

New Energy Activity

by Daniel Keszler

Loving Greetings dear Reader,
We are moving slowly into autumn, shorter days and cooler nights, turning inwardly to get into deep connection with our core. Many are still feeling old patterns dissolving and the rawness and vulnerability that this creates within us. We may even feel sadness and this is appropriate as old personas and patterns of ourselves are dying. Our new deep connection and identity with our true Self, the core of our being, the I AM, has not yet anchored firmly and so it is perfect to go with the season's energy and draw inwards to our roots where this can take place.

The sense of being connected intimately with the energy of the Earth is getting stronger and creates a real sense of responsibility towards our true Self and one another. There is and has always been infinite unconditional love coming from the Earth and we are maturing the awareness in our consciousness that we are intricately connected with Earth as One. We may engage in that power of love and choose to love ourselves and one another unconditionally too, even if we feel alone, hurt or fragmented.

Our understanding of responsibility is deepening too, as we come to understand that what we perceive has always to be owned by us. This becomes clear when we settle in the awareness that we are creating the world around us and that we are not placed in the world. This is a difficult concept for our mind to grasp and some will no doubt push this concept away since it would mean total responsibility which sounds scary when it is actually the claiming of our true power. and who would want to be powerful beyond measure... something to contemplate.

Now a short summary of the Kryon event in Melbourne.

Kryon is a loving entity/energy which assists us through the current shift of consciousness, channelled by Lee Carroll. He (Lee) has been channelling Kryon for more than 20 years and he has brought out eleven books of channelled material as well as three books on Indigo children. This year he was in Melbourne accompanied by Robert Haig Coxon, a Master Musician, Composer, Arranger and Performer, well known for his relaxing neo-classical music which guides the listener into places of peace and wholeness. Gorge Bianchi, representative for the EMF Balancing Technique and the Lattice Logic work, modalities of Energy work for the evolution of humanity was also there. So we had two days of presentations, live channellings and music from those three wonderful people. Oh, also some music from the Australian duo Sacred Earth which I recommend for anyone to have a listen to.

The two days were all about becoming quantum. In other words, understanding the shift of our consciousness from the old limiting paradigm of linearity and duality to a new paradigm of multidimensionality and oneness. As quantum physics try to shed some light on the actual workings of everything, we can start to apply these new understandings onto our lives and our abilities to co-create reality. The better we understand how things work, the more effortlessly we can live our lives by aligning to these principles.

Lets start with three basic principles. 1. Everything changes all the time. 2. There is always a greater or lesser number of variations for any possible manifestation. 3. These variations can be charged to increase the chance of a specific manifestation. Next month we can explore a little how we charge a desired variation.

*Love and Blessings
Daniel*

Ayurvedic Info

This month we thought we'd talk about one of the major personalities of early Ayurveda – Charaka. He is credited with the earliest written medical text, knowledge which had previously been transmitted orally. He lived at a time of much debate between the various philosophical arms of Indian thought and recognised that his system of medicine had to be built on philosophical foundations which would resist change while the superstructure would wear and change over time. Medical knowledge had always existed in folk lore, local traditions, verbal testimony, the Vedas and many other sources. Sages from China, Tibet, Greece, Afghanistan and Persia came to learn the wisdom of Ayurveda and return with it to their countries.



Charaka. Courtesy shankarair@gmail.com

By Charaka's time, medical conferences were common and it was after one of these in the Himalayas that he wrote his Samhita (a compilation of the Ayurvedic approach to health, including anatomy, physiology, etiology, prognosis, pathology, treatment and medicine). The topic of the conference/discussion was the mounting burden of suffering and illness in the world which presented as a threefold process: imbalance of doshas (adhyatmika), external events such as storms or floods (adhibhautika) or acts of god/supernatural causes (adhidaivika). Charaka considered that for optimum health life needed to be embraced fully, both negative and positive aspects, as well as freedom from suffering. "A physician, though well versed in the knowledge and treatment of disease, who does not enter into the heart of the patient with the virtue of light and love will not be able to heal the patient." Unconditional love is recognised as a most powerful generator of life force energy and through its practice, physical and emotional healing is possible.

In a profound sense, Ayurveda is the mother of all healing systems. From its eight principal branches (pediatrics, gynecology and obstetrics, ophthalmology, geriatrics, ears/nose/throat, toxicology, general medicine and surgery) have come the main branches of medicine as it is practiced today, as well as many modern healing modalities including massage, diet and nutritional counselling, herbal remedies, psychiatry, polarity therapy, kinesiology, shiatsu, acupressure and acupuncture, colour and gem therapy and meditation. All these have roots in Ayurvedic philosophy and practice.

Even after almost three thousand years, Charaka's teachings are relevant and clear. More now than ever, modern science is validating the authenticity and therapeutic effectiveness of these ancient teachings.

Next month, by demand, more yummy recipes. Consultations, massage and treatments are available by making bookings for our Thursday clinic at the Nimbin Apothecary on 6689-1529, or by contacting John on 6689-1794 or Helen on 6689-1717.

Homeopathics... and Hippies

by Tarang Bates

Living on a land-sharing community is a unique environment. Watching *Insight* on SBS last week really made this obvious. Firstly they interviewed young people who had grown up in family situations with same sex parents, then young people who had been adopted from other countries, who were of different race to their adoptive parents and then, young people who had grown up on communities.

So many young people who have had the good fortune of grow up communally; have turned out to be well adjusted, creative, fascinating people, learning throughout their childhood the art of communication and energy sharing with many different people who hold many diverse ideas and perspectives on life. These individuals come together to live communally and have the opportunity of becoming part of an extended family. Not everyone chooses to stay, some people naturally prefer to be alone and some decide not to share everyday life decisions with others.

The young adults interviewed on *Insight* were a good representation of many of the young adults I have had the pleasure of sharing the past 25 years of my life with, either living closely on a day to day basis or through the close-knit sharing with other communities around the Nimbin area. Many of them now have families of their own and many of us have the delight of becoming Grandparents.

Our children have created their own businesses, gone on to university, hold responsible positions in the work force, become designers, artists, musicians – all pointing to us being a fairly well rounded bunch in the scheme of things.

The headline in *The*



Northern Star recently, "Ban Hippies" was certainly in poor taste. This is a name used to lump us all into some category of unacceptability... whatever that may mean. It was as insulting as a headline "Ban Gays" or "Ban Seniors" would be. In fact there would have been an uproar! Why is it considered acceptable practice to "Hippie" bash? It is an absurd and ignorant attitude really.

It's about time there was respect and acknowledgement for the contribution we have made to society – this doesn't take much, just an open attitude and willingness to learn about a valuable and extraordinary way of life that is not going to go away.

Homeopathics for this month

COCCULUS: This remedy is useful for motion sickness; there could be nausea or vomiting and a hollow feeling in the stomach. This can be brought on by travel along a windy road, on a boat – even looking at a rocking boat.

BORAX: Is more suited to motion sickness relating to a sudden downward motion such as in a lift or aeroplane. Mouth and tongue ulcers aggravated by touch, salty and acidic food. Eyelid inflammation and irritation, genital herpes and thrush.

These remedies are available from Nimbin Homeopathics – contact Tarang 02 6689-1452 tarangbates@yahoo.com.au

CENTRE FOR BALANCE AND EMPOWERMENT

Daniel Keszler



- Remedial Deep Tissue Massage
- Onsen® Therapy
- Myofascial Dry Needling
- Holographic Kinetics
- EMF Balancing Technique®
- Martial Arts, Tai ji quan, Qi Gong Training

Daniel's contact: 02 6689-9249, 0419-182-989

e-mail: sirius@yellowspace.net

For bookings Wed, Thurs and Fri in Nimbin: 02 6689-1529

Shanti Village

Internal Cleansing & Detoxification

If you suffer from:

- Low energy
- Constipation
- Candida
- Diarrhea
- Brain fog
- Not feeling 100%

We might be able to help:

- Colon Hydrotherapy
- Bacteria cleanse
- Liver & Gallbladder flush
- Heavy metal detox

www.shanti.com.au

Kyogle: 02-66331488

Nimbin Ayurvedic



Traditional holistic health care offering massage, facials, oil and steam therapies, detox cleanses, dietary and lifestyle consultations. Home visits!

John **Helen**

(02) 6689-1794 (02) 6689-1717
0429-417-774 0427-683-227

ACUPUNCTURE & MASSAGE

Ingrid Foraita

I have moved to new premises on Cullen Street, located above the Tourist Information Centre (next to the 'Oasis' Cafe).

Clinic days will be Monday, Wednesday & Friday.

Please ring or sms for an appointment (or just drop by on the day).



0447 745 595
OR 6689 7204

Fashion Focus

by Christine Chester

MORE INFO about the Nimbin Fashion Cooperative

We had our first Annual General Meeting where we formed a board with Honey as secretary, Christina as Treasurer and Judy Who as Vice Treasurer. We also have a few more paid up members. If you are interested in joining a group of committed designers, please come to our next meeting on 7th April at

5.30pm at CC-Design Nimbin. To get more info phone Christina 0427-326-790

The buzz is on for the next big Nimbin Fashion Show. Some designers, like Nora with her label 'archaic sense' and Tessa Rutley, a young, first time designer and Honey and her 'glamour-glowmesh designs', have their collections nearly ready. We also welcome Jaz Who, presenting her own collection this year.

At the last meeting, Honey gave us a preview of some of her very spectacular

crafted pieces for her next collection based on the Avalon theme. There will be a lot of new and entertaining fashion on the catwalk with a new, more professional approach.

But at the moment lots of us are maybe

working on some 'green clothes' for Mardi Grass, always a great time for showing our colours.

Happy Mardi Grass
Christina Chester
christina@ccdesign.biz

Mimi Designs

Mia is the designer behind the funky fashion label Mimi Designs.

In the beginning Mia's personal style prompted her to create her own wardrobe using recycled and vintage fabrics. Mia recalls that she would literally have people buying the clothes off her back. This inevitably led her to creating her own fashion label called Mimi Designs.

From little things big things grow and since then, Mimi Designs has gone on to win the prestigious Byron Bay Voyeur Designer of the Year award in 2009.

Mia captures the natural essence of the North coast woman, draws inspiration from her indigenous culture and is influenced by the beauty that surrounds the local area of Byron Bay. She takes pride that each piece is designed and handcrafted in her local community.

Mimi Designs awakens and evokes the goddess within. From signature jumpsuits to sassy bodices, from tribal wrap dresses to timeless camisoles, you feel an earthy elegance like none other when wearing a Mimi design.

For enquires contact Mia Brennan 0401-625-116, mimidesigns.com.au



Effigy 49 shoot at Nimbin Museum

Visitors to Mingle Park, behind the Nimbin Museum, were surprised recently to find a fully professional fashion shoot in progress.

The photos were being taken for Newtown-based label Effigy 49, which markets clothing through over 60 shops around Australia. The principals of the company, Jade Dockary and her sister Amber Johnson were on hand for the shoot.

"We're launching our new collection called Bowerbird, which we're very excited about," explained Jade. "Usually we just go to studios in Sydney, but this time we planned a beach shoot in Lennox Head."



"We got everyone up here, and then fate stepped in," she said, referring to the prolonged period of wet and overcast conditions, "so we came here to the Museum, which has proved to be a great location."

Both Jade and Amber were full of praise for the co-operation received from the Museum curators and from the Nimbin community.

"The label has an underground feel, so the graffiti murals are perfect for us," Jade said.

Watch for Nimbin backgrounds in their forthcoming display advertisements, or check them out on-line at www.affigy49.com.au

Counselling and Gestalt Therapy

by Dave Reynolds

Gestalt Therapy is a proven therapeutic approach which uses focussed awareness to achieve insight. Sessions with a trained Gestalt therapist offer support for people in all aspects of their lives. Clients who are struggling with interpersonal relationships, who feel troubled by unresolved past events or who simply need to be heard and validated by another will benefit by gaining clarity about their desires, choices and direction in life.

The German word Gestalt has two levels of meaning, the first refers to an organized whole, the second refers to a pattern. Gestalt therapy is holistic because as a therapist I recognise that my clients' lives include any number of simultaneous dimensions of human existence. Such dimensions include our bodily experience, our thoughts, our emotions, our spirituality and our social and economic realities. As a therapist I work to raise my client's awareness of how their own unique web of dimensions responds to life's events.

All humans tend to respond to the events in their lives in ways which form patterns of behaviour. Many of these patterns originated in response to things that happened in the past. Difficulties can arise when patterns of behaviour are unconsciously applied to new situations which, although different, appear to be similar to old circumstances. During our lifetime, we grow by creatively adapting to new situations and this personal growth requires support. In my life there have been times when I have been able to support myself and there have been many times when I have

needed support from others. As a counsellor and therapist I offer my support to my clients as they develop their ability to support themselves and take greater responsibility for their choices, actions and outcomes.

A first step for many people is being able to talk to someone who will not judge them and who can understand and acknowledge what it must be like to walk a mile in their shoes. In my experience, people close to me can only offer so much of this type of support before their own needs arise and this is where a session with a Gestalt counsellor can help.

Pushing for change can be exhausting and waiting for change can be frustrating. Gestalt therapists are trained to embrace acceptance of ourselves and our clients as they are. Change is inevitable in all our lives and flows naturally when we can more fully accept ourselves. From a position of self acceptance, new directions and resources become apparent and old patterns of behaviour become options rather than inevitable choices. I work with my clients to explore who they are and how they are in the world as we discuss the issues that have brought them to see



me and the changes they wish to manifest in their lives. I am interested in developing a relationship with each of my clients which both challenges and supports their personal growth and healing.

So if you need greater awareness around your interpersonal relationships, feel stuck in a rut or want to gain some clarity and momentum for change, I offer you my support.

From 5th April, I will be working in one of the rooms at the Nimbin Apothecary on Mondays. Sessions last for around 1 1/4 hours and cost \$55. Bookings for Mondays can be made via the Apothecary on 6689-1529.

I also work from a private studio at my home in Nimbin on other weekdays and will travel to Lismore to see clients. To find out more or arrange an appointment, call 6689-0426.

Cook's corner

Recipe of the Month

by Carolyne



remaining chicken. Pour off excess oil and leave one tablespoon of oil in the pan.

3. Add peeled and grated ginger to the pan. Sauté gently for one minute. Add honey, stir for one minute. Add combined cornflour, water, chilli sauce, lemon juice and soy sauce. Stir until sauce boils and thickens.
4. Add chicken, toss in sauce for three minutes or until chicken is heated through. Add sliced shallots, cook for a further minute. (Serves 4 to 6)

Till next month enjoy, Carolyne.

For information call Carolyne at the Coffee House Nimbin, phone 6689-0590

Honey Chilli Chicken

- 1.5kg chicken thighs
- 2 tps cornflour
- Flour
- 1/3 cup of water
- Salt
- 1 tblsp Chinese chilli sauce
- Oil for deep frying
- 1/3 cup of lemon juice
- 2.5cm piece of green ginger
- 2 tps soy sauce
- 2 tblsp honey
- 6 shallots

Method

1. Cut chicken into serving size pieces. Coat chicken pieces lightly with flour, which has been seasoned with salt.
2. Fry half the chicken in deep hot oil until golden brown. Reduce heat and cook for approximately five minutes or until chicken is cooked through. Remove from oil and drain on absorbent paper. Repeat with



Home-style Cooking using Organic local produce. We specialise in Cakes and Wholesome Hot Meals.

Zentveld's Coffee

Phone 6689-0590

Wheelchair Access Open 7 Days



Intuitive Graphic Design to suit all budgets

20 years experience in all facets of print media. Posters, flyers, catalogues, promo, band art, press ads. Fast, friendly, reliable, local.

Johanna Evans 0409 313 968
02 6633 1396 purplepixel@broadnet.com.au

Mind-Body Medicine

Organic Massage

TRADITIONAL

Doula

Flower Essences

WISDOM

Aromatherapy

Kirrah
Thur-Sat
0429308851

ASTRO FORECASTS

YOUR MONTHLY REVIEW OF WHAT'S HAPPENING IN THE HEAVENS

BY TINA MEWS



April The Sun is currently touring the fiery sign of Aries. Rams are said to be independent in spirit, courageous and great at starting new tasks but not especially strong at finishing. In general, the moment favours all sorts of new beginnings and incentives. Nevertheless, on 18th April, Mercury, the planetary force that is associated with communication, speed, transportation and mental processes turns retrograde again. Until 11th May, we can expect delays and disruptions in the areas mentioned above. On a deeper level, we are reminded that quick fixes will not solve core issues.

On 21st April, the Sun will enter the patient and comfort loving sign of Taurus. The focus will shift to economic concerns and financial affairs. What are our values? What is important to preserve and protect and what needs to be released? On 27th April, a day before the Full Moon, the two celestial mega-forces Saturn and Uranus will meet up again in opposition, signifying the confrontation between outdated models and new realities. Collectively, we are asked to shift the current emphasis on financial profit and shortsighted economic progress towards a new paradigm based on sustainability.

As we all know, it takes guts, effort and persistence to transform ground-breaking ideas into 'here-and-now' reality. However, quoting the 19th century French novelist and human rights activist Victor Hugo: "There is nothing more powerful than an idea whose time has come." Let's hope that moment arrives soon!

Aries:

It is your time of the year to burst forward with enthusiasm and energy. Watch out for a possible 'ego-overload', though. Any ground that you cover now, has to be reassessed when Mercury turns retrograde on the 18th. This could be a good time for working out your finances.

Taurus:

At the moment, it could be very revealing to reflect upon your true needs, motives and feelings. It is important to say what you have to say, even if this upsets others. Equally, you could use this time to solve conflicts or help others to solve theirs. During the Full Moon in Scorpio (28th) you might feel more intense than usual.

Gemini:

Are you frequently changing your mind about which goals to follow? If in doubt, choose the one that brings the greatest good to everybody involved. It is essential to keep your ideas, thoughts and feelings floating around, since constrictions are

harmful to body and soul.

Cancer:

You have reached the peak in your personal yearly journey. Harvest your rewards gracefully while addressing any setbacks and problem areas with a detached and calm attitude. By now, you know exactly what works and what doesn't. Create the space for a fresh start, which will come soon.

Leo:

Unintentionally, you might have upset some people in your immediate surroundings with your wilful and passionate ways of expression. Sometimes this cannot be avoided. However, keep a flexible frame of mind, because you could benefit from being less attached to your own point of view.

Virgo:

Try not to panic when things



are not going to plan. Sudden changes might upset your usual sense of order. Are you ready to challenge your judgment about what is beautiful and good? Allow yourself to be attracted to what seems strange and different.

Libra:

Relationships and encounters with others could currently either be rewarding or disruptive – or maybe both? Try to strike a balance between giving and receiving. The key to better understanding and self-empowerment lies in equally sharing pleasures as well as responsibilities.

Scorpio:

Is your soul crying out for more freedom? Then let go of obligations and duties that you have outgrown. It is important that you communicate your true needs to others to avoid misunderstandings and conflict.

Sagittarius:

Soon opportunities for personal growth and

increased wisdom will reveal themselves. Enjoy the ride but be careful not to act in an overbearing manner. Instead, try to be practical and remain grounded in the here and now.

Capricorn:

Time to break free from rigid patterns, habits and expectations that have lost their usefulness. If you can let go, you might find yourself at the start of a personal revolution. At the moment, you need to have some heartfelt fun or engage in creative self-expression that frees your spirit.

Aquarius:

You are said to be the rebels of the Zodiac, known for your strong convictions and opinions. However, it is vital to keep a flexible mind and expand on your powers of perception. Otherwise you might jump to the wrong conclusions because of possible misunderstandings.

Pisces:

One important phase of your life seems to have ended, or is about to end. This is surely influencing your personal sense of values, including the ways you manage your practical life. Within all the business, keep nurturing your creative and artistic mind.

Star-loom
Navigation by the Stars
Astrological Counselling
Chart Readings
Workshops
Tina Mews
02 6689 7413
star-loom@hotmail.com

I am available for personal readings, yearly forecasts and astrological counselling sessions. Or you can join my astrology class on Wednesday mornings at the Lillifield Community Centre, from 10am to 1pm.

I also intend to set up astrology classes in Lismore. For bookings or info please ring Tina on 6689-7413, send an e-mail to starloom@hotmail.com or google my new web page <http://nimbin-starloom.com.au/>

Diary of a Pet Owner Part 5



by w00f

We have decided to keep the new secretary on to take dictation. A strange little man, with obsessive hand washing mannerisms that are almost insect-like. ([Note:] OK – I'm the typist but I need the job so I have to take this down... [Secretary]). But apart from having to be reminded to use upper case letters and punctuation occasionally he seems to be reasonably competent. He calls himself Archie and claims to be a 'retired poet'. When I asked him how a poet 'retires' he started to mumble something about past lives and transmigration and a broken relationship with a Bohemian Cat. I stopped him right there. I told him we don't tolerate that kind of language around here and if he has been in some kind of trouble with a Feline we would prefer not to know about it. He muttered something under his breath that sounded like "wotthell, wotthell" and shrugged his shoulders, but no more has been said since.

Training of the Humans is proceeding satisfactorily. We had one raw recruit who was silly enough to throw the Toy into the long grass. I tried to help him for a while but in the end told him he had to go out and find it himself, since he was silly enough to throw it there in the first place. I think it is a lesson he will remember.

Oh – and a visit from brother Ned. Who was it said you can choose your friends, but you can't choose your relatives? I can't believe



we came from the same litter! Ned has made a few mistaken lifestyle choices, I think. He had trouble getting down from the cabin of the SUV he was poncing around in. He claimed it was a fear of heights, but I know better. He got this fear of heights when he was trying to get in the Guinness' Book of Records as the first canine to climb The Pinnacle (this was when he went through a stage of thinking that being in a rock climbing club would help his career). He got stuck and had to be helped down and he never got over it. He got hooked on being assisted at all times in his lifestyle choices. He still has a career (of sorts), but needs a Human around to help him at any time the dizzy heights of success go to his head.

He thought he could look down on me, but I looked him in the eye and naturally I stared him down. He had to come down to my level, but he needed a Human to do it. Hope I never get that way. Poor Ned – he wouldn't know how to deal with a Snake even if it bit him.

Talking of relatives – don't you hate it when they show off pictures of themselves and their children as babies? It's worse than showing around pictures of your pets...

The Missus – out now

The Missus is the second in a trilogy that follows the development of a woman's sexuality, from childhood ignorance to teenage shame and through thirty years of faithful marriage until leaving the marriage and blossoming into an independent life of freedom.

The Missus continues the story began in *Brothers? Uncles! Sister? Aunt!* and follows Sue and Bill through their marriage and the births of their five children.

Nimbin author Tamaso Lonsdale has been writing since she was nine years old when the *Sydney Sunday Sun* published a story of hers in the *Sunbeams* magazine. Under various pseudonyms, she is the author of nine teenage novelettes for "reluctant readers", has had several short stories and poems in anthologies, both in Australia and overseas.

The Missus can be ordered online at: www.xlibris.com.au or at Tamaso's website: www.tamasolonsdale.com

House Plans & Building Design
Passive Solar Design
3D Computer Models
Building Supervision
NIMBIN DRAFTING
Allan Ross
ph (02)6689 1592
fax(02)6689 1492
ABN : 34 257 423 130

LISMORE
RECYCLED BUILDING MATERIALS
Sliding Doors – Windows
Paint Stripping and Restoration Work
Roofing – Interior Fittings – All Timbers
New Stock Daily
BUY & SELL
2 Taylor Street (off Foleys Rd)
South Lismore
Ph/Fax **6622 2129**
keber1234@bigpond.com

The
Chimney Sweep
Established 1978
(02) 6688 8383

Film Review: Green Zone

Reviewed by Stephen Wright

Green Zone was the movie I went to see because *The Hurt Locker* wasn't showing. For Americans, a film like *Green Zone* looks like searing political criticism and in fact it has actually loudly been accused of being unpatriotic and anti-American. But it doesn't take much to be un-American these days. Just wanting a health care scheme for the poor is enough to get you serious death threats.

Matt Damon plays Roy Miller, a US army officer charged with chasing down WMD's with his squad shortly after the US invasion of Iraq in 2003. When every site he checks out turns out to be void of any weapons at all, he starts a-wondering what's going on. Given a tip by a local Iraqi that there is a meeting of wanted members of Saddam's Ba'ath Party happening round the corner, he sets off to grab them and when he does so, a bunch of Delta Force cowboys

(the US Special Forces) – led by an unrecognisable Jason Isaacs (Malfoy Senior in the Harry Potter movies) appear by chopper, put black bags over the heads of the prisoners and airlift them out. This is the cue for Miller to go digging and find out exactly what's the story with these missing WMD's.

Green Zone has a great look about it and the look and the action sequences – all berserk hand-held camera – are what kept me going as the plot started to unravel itself around bigger and bigger holes. One of them, which will make sense to you when you see the film, is: one-legged men must be really fast runners. There are plenty of good moments in *Green Zone*, that bring up all the horror and stupidity of the Iraqi War. The scenes in a prison for Iraqi 'high-value targets' a prison clearly meant to mimic the notorious camp at Abu-Ghraib, is one.

Greg Kinnear plays the slimy US bureaucrat with a direct

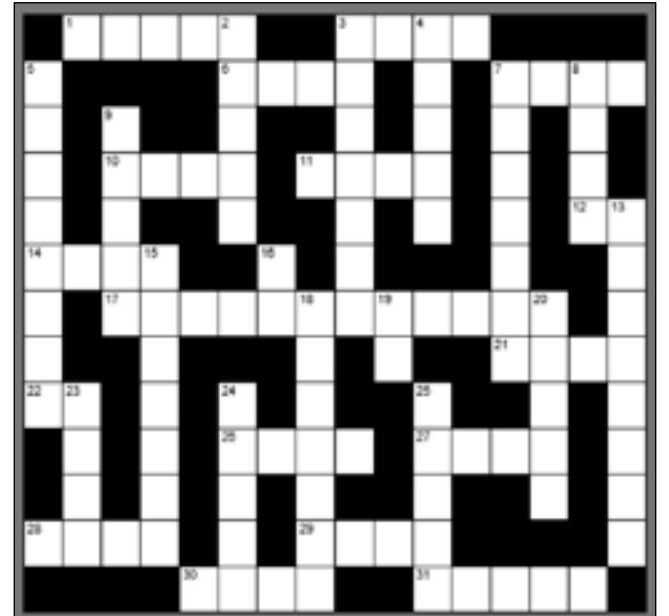
line to the White House and is our Evil Guy of the film, the man who feeds the White House false information about WMD's and creates the whole political mess unfolding in Iraq. There's no sense that he is acting on anyone's orders, merely that he is just telling the White House what it wants to believe. And in this and other matters, *Green Zone* is a strange film in that it deliberately and intentionally puts the Bush administration right in its sights, gets a clear shot and then fails to pull the trigger. What we get instead are Evil Bureaucrat Guy, Dumb G.W. Bush. Evil Cowboy Delta Force Guy and Good and Sincere US Soldier Guy. Even the CIA get away lightly with Old Sincere and Crusty But Bitter CIA Boss Guy. Still, even with all this baggage, if you want to see a film that looks good, that moves quickly and at least tries to engage with the issues of the day, give *Green Zone* a chance. *Green Zone's* director



Paul Greengrass directed Matt Damon in the last two excellent Bourne films and in some of the final scenes of *Green Zone* where Damon's character is pursuing and being pursued through the dark backstreets of Baghdad, you'd swear you were watching deleted scenes of Jason Bourne desperately outwitting the CIA spooks. *Green Zone* is a missed opportunity to really give it to Bush and Cheney and the rest of their insane and demonic crew. The thing about the real Iraq War of course is that there was no Evil Bureaucrat Guy orchestrating things behind the scenes and there was no Matt Damon in uniform to make everything alright.

Nimbin Crossword

2010-04
by 5ynic



Across

- Get high? Perform shariah execution
- High looping shot? Modify games console
- Drug induced euphoria? Hurry
- 2008 election slogan, 'The audacity of ____'
- Tree people
- One time
- Hectares (init.)? Laugh
- Boardroom bully?
- Pacific territory named for this holiday season (6,6)
- Pantheon members
- Therefore? Like this
- Hurt
- Cheek smile
- Pig house (1,3)
- Centre point?
- (Steal) pirate treasure
- Inhalations

Down

- Rub out
- Madras, as was
- Tucked up? In cahoots (2,3)
- Yearly fruits of garden toil
- Atmospheric effect of burning carbon
- Military advance
- Structure to ensure all flood waters diverted (onto North and South Lismore)
- (Remote?) landing facility (3,5)
- Crucifixion site
- To exist
- Relaxing spa weekend? Fall back
- Quiet!
- With juvenile feathers
- Porridge
- Picture
- Let for dairy?

Solution Page 25

Reviews from the Crypt

by Stephen Wright

The Saints I'm Stranded (1977)

Punk music, the world knows, was born in the UK with the *Sex Pistols*. This is a fantasy of some journalist's drug-addled brain. Punk music was created in the dreary outer suburbs of Brisbane by *The Saints* in 1976, right in the middle of the Bjelke-Petersen years. *The Saints* first album and single (both called *I'm Stranded*) predated both the *Pistols* and *The Clash* and was bargain-basement op-shop music played at furious pace in a way that music hadn't been played before. Ed Kuepper thrashed the crap out of his guitar, while Chris Bailey looked bored and spat disinterestedly into the mike. There's some great footage on the net of *The Saints* playing at Sydney Town Hall in 1977 which shows how little you need to make great rock and roll. The single is still a heart-stopper and if you had a sampler of Oz music on your iPod this would have to be on it. In early 1977, in Brisbane, it sounded like it was coming from outer space.

Nearly all the tracks on the album were Kuepper/Bailey compositions with



one cover of 'Kissin' Cousins', a type of cover that that *The Saints* would make their own, later doing a brilliant and hilarious version of 'Lipstick On Your Collar' and an electrifying stripped back 'River Deep, Mountain High'. *The Saints* went to the UK, were too unfashionable for the UK punk scene and unwilling to compromise to be famous, they released one more knock-out album and imploded on the back of a deteriorating relationship between Bailey and Kuepper. Bailey kept *The Saints* name as his own personal imprint and Kuepper formed *The Laughing Clowns*, but its worth remembering as we close on 25 years of *I'm Stranded's* recording, that the best stuff can come out of the weirdest and most marginal places.

Tove Jansson Moominpappa At Sea (1965)

Tove Jansson was a Finnish writer and artist who periodically lived on an island quite a long way off the coast of Finland. This island is the setting of *Moominpappa At Sea*. Jansson created the Moomins – trolls that look like small white hippos – and a whole variety of other figures for a comic strip in the 1950's and shortly thereafter turned them into characters for a novel for children. Even in the early Moomin novels the Moomins are slightly off centre. But as the novels progressed they quickly crossed whatever invisible line there is – if there is one – that separates children's from adult's literature.

There is a tendency for Jansson's characters to consistently examine and wonder about the nature of life and what it means to be alive and to be a person. "One can never be entirely free", says Snufkin – a kind of thoughtful



wandering rebel – "If one admires someone else too much." Little My, a brattish, cynical child with the wisdom of an 80-year-old sagely intones, "Possessions means worries and luggage bags one has to drag along." The later Moomin

novels, this one and its twin *Moominvalley* in November, are striking evocations of ordinary interior states of sadness and searching and small happinesses.

Moominpappa At Sea, is a strange tale of melancholy and mid-life crisis, of adolescent love and loneliness and of the desire to be alone but still be surrounded by those you love and of weird events that take place in all families that can't always be explained. Jansson's illustrations are remarkable for their economy and expressiveness and if you find yourself stuck this winter with a dark night, cosy fire and nothing to read, *Moominpappa At Sea* is the perfect fit.

ecoteam
02 66 215 123 • 0428 215 123 • 43 Ewing St. Lismore

- onsite sewage management
Constructed wetlands, Dosing siphons
Design, Approval, Construction, Maintenance
- soil assessment reports
Contaminated land, Agricultural /organic assessment
- development services
Wastewater feasibility, Environmental Effects

Solutions for environmental challenges

Terry Bressington
PLASTERIN' NIMBIN'
0427 891626
Gyprock walls and ceilings
New work or renovations
Lic. No. 100169C

Fashionating!
Cullen Street Nimbin

102.3
102.3
102.3
102.3
102.3
102.3

NIM-FM
Face
The Music

Licence No. 204232C

MY ELECTRICIAN Domestic - Commercial - Industrial

Northern Rivers to Gold Coast
PO Box 369
NIMBIN NSW 2480

0488-585-430 0429-890-181

SEPTIC TANK PUMPING

GREASE TRAP CLEANING
LIQUID WASTE REMOVAL
≠ OILY WATER PROCESSING
NIMBIN ≠ ALL SURROUNDING AREAS
Local Since 1932

RICHMOND PUMPING
6621-7431 After Hours 0407-433-405

Obama's blind spot: Indonesia

by Warwick Fry

Whether it is the fact that he has left it to Hillary Clinton as his State Secretary for Foreign Affairs (and we know how fond of Obama Hillary is, since he beat her out of the Presidential candidacy) or whether he has just been so preoccupied with the domestic Health Bill issue (for which he should be congratulated), President Obama seems to be always stepping into it when it comes to US foreign policy on Human Rights.

It's not worth talking about Hillary's arm-twisting visit to El Salvador and Guatemalan governments to enforce a recognition of the Honduras coup regime that none in the region wanted, except to say that death squad assassinations and intimidation of the opposition movements in Honduras have increased since 'Pepe' Lobo assumed the Presidency that Happy Hillary claims was a 'non violent resolution of the problem of Honduras'.

But Obama stepped into it big time with his ill-advised advocacy



of renewed military assistance and training to Indonesia. The US Congress had succeeded in cutting aid and training to the notorious Kopassus Indonesian Special Forces, who are responsible for many of the human rights violations that have plagued, and continue to plague Indonesia and Timor Leste over many decades.

Obama (who spent two years of his childhood growing up in Indonesia) was about to renew the aid and training to Indonesia's military and their

'special forces' over objections from the Democrat Congress and Indonesian and Timorese human rights advocates. Fortunately the cancellation of his trip to the region might give him time to rethink that policy since journalist Alan Nairn upset the applecart.

Amy Goodman on her TV/YouTube program Democracy Now has Obama on record saying that because Indonesia is now 'Democratic', human rights abuses are a thing of the past, so the military aid should now be renewed. Alan Nairn spiked this with the revelation that in 2009 Kopassus operatives were responsible for 'death squad' style assassinations in the Aceh Province, where there has been a push for independence from Indonesia since the 1970s.

He quotes conversations with police and military officials who have felt uncomfortable with their role in covering up these assassinations. (The Democracy Now interview can be found at: www.democracynow.org/2010/3/19/exclusiveindonesian_forces_tapped_by_obama_for)

The Indonesian military are threatening to take Alan Nairn to court (Alan Nairn was one of the journalists who was beaten up in the Santa Cruz massacre in Timor Leste by Indonesian troops). Alan's response is "bring it on!" He is willing to risk a four-year gaol term for 'defamation of the armed forces' for the opportunity to hold Kopassus to account. He claims a US General was an overseer of the Aceh assassinations by Kopassus at a time when the Obama administration was trying to say Kopassus had been 'reformed'.

Professor Damien Kingsbury, in an ABC interview, said that Nairn was taking a big risk. He is assuming that he will bring Kopassus travesties into the open by challenging them in an open court. But unfortunately, says Kingsbury, the Indonesian courts are not 'open'.

The military, and entrenched corruption in the legal system will prevent witnesses being called, and military personnel from being called to be cross-examined.



Poetry at the Uni bar

by Andrew Spiers

A small but appreciative audience witnessed a superb night of poetry and spoken word on 16th March, organised by the universally-travelled Stef Petrik, who is soon to launch her first poetry book.

The evening was a two hour event, climaxing with a performance of inspired poetry by the legendary David Allen, poet, guitarist, singer, composer and performance artist.

Born in Melbourne early in 1938, he was inspired by the beat generation and travelled to Paris and England in the era of Allen Ginsberg. Sometimes known as Divided Alien, he now splits his time between Byron Bay and London.

Travails in Mexico

Part 2 – continued from last month

by Terry Beltrame

Terry's holiday in Mexico became complicated when he admitted to having a drink-driving conviction in Australia. He found the US Embassy treated him like a criminal too, and refused to let him exit Mexico through the USA. Now read on...

When I left the Embassy and when I asked my consort what was my next option, she advised that I could either travel via Santiago, Chile at a cost of \$4500, via San Paulo, Brazil to Dubai and then to Sydney at a cost of \$6500 or via Canada and then to Sydney at a cost of \$3000. I was advised that the latter was possibly my best option based on cost and that Canada does not require a visa for Australian visitors.

Of course, because my stay in Mexico was now well and truly beyond my original tourist permit, I now had to deal with the Mexican Department of Immigration – doing business with this department is one Head F--k; and you really need to know your way around Spanish conjugation of verbs as well as a strong discipline in diplomacy.

Many, many trips from city to city, department to department and some months later I finally get my air fare to Vancouver out of Acapulco and an internet booking with Cathay Pacific via Hong Kong to Sydney.

In the meantime, I'm cooling my heels in Mexico City waiting for all the beauracracy to get its shit together and I go for a cruise into one of the "street cafe" cobble stone

coffee dives and music scenes a couple of blocks from my hotel in central Mexico city. I come across this guy playing really cool blues (a rare deal in Mexico), and I ask if he'd like me to play a little harp with him. "Excellent" is the reply! So we're having this great time and I'm having a bit of practice and a couple of cops turn up and ask if I have a licence to play in the street. "HELLO"!!!! This city is chockers full of buskers, organ grinders, mime artists, silver and/or gold full body paint static exhibitionists, beggars and the list goes on. Nah!! These guys want to take me around the corner.

So around the corner we go and then it's the "What have you got in your bag? Are you selling drugs?" "No. I'm just playing music". "Give us a look in your bag". Out comes the \$500 Canon I bought to take pictures with to record my travels and it ends up on a window shelf behind one of the cops. "What's the time?" asks one of 'em and I hand over my watch (which I hardly ever wore). That goes into the pocket of the other one.

So I do the Australian thing and ask for their name and number. "Sure Hombre, we'll give you our details and then tomorrow morning or tonight we'll be along with a couple of other officers to your hotel room to have an interview about a robbery and then we'll find an ounce of "Mota" (Nimbin Green) in your room and then you can deal with the judge and see what our Government can provide you regarding accomodation for the next several months to three years. Now would you like to go back to your hotel or

would you prefer to report a robbery?" "The hotel looks good" and that's it for my night of jamming in the streets.

(During all this time I met gorgeous Dorina who invited me into her family with whom I stayed for over two months, indulging in a libido I'd temporarily forgotten about; exotic, exquisite food and an intimate experience into the daily lives and travails of a "nearly normal" Mexican family and a way of enjoying and making the most of each truly wonderful moment. Their emotional and physical help during this difficult time was akin to anything we do for each other here in our precious Nimbin. I also now have to put in a HUGE word of gratitude for the unflagging help of my glorious, wonderful friends, Heather Kimber and Pete and Annie Hajenko, without whose immense help and patience I may never have made it back to this wonderful, fortunate country we live in.)



I arrive at Vancouver at Week One of the Winter Olympics; and it's total bedlam. The Canadian Department of Immigration wants to know why I've travelled via the expensive route of Vancouver to Sydney when I could have opted for the much less expensive route via LA. I begin to explain and three and a half hours of interrogation later in a sealed room, I tell these people that I have a plane to catch in less than an hour and if they don't let me get on the thing, they'll have to deport me at their expense as I've already lost two airfares.

I was advised that the PCA in Canada is

.08 and as I had recorded .11 in Australia, I was classified a criminal and under their laws was not legally entitled to be in the country. I was escorted to security departure (from whence there is no return) and told not to bother applying for a visitors visa in the future as it would be refused on the grounds of my criminal conviction.

I could go into the minutiae of details associated with all of this but it would bore you to death; suffice to say I'm back in my beloved rainbow country, amongst my dearest friends in our glorious largess of paradise, listening to the mutifarious songs of our froggy friends and the dulcet tones of the music coming from my cd of the Marimba music of Southern Mexico. So what was this article all about? Go to Mexico - it's a sensational place of music, people, food, street life, ancient culture and a sense of joie de vivre despite the anacronisms of an 'alien' way of life. But, and there's a big BUT, if you've a criminal record – lie, you've got nothing to lose: Don't drink/drive or you'll seriously compromise your chances of getting there: Don't lose your passport under any circumstances other than the risk of losing your life.

For our local Boys and Girls in Blue, take this message to the Driver Offenders Program and lobby politicians to make this program a compulsory component of learner drivers BEFORE/PART OF getting their licence. This is a fabulous initiative and the information in this article may have some impact on the behaviour of new drivers and the ramifications of becoming a "Criminal" under the Roads Traffic Act.

Next article I'll write about some of the fabulous stuff that is Mexico, and there's heaps. It's a truly awesome place, in every sense of the word.

KA-HUNA BODYWORK AND MASSAGE WITH CHRISSY
"It is my absolute joy and honour to share my Ka-Huna touch"
 • Pregnancy massage available •
APPOINTMENTS CAN BE MADE FOR EACH WEDNESDAY AT BIRTH & BEYOND BY RINGING NIMBIN APOTHECARY 6689-1529

Calurla Chalets
 Phone 6689-7297

SELF-CONTAINED ACCOMMODATION
 Visit our website: www.calurla.com

NIMBIN AUTO CENTRE
 20 Sibley Street Nimbin • 6689-1028

FUEL - GAS - ICE - WOOD
 Newspapers • Eftpos • Snackfood
LARGE RANGE OF GROCERIES
 Locals welcome to bring produce
CAR WASH - TRAILER HIRE
 Plugs, bulbs, springs, O-rings, oils
CYCLE PUNCTURE KITS
 Open Monday to Friday 7am-6pm
 Saturday 8am-4pm, Sunday 8am-4pm



View from Crams Farm

Are the Nimbin Bushwalkers an endangered species?

by Len Martin

It's a worry that the numbers have been down on our recent walks. So many people tell me, "Oh I'd love to come on one of your bushwalks" – but somehow they never make it.

We publicise our walks in that very best of local newspapers *The Nimbin Good Times* – and we have had many, many visitors and new members from people who have seen our program and walk reports there. We run a regular program with weekend and mid-week walks and include both demanding and easy walks. And yes, there have been indications that the local community would welcome some easy (easier?) walks. Also, we usually meet at Nimbin car park, so as to offer car-pooling and transport for those who have none.

Yet, recently, having advertised the easiest of easy mid-week walks (at

Crams Farm), the only bodies who turned up were members of the hard core of the club, notably our tough, go-anywhere-whatever-the-weather President Michael Smith, Judy Hales, (who can match Michael, but does it barefoot, whereas he insists on wearing Volleys), Ron Ronan, who has done more club walks than any other member, my venerable-and-not-so-tough self and my ditto carer Kay.

Why so few? Why nobody new? (Note the poetic rhyming.) It couldn't have been the weather. It was a beautiful day, sunny with broken cloud, warm with light breezes and fabulous views of Mount Warning to the north and the Nightcap Range to the south. Was it because we had mentioned taking canoes and doing a bit of canoeing (which we did, sneaking up to within metres of a fishing Darter) and getting a bit splashed? Who knows.

Before the boating bit, we sauntered gently across the

manicured lawns, pausing frequently to enjoy the wide range of planted native trees, many in spectacular bloom, the birds and the insects, the reflections in the water. Could it be that people have been to Crams Farm so frequently that it has become boring?

Surely not! It is, to me, an idyllic place, always with something new to offer. And I kid you not – ideal for the more senior members of our community – like wot I am! And there are, as we noted in our program, numerous shaded picnic tables, where we enjoyed lunch.

Are people put off from our walks because "Bushwalks" and 'Bushwalkers' conjure up images of tough lean figures bearing massive packs, striding, head-down-bum-up as it were, at great speed across horrendously craggy terrain? Well yes, some of our members do act like that occasionally (I won't mention who they are, but we know).

But it is not like that on

most of our publicised walks. We travel lightly, we stroll, we saunter, we look at trees, fungi, birds, flowers – indeed, I sometimes think that we should perhaps style ourselves *The Nimbin Ramblers Club* – but then we couldn't be affiliated with that most wonderful organisation The Confederation of Bushwalking Clubs NSW Inc., who solve all of our insurance needs at incredibly modest cost.

So, folks, think about it and if there is a walk you'd like to do, that we haven't programmed, let us know and we'll see what we can do. In the meantime, just turn up, pay \$5, which covers insurance and gives you temporary membership and goes towards the \$15 annual membership fee if you decide to do more.

The weather was probably to blame for the small turn-up (four members and two visitors) for the February 27 Bar Mountain Circuit, led by the redoubtable Ron Ronan.

Rain threatened and the clouds loomed low. Apparently it was pouring at Tyalgum where one member lives, so he didn't come. Incredibly, given that Bar Mountain is just down the track from Tyalgum, we experienced no rain whatsoever, just damp misty cloud, which stuffed the usually spectacular view from the lookout to Mt. Lindsay and Mt. Barney, but otherwise provided a mysterious, ethereal charm to our relaxed saunter through the rainforest with magnificent stands of huge, ancient Antarctic Beech, dripping cliffs, massive epiphytic ferns,

grotesque and exotic fungi and... oh, you had to be there.

My carer and I couldn't make the March 13 walk through Billinudgel Nature Reserve and Crabbes Creek Beach led by the intrepid David Holston, but Michael Smith did and provided the following educational account. "Billinudgel, home of the 'Mungo Sage' and fancy pies. Its aboriginal meaning is a 'middle ground' (between land and sea), an area of open forest hill slopes in which King Parrots may be found. Nine of us assembled to be shown through the area by David Holston. The Tweed Shire likes to promote itself as the 'Green Cauldron'. The reality is that there are only a few properly constructed and sign-posted bushwalks in the area. It is possible to 'mix and match' a walk of your own. An old sand mining track, a stretch of beach, that's what we did. The walk started at Wooyung, (Gidabal for 'grass', originally known as New Haven). We headed south into the Byron Bay Shire, splashing through pools, barefoot. The sandy track kept sensibly to the drier areas whilst passing through wet forests of palms and swamps, in the Billinudgel Nature Reserve. We lunched between the sand dunes, out of the wind. To our right a cranky, foaming surf and behind, a splendid tail wind pushed us up the beach to the start." Sounds fabulous. Thanks, Michael.



On Bar Mountain

◦ Walks Program April 2010 ◦

Camping Weekend: 10th – 11th April Walk to Upper Portals, Mt. Barney

Leader Don Durrant (6633-3138 at night) **Grade** 4 Two day camp, arriving Saturday. On Sunday go by 4 wheel drive up a rough road to National Park boundary ("Transports of delight" in the Landrover) and start walking (grade 4) for an hour or so down hill (that's up hill coming back). A water fall at the park for swimming and another at the end of our walk. A very special place.

Meet Don will meet us at Information Centre at bottom of Kyogle on Saturday morning at 10am to go in convoy to campsite. Anyone who wishes to go separately should go on Mt Lindsay Highway to the

Mt Barney turn-off. Go to Yellow Pinch Road. Turn right and go to Mt Maroon school, and just after the school turn left onto Newmans Rd. Turn left into Waterfall Creek Road for a few minutes to the council car park beside the road. That's where we will camp Saturday night. **Bring** camping gear, food, water, swimming gear.

Thursday 22nd April Blue Springs to Blue Knob Return

Leader Judy Hales (6689-1477) **Grade** 5, 4hr return – a strenuous, short, steep climb up ridge to a lookout with panoramic views, but we will take it slowly. The really adventurous can, with the aid of a rope, then scale a small steep section to reach some grand forest

on the top. The route up the ridge is well shaded and features fantastic Grass Tree Forests **Meet** 9am Nimbin Car Park, 9.15am at the end of Symonds Rd. **Bring** food and water.

Saturday 24th April Cox Rd to Rose Rd Return (Members only)

Leader Hilary Fuerst (0429-969-944) **Grade** 2 taking 4 to 5hrs at a leisurely pace. Rolling hills and long grass; includes a visit to Wal Davies on his bush re-gen property and a side trip to a lookout over the Nimbin Valley. **Bring** food and water for picnic lunch, wear hat and insect repellent. **Meet** 8.30am Nimbin Car park or 9am at Northern end of Cox Road, Koonorigan.

Nimbin Crossword Solution See Page 21



HUGE Quality Deck-Sale Markets

Over all four April weekends (except if it rains) Including furniture, office equipment, building materials, industrial steel shelving, homewares, LP's, guitars, djembe's, rugs, paintings, linen, quality clothes, new motorbike gear, trampoline, interesting and unusual ornaments, and everything in-between.

Free cups of tea and home-bake.

65 Campbell Road, Stony Chute

Good access. Bring your trailer!

Lustre Furniture

Beautiful custom made Kitchens and Furniture made locally at Nimbin Mill.

For something made to suit your style and budget, contact Ben Robinson on

0427-393-670

or ben@lustrefurniture.com or visit www.lustrefurniture.com

Johnny Mc Towing Lic No. 10004

Any Old Cars • Any Old Metals
• Caravans • • Batteries

Ph: 66897 322 Mob: 042 99 44 571

SPECIALISING IN UNWANTED CARS