barks, reeds, water lilies and myriads of dragonflies. Back along the track to the campsite for lunch and the drive home. Thanks Judy, another great weekend.



In the Williams' garden. Guest Speaker Sue Higginson (below) from the Lismore EDO, with club secretary Hendrik DeVries. Photos: Ossie Osborne

by Gil Schilling

Although your scribe was unable to be present, reports from those who attended the October club meeting at Vickie and Mark's advise the afternoon was a huge success.

Guest speaker, Sue Higginson from the Northern Rivers Environmental Defender's Office gave a well-received talk about the scope and effect of recent legislation affecting native vegetation and threatened species. Sue also responded to members' questions about law and the environment.

Members and guests present then enjoyed an excellent afternoon tea followed by an enjoyable social ramble about in the shade of Vickie's growing garden.

Club Christmas Lunch

Unfortunately, with the year rapidly drawing to a close it's almost time for the garden club to enter its annual period of summer hibernation. However, before the heat of summer forces us all to seek out cooler activities, the last event for 2008, the club Christmas lunch, will be held on Saturday 15th November at the Klassic Lodge Country Retreat.

While many members have already booked for the lunch, members wishing to attend but who have not yet done so are requested to contact Jan Collar (6689-0393) asap. Jan is coordinating arrangements and needs to advise catering numbers to Klassic lodge by Saturday 8th November.

2009

Garden club will resume near normal activities in 2009, with its first meeting for the year scheduled for Saturday 21st February. Venue details etc will be advised in a future edition of this esteemed publication and by club newsletter. So mark the calendar and watch this space.



Walks Program for November

Sunday 9th November Don Durrant's "Afterlee" (20 mins west of Kyogle)

Leader Don Durrant (6633-3138, at night). Grade 3, a 5 hr walk through superb rainforest, all on tracks and easy grades - no lawyer vine! Meet 8am Nimbin car park (by Visitors Centre) or 9am Junction of Vidlers and Afterlee roads. Bring food for picnic and water.

Sunday 16th November Through the Burringbar Range Tunnel

Leader Ron Ronan (6633-7207 at night). Grade 2, 7km 2.5hr return along old Casino - Murwillumbah railway line. Track has bush on each

side for most of way and a 500m tunnel. Meet 8.30am Nimbin car park or meet leader 9.20am Stokers Siding rail crossing Bring food, water and a torch! It could be hot on the track so a good hat is advisable.

Sunday 30th November AGM at the Martins' on Nimbin Rocks Co-op

- after a new Grade ¾ walk starting at 9am. AGM at noon, then lunch and drinky-poops on the verandah. Leaders Kay and Len Martin (6689-0254). Meet Martins' place (entrance opposite Shipway Rd., then follow signs). Bring water for walk and food to share for lunch. Need to elect office bearers and sort next year's program.

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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Hail the Sea Gods

Story and photos by Pixie,
Fishing reporter

When the Sea Gods present you with a perfect day, go fishing and enjoy the moment.

With the seas at ½ metre and zero wind, we are all feeling spoiled. Eight Nimbin Heads Fishing Team members: Pix, Harry, Chris, Cal, Zac, Shane, Terry and Mark headed out of Wooli on a day too good to catch fish, but we're out there.

First up as the sun is rising, we are chasing palgics about 20km out, using live slimy mackerel, and the kingfish are going off. Then Chris landed a good amberjack at 4½ kg.

After a couple of hours and a dozen good kingies, we decided to go wide and the water changed color to a sparkling blue and a little ripple would happen on the ocean as a small puff of breeze would pass by. The Sea Gods were still smiling.

We were now fishing around 300 feet deep and chasing pearl perch, and it didn't take long to start pulling them in, all around 2½ to 3½ kg. Local tiler Shane was on his first deep sea fishing trip, so after four hours of fishing he was quite ecstatic when he landed his first pearl perch.

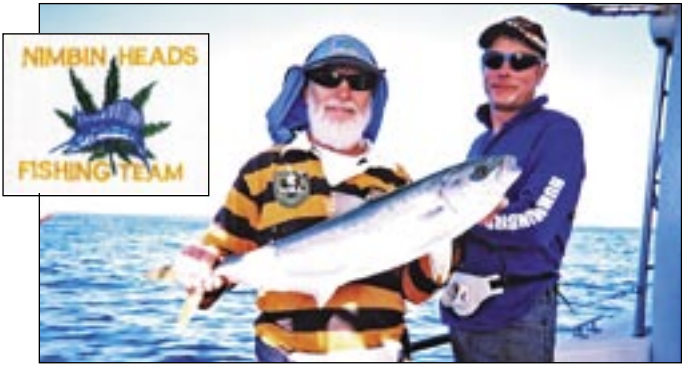
The boys decided to drop a jig, and pulled in a couple



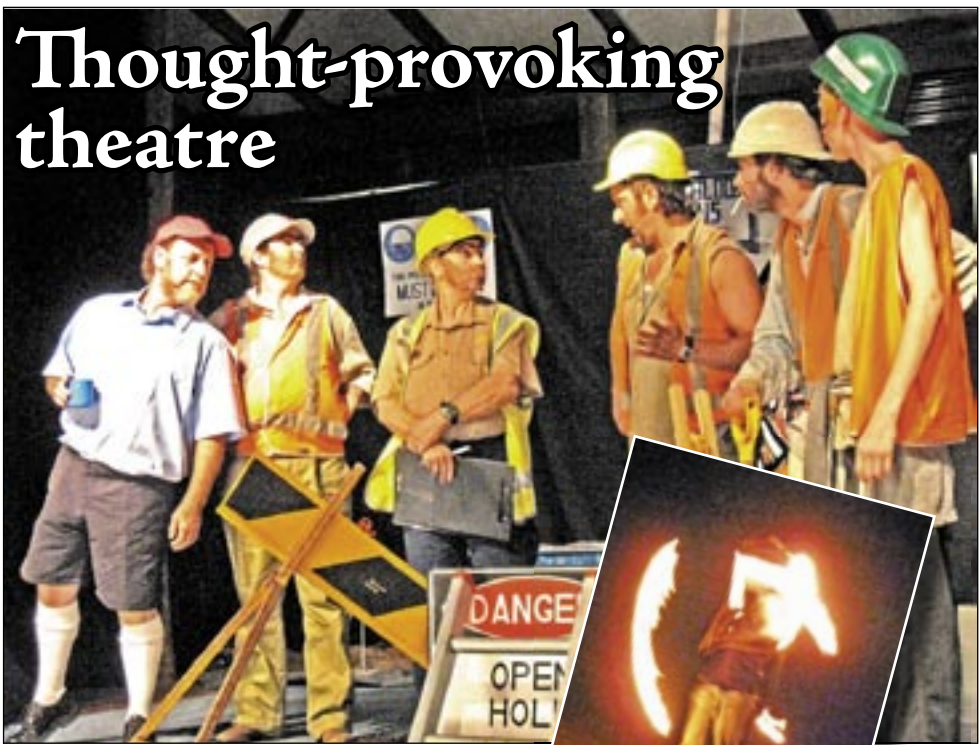
All smiles. Above: Zac with his massive 12kg kingfish. Right: first time on the ocean, Shane with his 3kg pearl perch. Below: Pix and Harry take a moment. Bottom: the boys with the day's catch.



fishing, and all had a great day. With a 1½ hour trip back to dry land, we had plenty of time for a couple of beers and a chat about the day.



Thought-provoking theatre



Reviewed by Pam Pussycat

This year celebrates the 35th year of Tunttable Falls Community, and their resident theatre company, The Dicey Company, presented another winner, with the play 'A Hot Godly Wind'.

Written by English playwright Charles Dwyer, and directed by Marnee Wong, the play was performed for three nights at the unique setting of the Tunttable Falls Community Hall, over Oct 31st, Nov 1st and 2nd.

The flyer enticed with this description: "Expressing the pains, perils and philosophies of the common worker, this timely play examines the roles of socialism, unionism and environmentalism at the social crux of intellectual thought.... the Aussie building site."

The play is staged around an open hole, which I believe is a euphemism for the opening of the minds that the workers are about to experience. Or perhaps for the empty minds at the beginning, waiting for substance to fill them.

Indeed, we watch as construction worker Harry (Giles White) tries to gain admiration and credibility by the use of long words, but without any depth of thought. Co-worker George (Si Delaile) is bent and old, but an admiring audience for Harry's vivid descriptions of life. The equation is thrown to a new depth when Eric (Lurline Dillon-Smith), a brickie from another worksite, turns up with a trumpet to blow and provokes a level of real thinking to which neither Harry nor George were accustomed. The Postman (Ollie Francis) decides to stop for lunch with

the team of workers, and finds reason to argue every point. Tom (Linden McCulloch) is an apprentice, and brings a boyish dose of testosterone into the conversation, stopping to whistle at lady passers-by.

Eric's work team are on strike, and he joins the others, settling down to busk for a few dollars. Instead, he challenges their thinking, or lack of it, opening the eyes of Harry, George and Tom, but leaving Harry questioning the purpose of all he has done with his life, in fact throwing him into a conundrum about the very reasons for digging the hole and building offices, when there are so many needy homeless people.

The foreman Charlie (Lindy Brown) has a confused Harry questioning and belittling him, and the purpose of the hole. Charlie is patient, and in telling Harry to fill the hole back in, confirms the meaninglessness of much of Harry's life. Tom then begins to question meat eating, and a whole new hornet's nest is opened as the story ends.

This is thought provoking, hilarious, and very realistic. It left me to ponder the sanity and worth of my own activities.

The programme also featured the harmonious music of a singer and a guitarist, Jaimee and Jaiden, followed by spectacular fire twirling by Jared (pictured), and with the wonderful refreshments from Rose Cubis and her team, a great night out was guaranteed.

Well done, Diceys!

Do you have an interest in how your Council makes decisions?
Would you like to have a voice and contribute to policy making at Lismore Council?
Are you interested in getting involved?

>have your **say**

Lismore City Council is committed to hearing what you have to say on important issues and Council services, programs and initiatives.

Community consultation is communication between Lismore City Council and its community. It contributes to Council's deliberations and results in more effective and better informed decision-making.

Policy Advisory Groups

Policy Advisory Groups (PAG's) are one way that you can get involved in decision-making, ensuring that views on community issues can be identified and communicated to Council.

Expressions of interest are invited from people passionate about the future of the Lismore Local Government Area to assist Council in developing policies to complement our services to you.

We are eager to hear from people with a wide range of views to join one of the six Policy Advisory Groups for the next four year term.

The groups are Community Services, Arts and Culture, Sport and Recreation, Infrastructure/ Assets, Sustainable Environment, and Economic Development.

The scope of these Policy Advisory Groups and information about how to apply can be obtained by contacting **Simon Adcock, Council's Executive Services Coordinator** on 6625 0500.

Lismore FloodSafe Reference Group

The inaugural two-year term for this committee has been very successful and an invitation is now extended for nominations for Community Membership for a further two year term.

The Lismore FloodSafe Reference Group comprises nine community and business members and representatives from Lismore City Council, SES, Richmond River County Council and the NSW Dept of Environment and Climate Change. The Group was established to contribute to flood awareness, education and communication for Lismore's flood affected community.

The group has been involved in the preparation, implementation and evaluation of the Flood Education Plan and has introduced some innovative and practical strategies.

Council is particularly interested in increasing the representation of rural residents and all nominees should include details of their experience and interest in flood related issues in the Lismore area.

For further information, please contact **Bill MacDonald** on 6625 0500.

Both the PAG's and the FloodSafe Reference Group meet quarterly.

Nomination, for membership of any of the abovementioned groups, is invited from representatives of community groups and individuals; should be addressed to the **General Manager, Lismore City Council, PO Box 23A, Lismore 2480** and will be accepted up until **Monday, November 24, 2008**.



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For more information contact Kim Graham at Lismore City Council on (02) 66250500