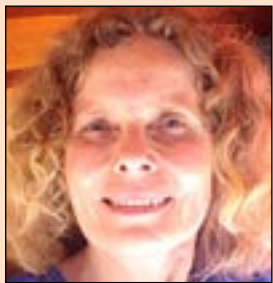


# ASTRO FORECASTS

YOUR MONTHLY REVIEW OF WHAT'S HAPPENING IN THE HEAVENS

BY TINA MEWS



**September** promises to develop to an eventful and potentially challenging month. No wonder, the tides are about to change at the Spring Equinox on 23rd September (about 7am), when the Sun enters Libra. Choices have to be made. Up to then, the focus will be on Virgo, the earthy sign of analysis, logic, work and processing. Virgos are usually interested in health, so it is a great time for taking care of details and looking after the body. Mars will be in family oriented Cancer during the entire month and stir up some action around the house and in the domestic life. Mercury will be retrograde between the 7th and 29th. Take extra care of appointments, avoid signing contracts, be very patient with your computers, cars and travel plans. Evaluate and possibly reconsider previous decisions and make improvements wherever it is needed. Venus will be in playful and expressive Leo until the 21st, adding some colour and drama to the mix.

The days between the 15th and 18th could be quite critical on the world arena, especially concerning the areas of global welfare and health care. Forces for social progress and forces for social regression reach a critical point. Also grass root activities have gained new momentum. Generally, people are demanding more transparency from their governments as well as a change of course in the direction of earth friendly sustainable energy politics. Let's continue to envision innovative and holistic rather than conventional solutions.

## Aries:

Expect to have lots of energy at your disposal, useful for hard work on personal or domestic projects. However, you might not be very compromising with others at this stage. So, try to remain modest to avoid conflicts. Your body and health could ask for some attention.

## Taurus:

Indulge yourself with creative and pleasurable activities around the house. It is okay to be concerned with small details at the moment, however, do avoid perfectionism. Expect some highs and lows in your social life and personal relationships, especially between the 11th and 16th.

## Gemini:

Use the energies of the month for loving self-evaluation. Experiences of the last three months still need to be digested, adjusted and integrated. Simplify your life. It helps in gaining more clarity about how to move when Mercury goes direct again on September 29.

## Cancer:

Communications with others might prove more difficult right now, especially in the days before and on the Full Moon (Sept 5) and the New Moon (Sept 18). Make extra space for yourself and your own projects. Treating your nerves with a relaxing herbal tonic might help with remaining calm.

## Leo:

Social and artistic activities are favoured for the next three weeks. Your willingness to cooperate is enhanced. Between the 11th and 16th try to apply some detachment. Otherwise there might be a chance of getting carried away, resulting in depletion of emotional and physical resources.

## Virgo:

It is your time of the year. Take particular care of your own needs, re-establishing a body-mind-spirit equilibrium. Give yourself some honest acknowledgement and celebrate your achievements. Often the

small unspectacular things are the most important ones. If you find yourself being overcritical especially on the 22nd/23rd, just turn around and think different.

## Libra:

At the moment, you are mentally very alert. Presence of mind is enhanced especially at the beginning of the month. Try not to overwork your nerves with all the new information coming in. Take some time out and nurture yourself. Then you will be better prepared for balancing the powerful impulses of the Equinox Sun entering your sign on the 23rd.

## Scorpio:

You can expect a lot of support from others for your projects right now. Avoid getting too attached to your beliefs nonetheless. Different ideas are still trying to come in, testing several of your decisions. Some hopes might be frustrated between the 14th and 16th. Accept it and move on because it is a good time to prepare for changes.

## Sagittarius:

Things have moved on and you are asked to adjust to a changed situation. Incorporating new information and working out details is essential for reaching your goals. On the days between the 16th to 19th you are challenged to think out of the square, especially in regards to your life's direction.

## Capricorn:

Use this time for re-evaluation and develop a down-to-earth plan for your immediate future. Super-human efforts are not required. Instead experiment with different ways of self-projection. Avoid misunderstandings around the Full Moon period (5th). You could apply some creative problem-solving skills instead.

## Aquarius:

The next three weeks could bring opportunities for all sorts of relationships. However, try to stay realistic in your expectations. Others might have different values and it would be helpful to consider them as valid. After all, people are people. You also might be more in touch with your feelings. Seek to gain some deeper understanding of your own needs.

## Pisces:

This month's journey seems to be all about relationships. The Full Moon on the 5th will energise you to speak your truth, setting the stage for the next two weeks. Your intuition will be enhanced. Share and express your insights with people you can trust. This is not a time for self-denial.

Tina is available for personal readings. Classes will start again soon from Lillifield Community Centre, Kyogle Road (Special topic: Medical Astrology).

You can contact her on 6689-7413 or via e-mail: star-loom@hotmail.com

## Film Review: Coraline

by Stephen Wright



It was either *Inglourious Basterds* or *Coraline*, and the choice to see *Coraline* was partially made by the feeling that for every *Inglourious Basterds*, there is always something hidden away disguised as something else, in this case a children's film, that is worth checking out.

*Coraline* is based on the novel by Neil Gaiman, creator, of the *Sandman* comic series, among other things. As a novelist he pretty much sucks, but as an ideas man he can really nail some interesting stuff. *Coraline* is a sophisticated stop-animation directed by Henry Selick, who also did *The Nightmare Before Christmas*, and is a kind of dark take on Lewis Carroll's *Alice*.

It has the look of Tim Burton's excellent, but ignored, *Corpse Bride*, and tells the tale of brainy schoolgirl *Coraline* newly moved to decrepit spooky house, with too-busy, impatient parents. Through the magic-door-in-the-wall thing she discovers a mirror reality with a perfect life, and perfect parents – except that they have buttons for eyes.

The first half of *Coraline* wanders about a bit, and this is fine because you're never sure exactly what is being set up. American children's

films are usually predictable affairs with terrific animation, but identical story-arcs, and a sub-text of wholesome middle-class family values, with a few arch jokes thrown in for the adults.

*Coraline* takes the family values theme and tries to do something different with it, to lay things on the line a bit more.

It doesn't always get there, but it does very much better than Pixar. The voice-acting is so-so, as *Coraline* and her mother, the two main characters, sound as though they could have been voiced by anybody, but Dawn French and Jennifer Saunders get a look-in as two ageing burlesque performers, and Ian McShane does a great turn as a Russian circus acrobat.

*Coraline* is definitely worth checking out as a good alternative to the usual megatrash, and probably goes for a bit longer at the BCC Lismore.

*Coraline* is a 2009 American animated stop-motion 3-D fantasy film based on Neil Gaiman's 2002 novel *Coraline*.

## World Suicide Prevention Day

Thursday 10th September is World Suicide Prevention Day, and members of the Mental Health Interagency Northern Rivers are putting on an event at Heritage Park in Lismore on the day between 3pm and 7pm.

Lifeline will present a talk about suicide prevention strategies; a ceremony will be conducted by well-known celebrant Zenith Virago where everyone can participate in their own private way and honour the life of a lost loved one; the Hearing Voices choir will lift our spirits, Grant will play the didge and free food will be available.

Worldwide, every year, approximately one million people die by suicide, that is one death every two minutes. In Australia there were 1799 reported deaths by suicide in 2006 (latest figures). Families, friends, colleagues and others all ask "Why? What could I have done to help?"

Diana Marshall from the Buttery says, "Engaging the help and support of family, friends and professionals can often make a huge difference."

World Suicide Prevention Day seeks to raise awareness that suicide is preventable with the right supports, and is an opportunity for the community to come together and learn some prevention strategies.

Everyone is invited to come to this very important community event to learn, to share and to be involved.

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# DC's cure for cancer

I was sitting at the Oasis café on Saturday 8th August, drinking coffee with a friend, when DC came over and sat with us. He mentioned that his favourite table for cards (no gaps) was taken, and we began to chat.

I mentioned my son's illness and he told me that he had a similar cancer thirty years ago and that he'd survived it OK without the usual medical options. I asked him if he could write his story for me to show my son, and it was waiting for me when I arrived at the Nimbin News office on Tuesday, the day before he died.

DC was a wonderful man and Nimbin and its inhabitants will sorely miss his talent, intelligence and joy of life. He was a giver, and this is what he gave to me, and now to you. They may be his last written words.

Gloria Constine

## Here's my story – make of it what you will.

In the middle seventies I was diagnosed with cancer of the lymph system.

I went to three different doctors because I wanted a 2nd and 3rd opinion. All advised me to leave Alaska and go down to L.A. to receive radiation, chemotherapy and drugs. At this time the pain was excruciating for almost two days. A friend said go to Dr Doris Wilson, who also practised acupuncture. I told her I didn't like needles and she said she'd use electronic-acu.

After four or five days of daily treatment, the pain was gone and she asked me what I was doing about my condition. I said I didn't think I had any choice, and she said there is another way. (She wasn't just another airy-fairy practitioner – she was a surgeon – belonged to the American College of Surgeons).

She said the reason I was sick, or anyone who has colds, cancer, flu etc., was because my immune system was shot. Why? Many reasons: diet, exposure to chemicals, chemicals in food, type of food, fertilizers, D.E.S (diethylstilbestrol which many animals are fed is a female oestrogen hormone), and nasty stuff like 'Round Up' – one of the worst.

She said the way to a cure is to blast the immune system with what it requires: vitamins, minerals and digestive enzymes. You might call this alternative medicine, however these vitamins, minerals and digestive enzymes are food – nothing else. She gave me a regimen of these items.

At this time my large lymphs were gone and the mediums were slowly disappearing. After about six weeks we took another test and found that all were back again and normal. A friend of mine had the same thing. Also Dr Curtis Dearborn had it and was prepared to go to L.A. to do the radiation thing. His wife begged me to tell Curtis my story.



He was such a scientist (University of Alaska) that he wanted the double-blind test. For this treatment I said I don't know of any and I don't care anyway. (I haven't been sick since the seventies.)

Curtis and my other friend proceeded to L.A. for this treatment, which admittedly will kill this kind of cancer – but these doctors didn't tell them that it also kills the immune system. When they returned to Alaska both died within six months, of pneumonia.

The diet is extremely important: No meat or fish, all oil-based vitamins to be avoided, just dry 'E' or water-based vitamins. Rancid oil causes cross-linking. Fresh fruit and veggies. No milk except goat milk – because cow milk's molecules are large and digestible for calves – not humans. The goat milk has small molecules and can be assimilated even by babies who can't use mother's milk. (By the way, the Journal of American Medicine has a helpful hint: If you're spending more than seven minutes with a patient, you're losing money! Does that tell you something?)

After my successful treatment I revisited those doctors and told them my success. They had some very curious answers: "I guess you're lucky" – "medical science sometimes cannot explain these remissions" – "It's fine if it works for you"!!

Now I'll be glad to list my vitamin, mineral and digestive enzymes only if you're truly interested and will adhere to this regimen. The list takes a bit of time and I'll only devote time to the list if you understand the protocol involved.

D. Cool

## Nimbin Crossword

2009-09  
by 5ynic



### Across

1. Gone (to the grave?)
4. Afterword
6. Cannabis? You cook with it
8. Faith, \_\_\_\_\_, and charity
10. Doof pill
11. From Azerbaijan
12. 90 degrees from 43 across (init.)
13. (Overpriced) Carp
14. People? Woodford music
16. Touring car badge (init.)
17. Keep for later? Shop
19. One rotation on Earth's axis
20. Test your abilities? Government levy
21. Vehicle for F1 or similar
24. Goal? Draw a bead on
25. Friend
26. Undone (shoe or corset?)
28. Dream phase of sleep (init.)
29. Smooth fish
31. Bring up (kids, or water from a well)
33. Freud's name for our deepest drives – the seeker after the pleasure principle
34. Presentation? Protest march
35. Imperial measure of speed (init.)
36. Tache
38. Open water
39. Liberty
40. Tidings
42. Silent? Parent

43. The corner of Australia with almost all the people (init.)

44. Runs on hardware

### Down

1. Having 27 Down. Much feared
2. Master Key – opens all doors
3. True to life
4. River in Northern Italy
5. Length of a bridge or time
7. Microblog
8. Cry out (for mercy?)
9. Book of old testament - written from exile in Babylon
14. Outsmart? Small canine predator
15. French gold?
18. Domesticate(d)
22. Large brained primates
23. (Deliciously fatty) French soft cheese
24. Animation studio – produced Chicken Run, Wallace & Grommit, Creature Comforts
26. All the same? Officer's clothes
27. Rasta locks
28. Brazilian beachside city
29. Spiny monotreme
30. 1950s Western TV show, US cigarette brand (once)
32. Morning
37. Singular items
41. Us

Solution Page 23

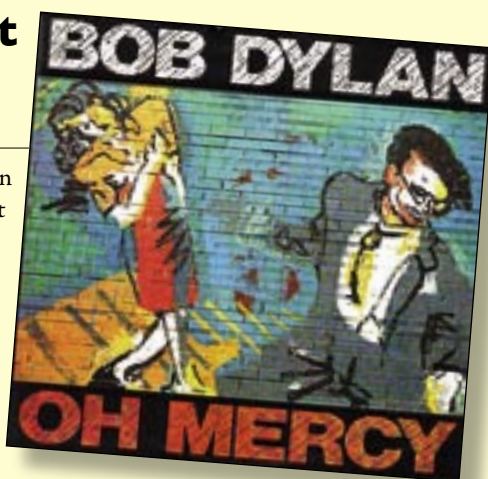
## Review from the Crypt

### Bob Dylan: Oh Mercy (1989)

by Stephen Wright

Should everyone own one Bob Dylan album? Given that Dylan could follow Michael Jackson soon (but probably with his brain still attached) it might be something to ponder at your next dinner party. Oh Mercy (1989) is the only record that Dylan explicitly talks about in the first volume of his autobiography, Chronicles. Given that he had so many to choose from, why did he choose this one? From Dylan's account it was hell to make: "It shouldn't be this hard."

Oh Mercy begins with the breathless Political World, a song that hurries along at an increasingly desperate pace, and magically anchored by the drifting notes of a steel guitar, loitering with intent in the background. Dylan is in no mood to take prisoners: "You can travel anywhere/And hang yourself there/You always got more than enough rope."



After sounding the alarm, as it were, we then drop into the dark, 3am heart of some swampy, humid, broken-hearted night, full of cicadas and shooting stars, and linger there for the rest of the album.

Oh Mercy sounds like the creation of a solitary man. Solitude and loneliness loom large on this record, and Dylan's biblical imagery of the lost and the broken and the

disappeared is powerful and succinct.

Oh Mercy is not as mindbendingly complicated as some of Dylan's earlier stuff. It seems more naked, more peeled-back or something. It may have been hell to make, but then it's always hell if you're trying to do something authentic.

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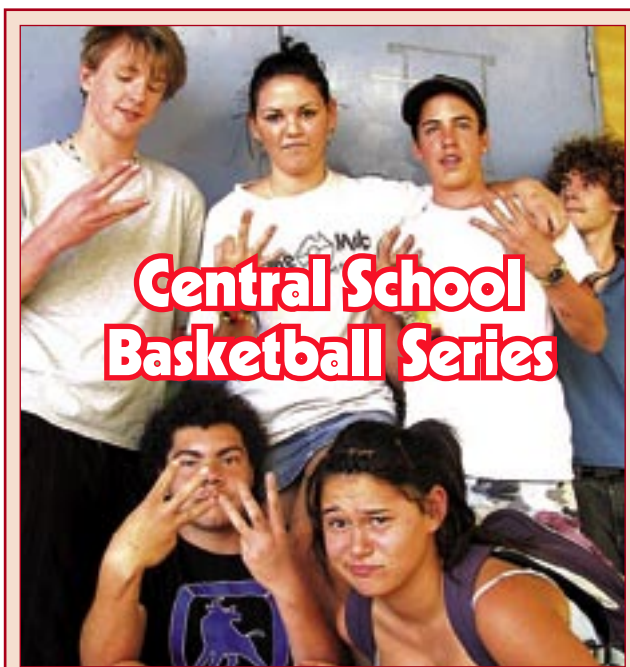
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by Moira Kenny

A group of star basketballers played the first match of the Central School Series at Woodenbong. The Woodenbong students were very friendly and hospitable. The high-schoolers and staff gathered as audience for the auditorium game which added to the excitement. The staff were very accommodating and helpful.

The first half had Luke Asi, Rohan Petherbridge, Taylor Rhodes, Vaughn Wales and Kimberley Fuller start play, and in the first three minutes, Nimbin scored two goals. As play intensified, Tara Bayles, Trent Vlaming, Kalita Ward and Jocinta Sleeth subbed on to play.

All students played well with the final score of Nimbin 33 to Woodenbong 14.

The second game was casually organised between the senior Woodenbong boys and Nimbin students – definitely more challenging for the students involved!

The third game was a 'mixed fun bag' of combined students organised into teams for a game refereed by Ms L O'Reilly. All in all it was a successful event with students and staff thoroughly enjoying the day.

Thank you to all those involved.

## International Children's Day Nimbin Community Centre Friday 23rd October – 10am-2pm

The Nimbin Family Centre welcome all local pre-schools and primary schools and community groups to be part of this day. Would you like to organise an activity or performance for this day?

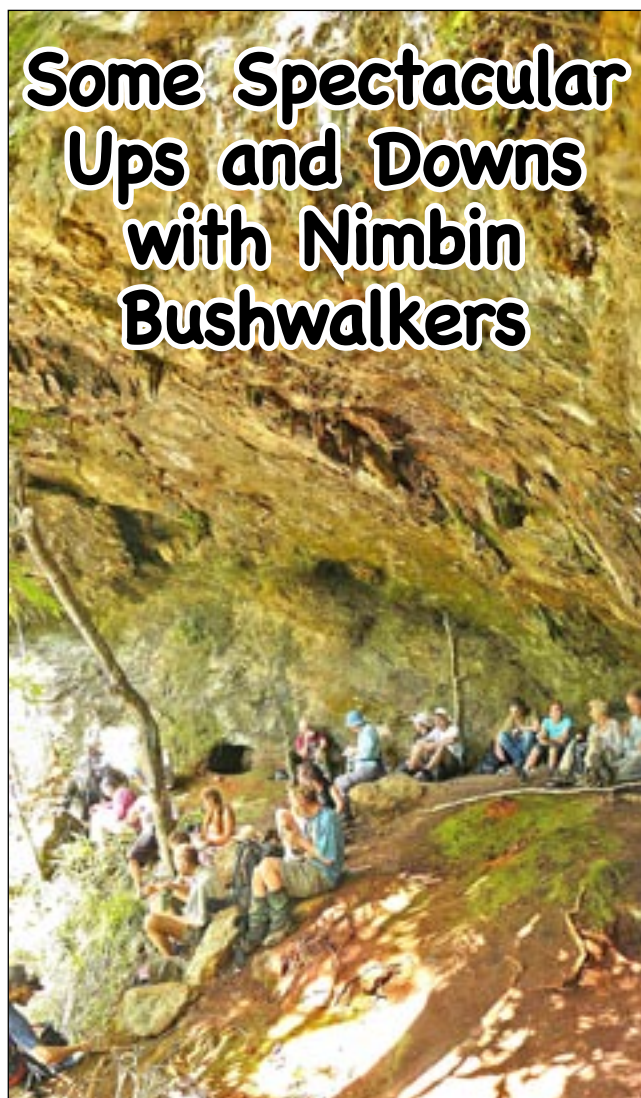
Types of activities to nominate from:

- Music/children's entertainment • Lunch/refreshments
- Face painting • Ball juggling • Mask making • Balloon Modelling

Contact Gail Ph.66890423/admin@nimbinfamily.ngo.org.au or Helen Ph.66212489/familyworker1@familynet.ngo.org.au

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by Len Martin

A fine, mild August morning saw 11 walkers stride across the grassy paddocks of Nimbin Rocks Co-op for a short mid-week walk led by Kay and Len Martin, to an old homestead site, a short climb up to a saddle, then a scramble to the top of Death Adder Rock, with spectacular views to the south.

All very dry up there even then, but with interesting vegetation. Then, through open woodland to a rocky outcrop with grand views of the Nimbin Valley and glimpses of the Sacred Sites of Nimbin Rocks. Then retracing our steps back to lunch in the shade at the Martin's, with coffee/tea and birdwatching.

Altogether a very mild and gentle walk. Something of contrast to the two spectacular David-Holston-led weekend walks that bookended it - though, perhaps I'm just getting blasé about the beauties of the Nimbin valley.

David has a fantastic knowledge of the nearby ranges and takes us to some wonderful spots. Saturday 8th August saw 13 of us enter Goonengerry National Park – formerly the Banana

Growers Forest – the source of timber for those olden day banana boxes.

We started along broad easy tracks through open woodland that was largely secondary growth, but remarkably free of lantana, crofton and mist weed – possibly because it is fairly high and dry. Very varied vegetation, with plenty of wild flowers and interesting rocky outcrops – enough to make us want to go back for a more extensive exploration.

Then off track and a bit of scrambling to explore some of the fantastic geology of the place – a memorable sequence of rock formations complete with, among other things, petrified wood. Then back on track and an easy saunter to one of the most spectacular view spots the club has visited – the top of an unnamed, sheer waterfall above Coopers Creek with fabulous views up Wanganui Gorge to Nightcap and Mount Jerusalem NPs – where we enjoyed a leisurely lunch under a bright sun and clear skies.

Saturday 22nd August saw thirteen club members and seven visitors enticed into a 4 km Grade 4 "Circuit walk" in The Black Scrub of Mt Jerusalem N.P., "through a thick section of rainforest, along banks of a creek with

numerous small falls, each with a sizeable plunge pool – to top of a large waterfall".

David had said that "the first section... is on gravel road with the remainder off track - a 'short' walk... at a leisurely safe pace with occasional use of our rears for descents".

And indeed it was – it started where we parked the vehicles – though when David pointed over the edge into a deep steep valley, with the words, "We come back up here," I did wonder.

I needn't have worried. Down a shady road lined with magnificent trees to a grand old heritage forestry bridge and onto the unnamed creek. And yes, as David had promised, a series of superb falls and pools. We'd walk a bit beside the creek to the top of a set of falls, then scramble across the side of the valley to negotiate our way to the bottom of the falls, and then repeat the sequence, until the piece de resistance – a cave under the big falls.

This really was an inspiring trek, particularly at my age. A great, tricky descent (whee, my prehensile bum came in

very handy), then sideways back in the direction we had come, across rock-faces, with the creek way below us – finally into a magnificent cave overhang, complete with stalactites and stalagmites and water falling over one side – falls above and falls below. Here we enjoyed lunch, looking down to the small plunge pool way below - to which some of the younger, more intrepid members went for a quick dip. Then back across the rock faces, up the narrow chimney, more cross-country, and then (and this is where the story really starts) THE FINAL ASCENT!!!

"The cars are just up there," said David. And would you believe it, they flaming were, I was barely puffed. Oh yes, and there were lots of orchids, including one of the most spectacular eye level displays I've ever seen – a Brush Box Orchid in full flower, and then there was... but if you want to learn more, you'll just have to come on one of our walks - particularly one led by David, or Don, or Ron, or Judy or Michael or...

## September Walks Program

### Saturday/Sunday 5th/6th September

Camp or Day walks:

#### Jerusalem Creek/ Black Rock; Wendoree Lagoon, Bundjalung National Park

Grade 2 easy level walks of 3-4hr. Leader Len Martin (6689-0254).

Members can make own way to Black Rock camp site Friday/Saturday (1.5hr drive from Nimbin). Could come Saturday for day walk starting 9.30am – out beside Jerusalem Creek, back along the beach with its Black Rock; Sunday day walk starting 9.30am to Wendoree Lagoon and a possible skinny dip – good push-bike rides and canoeing on the creek.

Meet Saturday 8am Nimbin car-park, then 1.5hr drive – take north route on arrival at camping area Bring lunch, camping gear, water, swimmers. Note that entrance and camping fees apply.

### Saturday/Sunday 19-20th September

Camping weekend (or more):  
Undercliff and Boonoo Boonoo Falls

Two short but interesting

walks Grade 2-3. Leader Don Durrant (6633-3138 at night).

Undercliffe camp site (no facilities!) is at top of falls, walk to bottom and great swimming hole by unmade track, then off track into rainforest and back. Boonoo Boonoo (\$7 vehicle fee) shortish walks on and off track - great for wild flowers. Meet 9am Nimbin car-park for 2-2.5hr drive via Woodenbong, Legume and Liston, or meet leader 9.45am at ANZAC park Kyogle (just across the bridge) or midday at Undercliffe Falls. Bring camping gear, food and water for weekend plus swimming gear. Sunday strike camp and off to Boonoo<sup>2</sup> returning via Bruxner. Options: Bald Rock/Basket Swamp NPs are close.

The Martins plan to go on Thursday 17th, set up camp at Bald Rock NP, walk there on Friday and join main party at Undercliffe Saturday PM. Will maintain Bald Rock camp and stay on after Sunday Boonoo<sup>2</sup> walk to explore Basket Swamp NP. Anyone interested in joining them phone 6689-0254.

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# Headers girls cook up a finals berth

The Nimbin Headers women's football team took a break from training to organise a fundraising BBQ in Rainbow Lane, one of a planned series to help defray the costs of their finals series matches.

Under the watchful eye of team member, Const. Tracey Linton, the girls produced a delicious selection of lunchtime fare, including kangaroo steaks, using produce generously donated by the Aquarius Butcher and Bakery, and the Nimbin Trattoria.

Team coach, Scottish Robbie said, "I've got every confidence in the girls taking out the grand final this year, if they can keep their heads



together."

The third division team has cemented its place in the finals with competitive performances in their matches during August.

They conclusively trounced Bangalow 3-0, then narrowly went down to Casino 1-0, defeated Alstonville 3-0,

drew nil-all with Ballina, and beat Lismore Thistles 1-0, before meeting Casino again in the first semi-final, and triumphing 2-1.

The second semi-final will be against Ballina on 6th September. Robbie said, "Come on out to Ballina and support your team."

# Tennis in Nimbin is in full swing!



**Major players** (left to right): Steve Scarlett, Peter Wise, Thomas George, Pixie Holding.

Work on resurfacing the Nimbin tennis courts is expected to commence in the very near future, after the Tennis Club secured State Government funding.

Work has already commenced on upgrading the clubhouse and surrounds, according to President Pixie Holding.

"We're very excited about the government grant and what we'll be able to achieve with the money, but we still need to increase membership and get some local sponsors to support us," Pixie said.

State Member for Lismore Thomas George, MP visited the tennis courts last month at the invitation of the Nimbin Chamber of Commerce, and offered some valuable advice on how to obtain additional funding assistance.

Pixie said, "With all the help we've been getting, particularly from new Coach Steve Scarlett, we're well on our way to getting Nimbin tennis back to what it was in the old days."

Coach Steve Scarlett says that junior (aged 6-10) numbers are slowly but steadily growing and have filled classes on both Tuesdays and Thursdays. Steve would like to increase the number of older kids playing and being coached in tennis, and is also hoping that the monthly junior competition will encourage more kids to want to get involved.

"The number of kids being coached is slowly growing," Steve said. "I adopt a game based approach to coaching which means the main aim

of the game is that the kids have fun while they learn a game they can play for life! They get to try out their newly-developed skills with our monthly comp on the first Saturday of every month."

Steve is a Tennis Australia accredited Advanced Level coach and is able to provide group and private coaching for all ages. Steve is now taking enrolments for next term and can be contacted on 0409 572 910.

Full family membership to the Nimbin Tennis Club is only \$100 per year and this gives you year-round access to the courts. To join up and help support Nimbin Tennis, call either Steve on his mobile or Pixie Holding on 6689-1728.

# Nimbin Garden Club Notes



## Visit to Mt Tamborine

Help, we urgently need bums on seats!! Any garden enthusiasts (and you don't have to be a garden club member) wishing to come on the bus trip to Springtime on the Mountain Open Gardens at Mt Tamborine on Saturday 3rd October should contact Gil (6689-0581 or 0412-766-036) no later than Saturday 12th September to ensure their booking. The visit cost of \$37 (\$25 for the bus trip plus \$12 for entry to up to 6 gardens) needs to be paid up front to secure our booking.

## August Meeting

Last month's meeting of the Nimbin Garden Club was held at Gloria and Tom Dunbar's magnificent garden on the Koonorigan ridge (pictured). The 34 years of effort Gloria and Tom have put into developing their garden has resulted in a spectacular collection of their favourite plant types, mainly from the Bromeliaceae family, including many colourful bromeliads, tillandsias, cacti and clivias.

Many members also took the opportunity to purchase some of the excellent specimens that were available for sale at very reasonable prices.

## Next Meeting

The September club meeting will be held

at 2pm, Saturday 17th at Tony and Jenny Pittman's garden, 732 Koonorigan Road, Koonorigan. Since purchasing their 12 acre property about four and a half years ago, the Pittmans have undertaken a land management plan based on bush regeneration, while retaining many productive fruit trees and establishing a large vegetable garden. The re-cycling of waste material from composting toilets is also an integral component in their fruit tree management. The views from this garden overlooking the Tuntabale valley are reportedly breathtaking.

**Travel.** The Pittmans have advised that parking on their property and along the roadside is extremely limited, so to again be kind to the planet, save on carbon emissions etc, members are encouraged to share transport to the meeting. Suggest members wishing to car pool meet at the northern end of the Nimbin back car park no later than 1.30pm, or a little later at Den Braidwood's, 413 Koonorigan Rd.

Please don't forget to bring fold-up chairs, cups and a small plate of goodies to share at afternoon tea. A swap table will operate at the meeting, so please bring along any surplus cuttings or seedlings. Visitors and guests are most welcome to attend.

For more information, please ring Gil (6689-0581) or Denise (6689-9324).



Photos taken by Ossie Osbourne at the August meeting.



## Crossword Solution

See Page 21



## Fashionating!

Cullen Street Nimbin

WALLERS BUS COMPANY		Timetable as at 01/05/09		NIMBIN - LISMORE - NIMBIN		ROUTE 650
Normal Depart Times		Pick-Up Points		School Holiday Times		
School Town	Mon & Thurs	Mon & Thurs	Mon & Thurs	Town	Town	
AM	AM	PM	PM	AM	PM	
7:50	8:55	3:22		Nimbin Central School		
7:52	9:00	12:45	3:25	Nimbin CBD, Main St.	9:00	3:25
8:03	9:10	12:55	3:35	Coffee Camp School	9:10	3:30
8:10	9:15	1:00	3:40	Goomangar School	9:15	3:40
8:14	9:18	1:03	3:44	Goomangar Store	9:18	3:44
8:20	9:20	1:05	3:50	Blakebrook, Cnr of Rosehill Rd.	9:20	3:50
8:30	9:30	1:15	4:00	Lismore, Cnr of Terania & Bridge St.	9:30	3:50
8:40	9:32	1:17	4:05	Lismore Transit Centre - Arrive	9:32	4:00
3:15	8:00	12:00	2:35	Lismore Transit Centre - Depart	8:00	2:30
3:35	8:03	12:03	2:40	Lismore, Cnr of Terania & Bridge St.	8:03	2:40
3:45	8:15	12:10	2:45	Blakebrook, Cnr of Rosehill Rd.	8:15	2:40
3:55	8:23	12:12	2:48	Goomangar Store	8:18	2:48
4:00	8:25	12:15	2:55	Goomangar School	8:20	2:50
4:05	8:35	12:25	3:00	Coffee Camp School	8:25	3:00
4:15	8:45	12:35	3:10	Nimbin CBD, Main St.	8:30	3:00
4:20	8:50		3:15	Nimbin Central School		

S/S - School Bus T/B - Town Bus M/S - Mon. & Thurs. ONLY  
 This service operates Monday to Friday ONLY NO public holidays.  
 Buses connect in Nimbin to & from Murrumbidgee - See Route 630 timetable.  
 \*School Holiday differ from normal, please check.  
 \*24hr notice required for wheelchair accessibility

P. O. Box 163, LISMORE NSW 2480  
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# Nimbin Headers Strive for Drive

by Simone Rutley & Rebecca Ryall

As the season draws to a close all the players are sweltering in the exceptionally hot weather. This is in contrast to the beginning of the year when play ground to a halt due to rain. Despite the weather conditions, our teams are doing well. The Men's Sixth division are in the finals, as are the women, the U14's and U12's.

Despite the success of the players, the club has struggled administratively. There is much needed maintenance to be done around the club. If anyone has driven down the driveway either during the wet (should that be slipped and slid) or bumped along in the recent dust they will know that the driveway is in an embarrassing state of disrepair.

## Sustainability

As with most organisations in our little village, the Nimbin Headers Sports Club is entirely dependent upon a small band of volunteers. The support for the canteen has been fantastic but unfortunately the committee has shrunk from six to three.

This means there are serious gaps in the organisation of the club, making it unsustainable into the future without more help.

The demise of the Nimbin Sk8 Park, if not reversed, will be a significant loss for the children and young people of Nimbin. It would be an absolute tragedy if our soccer club went the same way.

Research into children's social development suggests that young people who have opportunities for positive involvement in healthy activities, who develop good social skills, and become attached and committed to a social group, are less likely to become involved in risky behaviours, such as drug use and criminality.

As a community, our commitment to our

youngest citizens must extend to providing positive experiences, to alleviate boredom, allow structured time with peers, aid in the development of social skills, and offer a much-needed chance to have fun.

Sporting clubs play a vital role in developing a positive self identity, opportunities for success, and a sense of connectedness and belonging. The Australian Bureau of Statistics reports that of all organised sport in NSW, soccer has the highest participation rate. Nimbin is lucky to have our own club to cater for the needs of players, young and old.

## Resilience

Recent bad publicity regarding the Headers club and players is symptomatic of the issues facing the young people who call Nimbin home. Amongst ourselves, locals appreciate our vibrant, innovative and supportive community, but this is a view not shared by the 'outside' world, and rarely, if ever, publicised.

In order for our children to be resilient to the negative messages they receive about our town, we, their community, must show ourselves as supportive, protective, and culturally proud.

As part of our long term aim of instilling pride and resilience in our players, the Headers Club is embarking on a number of projects. One is to implement a programme for all junior teams to learn how to better cope with the frustrations experienced during games.

The second is the major restoration of the



Above: Headers Under-8's and some enthusiastic supporters  
Below: Rodney Sharpe's raffle prize

street entrance, access road and the club house surrounds. The latter project will signal to visiting players, as well as locals, our pride in our club.

## Art Raffle

We expect to begin the driveway restoration once our season ends at the end of September.

It requires a significant outlay of funds and labour. In the interests of raising funds, we have approached two well known and highly regarded local artists – Barbara Mills and Rodney Sharpe – who have both generously donated their own artworks to be raffled.

The pieces will be available for viewing in the

foyer of the upcoming Spring Fine Arts and Crafts Exhibition, which runs in the Town Hall from Saturday 3rd until Sunday 18th October.

Tickets will be available during that time, and at various venues and events until the draw, which will take place on the final day of the exhibition.

## Presentation Day

Our presentation day and AGM is scheduled for Sunday 27th September, at the clubhouse, from 9am. Interested and committed community members are invited to attend, and consider nominating for a role on the committee.

We are planning various events right through the summer off-season, such as social games, movie nights, and training intensives. Keep your eyes out for news of these.



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<p><b>TUNTABLE CREEK</b> <span style="float: right;"><b>\$445,000</b></span></p>  <p>Welcome to an enchanted forest nestled in the hinterland of Tuntable Creek. This approximately 30-acre property will capture your imagination with its pure tranquility and the feeling that dreams may become reality.</p> <p>With a little vision this could be an absolute jewel with lovely forested areas and some of the best permanent water you will find in the region. Try to resist the cool waterholes that border the property.</p> <p>An abundance of fauna and flora over the property with a large 2 bedroom mud-brick home which needs some TLC to reform back to its natural glory. There are also 3 other buildings which need work but the possibilities are endless.</p> <p>Super soil to grow anything. Power available on the block.</p> <p>Only 7 minutes to Nimbin and the Channon on good access roads. Come back to nature now! Inspect today!</p> <p style="text-align: right; font-size: small;">Ref.#1230</p>	<p><b>UKI Real Estate</b></p>  <p><b>026679 4115</b></p> <p><i>a life away from the everyday</i></p> <p><b>free market appraisal</b></p> <p>Phone your local agents now, <b>Paul, Marta &amp; Christian.</b></p>  <p>ukirealestate@ihug.com.au www.ukirealestate.com.au</p>	<p><b>NIMBIN</b> <span style="float: right;"><b>\$365,000</b></span></p>  <p>Let the romanticism of yesteryear overtake your senses as you step into this lovingly restored northfacing Queenslander.</p> <p>12 ft pressed metal ceilings, polished floorboards throughout, and leadlight windows adding to the ambience.</p> <p>Three good-sized bedrooms plus study/sleepout. Spacious and modern kitchen. Air conditioning throughout. A very private backyard.</p> <p>Large verandahs back and front allowing you to take in the serene views as you sip on your glass of wine at the end of the day.</p> <p>Set on 1/2 an acre, only a 5 minute walk into Nimbin cafes and shopping precinct.</p> <p style="text-align: right; font-size: small;">Ref.#1228</p>
<p><b>Mt. BURRELL</b> <span style="float: right;"><b>\$595,000</b></span></p>  <p>Want a serene country hideaway at the end of a quiet scenic drive at the foot of the iconic Mount Burrell with the magical Sphinx Rock as a backdrop and awe inspiring views of Mount Warning and the Border ranges? This is a must to inspect. 100 pristine acres where all hard work has been done in preparation for your dream home.</p> <p>There is a 1 acre elevated, level, council approved house site with 3 feature rock retaining walls against the natural backdrop of the world heritage-listed Nightcap National Park. Plenty of water with a small spring fed dam, 2 x 10,000 gallon in-ground concrete water tanks at the house site and a separate 5000 gallon water tank attached to the 60m2 colorbond shed. Infrastructure is in place for the acquisition of power. 5 minutes to the Mount Burrell service centre for all your daily needs, only 30 minutes to Murwillumbah and under an hour to Gold Coast airport. Come live in paradise today!</p> <p style="text-align: right; font-size: small;">Ref.#1210</p>	<p><b>WADEVILLE</b> <span style="float: right;"><b>\$230,000</b></span></p>  <p>Where else can you buy a 5 year old, 2 bedroom house with mains power, a good water supply with several out buildings with their own power and water which could be converted to extra accommodation if required and all set on approximately 3 private acres of secluded bushland on a terrific 40 share multiple occupancy for this price?</p> <p>You will have to be quick for this one. Come and start your tree-change here with fruit trees galore and ample room for the perfect veggie garden.</p> <p>All this is just 5 minutes to the quaint village of Cawongla and only 15 minutes to the bustling centre of Nimbin. For that larger shopping excursion Lismore is just a scenic 40 minute drive. Don't delay... Inspect this one now!</p> <p style="text-align: right; font-size: small;">Ref.#1225</p>	<p><b>UKI</b> <span style="float: right;"><b>\$160,000</b></span></p>  <p>Cheap land (10 acres) just minutes to historic Uki village on this great company titled multiple occupancy at Hazelbrook.</p> <p>North facing block with portions of flat area and good vehicular access backing onto National Park.</p> <p>Complete with a good sized dam and liveable hut while you build the dream.</p> <p>Share #6 of a 10 share M/O with lots of privacy and set in an idyllic forest location.</p> <p>With a little imagination and some hard work this could easily be the best share on the property.</p> <p style="text-align: right; font-size: small;">Ref.#1227</p>