

ASTRO FORECASTS

YOUR MONTHLY REVIEW OF WHAT'S HAPPENING IN THE HEAVENS

BY TINA MEWS



May The Sun is touring through the earth sign of Taurus at the moment. Taureans are known for their pragmatic realism and their ability to create and maintain a healthy connection with the physical world. How is our relationship with planet Earth going right now? Do we acknowledge it as a living organism with its own rhythms and cycles? Collectively, our most humbling learning experience will be that we have to adept to Gaia's powerful natural rhythms that we cannot control!

Astrologically speaking, the current planetary line up in opposing signs is signalling instability and tension. On a personal level, we might feel pulled into at least two directions at the same time, unable to make sensible decisions until a new balance is found. Uranus, the force symbolizing chaos and sudden upheaval remains in challenging formation to Saturn, the planet of structure and form, until August. Additionally, the 20-year Jupiter/Saturn cycle has reached its halfway point exactly on 22nd May. This cycle relates strongly to major economic, political and social changes. Oppositions signal downturns and bankruptcies. From an astrological point of view, it is not a good time for taking out loans or even being in debt.

Aries: By now, you probably have worked out the areas in your life that require more freedom in order for you to be yourself. Nevertheless, whoever or whatever is blocking your progress is there for a reason. Think of the Mayan proverb: 'You are another myself,' meaning that each person you meet is another you.

Taurus: What has been accumulated needs to be distributed eventually for the maintenance of a constant flow of energy. Hanging onto 'stuff' (including emotions) too long can develop into a major burden and could undermine your sense of well-being. The 'lighter' you become the more freedom you gain!

Gemini: The high dose of astro-events marking this moment in time may synchronise well with your personal felt restlessness. Sudden insights just near the end of this month

could show you the way towards a deeper understanding of what it is all about.

Cancer: Is there something else you always have dreamt of becoming but never dared to go for? Nurture your dreams while continue working on your foundation of emotional strength. Then, experiment with a fresh expression of your vast creative potential.

Leo: Your values might be put to the test at the moment. Just think twice before you react. Try to curb your pride that could prevent you from releasing a few outdated beliefs. Instead, embark on a spiritual quest in search for a richer understanding of yourself and the world around you.

Virgo: A more holistic understanding of yourself and others is needed right now. Ponder on the unity of all life instead of analyzing all the

small details. Less judgment and more loving expression will bring a time of spiritual regeneration and healing.

Libra: It is said that Librans avoid making decisions because they fear the consequences of their choices. Fear of conflict might prevent you from initiating necessary changes. However, you really need some space to move right now!

Scorpio: Have you lately acted too idealistically in your dealings with others? Then, instead of feeling disappointed or even resentful, focus on your own personal growth. Attend wholeheartedly to your most pressing duties; this could bring about a new sense of fulfillment.

Sagittarius: You have expanded as far as possible in your search for the truth. Now, it is essential to find ways of expressing your insights in a personal way, owning them, giving them body and soul. In this way, you can communicate your visions in

understandable terms to others.

Capricorn: Time is truly quickening and you are determined to reach the top of the mountain. However, it is necessary to free up some areas in your life, which you cannot control any longer. The universe is asking you to be more flexible and open up towards new ways of being in the world.

Aquarius: Delays in your projects might bring frustrations right now. However, you could use this time to deepen your understanding of yourself and how well you cooperate with others. Soon you will be forced to look at life in a new way and your focus of interest might change hugely.

Pisces: It is time to become inventive and creative about following your most important aspirations. Find nourishment for both, body and soul. Are other people pulling their weight as well? Become aware of what matters most to you. Stay alert and avoid being deceived.

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/>

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My Mother is a Crazy Dog Lady

by Beau, as told to Caroline Ladewig



Beau's crazy mother is a volunteer carer who brings home all sorts of foster kids.



Bruno

Our first foster dog, Jack, (See NGT Feb 10) had only been gone two days when Mumma C came home from Animal Rights and Rescue Group (ARRG) in Lismore with Bruno.

Bruno was a very handsome Roti X. He was surrendered to a local pound because his previous owners did not bother to train him so when he grew very big he just became too much of a handful.

Mumma C takes me to dog training at Wollongbar on Sunday afternoons but while Bruno was living with us I was forced to sit on the side and watch while she trained Bruno. Mumma C always told me that I was the smartest dog at school, but I could see she was pretty proud of how quickly Bruno learned to walk on a lead, sit, drop and stay. Although I know that I was a much quicker learner than him!

I was pretty pleased that my sister Cleo didn't like Bruno. This meant that there was no way that my mummies would want to keep him forever. Mumma C has a soft spot for Rottweilers and once Bruno wasn't pulling her arm off every time we went for a walk I thought she may have been tempted to adopt him herself.

It was only a couple of weeks before ARRG was contacted by a young man who saw Bruno's profile on their website. Once he met Bruno and saw that he was not only strong and handsome but also extremely well behaved, he decided to adopt Bruno and give him a home for life.

Mumma C must have decided to give Cleo a bit of break from the big dogs for a while because the same day that Bruno left she came home with a little rat called Rex...

Rex

On the very same day that Bruno drove off into the sunset with his new owners Mumma C came home from ARRG with Rex. Now it's a good thing that I don't have that natural rattling instinct that as a Jack Russell I am supposed to have, otherwise Rex would not have lasted 5 minutes in our house!

I am not sure what type of dog Rex was supposed to be, but he was very small and very weathered, but kind of cute. Poor Rex had lived most of his life outdoors, and as a result his ears had been chewed at the tips by bugs.

Due to Rex's size, or lack of, my Mumma A had her work cut out for her repairing any small holes in our fences. Despite her great handiwork, Rex still managed to find a way out. After several escapes he had earned his new nickname, Houdini.

Fortunately my mummies feed us all very well so Rex never went very far. I think he just enjoyed the thrill of finding his way out of the smallest holes he could find.

Rex was a great house guest - he didn't eat much, didn't scare Cleo and didn't take up much room on the couch.

Small dogs like Rex rarely last long at ARRG, as they are a popular one to adopt. We only had the pleasure of Rex's company for a week before his new parents came along. His weathered looks and confident demeanor made him all the more lovable.

It was no surprise that his new parents didn't even need a week's trial with Rex. After just 3 days they had called to say they were giving him a home for life.

It was just a well, as we already had our new boarder, Jackson...

Continued next month...

Animal Rights & Rescue Group is a registered charity formed in 1995 to help the unwanted, injured and neglected animals. They are at 135 Three Chain Road Lismore, phone: 6622-1881 or through www.animalrights.org.au

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IRON MAN 2

Reviewed by Stephen Wright

The interesting thing about many American films – particularly superhero films – is how they flirt with anti-authoritarian ideas. But it's just flirting. Nothing is ever consummated. Eventually everyone goes home to mom, or in the case of *Iron Man 2*, dad.

At the end of *Iron Man*, hi-tech industrialist Tony Stark (Robert Downey Jr) revealed to the public that he is Iron Man, setting us up nicely for *Iron Man 2*. The plot gets labyrinthine very quickly, as though we are being prepared for some startling revelation. Tony Stark as Iron Man has somehow bought about world peace, but his energy chest implant is slowly poisoning him. The US government, hand-in-hand with a slimy weapons manufacturer, wants the armours technology, though this acquisition is questioned by Stark's moral pal Colonel Rhodes (Don Cheadle). On top of that, renegade Russian physicist Ivan Vanko (Mickey Rourke still carrying his 'Wrestler' look but with tattoos) is out

for revenge on Stark using technology that his father built with Stark's father, who shafted him and got him sent to Siberia.

On top of that, Stark's mega corporate empire is going to the dogs (we're never sure why) and there is still the question of whether or not Stark has the hots for his indispensable assistant 'Pepper' Potts (Gwyneth Paltrow). On top of that, Samuel L. Jackson turns up as a secret agent wearing an extremely unconvincing eye-patch and a Matrix overcoat, accompanied by Scarlett Johansson trying, and failing, not to look extremely silly in black leather and latex. And on top of that Stark still thinks his dead father didn't love him.

The special effects are of course beautifully done and enormously spectacular and satisfying. The plot however has more holes in it than my socks, and the political metaphor of the film maps

out somewhat paranoidly as, *America Is Still The Best And Will Always Be The Best. And It's Cool To Have Black Guy Military Heroes Now.*

Everything in *Iron Man 2* looks as though it's going to be ironic. As I said earlier, it



Robert Downey Jr as Tony Stark, man of action figures

seems as though we are being set up for a cataclysmic revelation that never comes, set up for a joke that has no punchline. So when Stark says,

"I've privatised world peace" and his father says, more than once, "All problems can be solved through technology", the intention seems to be that we should read these statements ironically. Except that the film's narrative takes them entirely at face value. *Iron Man 2* is a strange film. Things explode and crash and fly at hyper-speeds and so on, and Downey Jr does his manic Tony Stark thing and everyone else, with the exception of Jackson and

Johansson, does what they are asked to do without too much embarrassment. But the nascent political sub-text of the first film about the US involvement in Afghanistan has vanished entirely. It's America against the world again. But this time hip corporate guys will be the saviours with good guy military jocks and morally upright black guys as back up. The government will turn up and hand out medals at the end as they are too corrupt to do anything else.

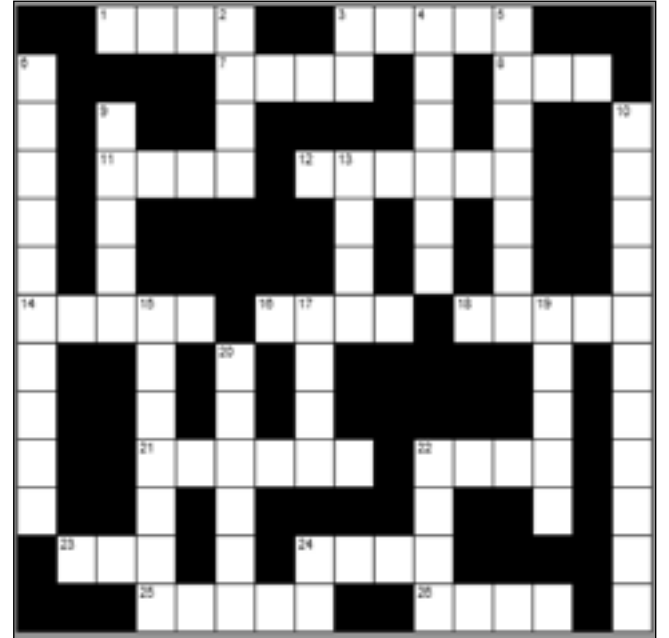
This is a very long film and takes its time getting to places. If you leave your expectations at the door you'll be happily entertained, and there are jokes enough among the explosions and weird plotting to lighten up the gung-ho American self-love.



Silly in spandex - Scarlett Johansson as the Black Widow

Nimbin Crossword

2010-05
by 5ynic



Across

- Set fire
- Antipodean forces
- Black Chalcedony
- 1st number
- Burial place
- Fill with smoke
- Bother? Concern
- Roadside warning? Wide spliff
- Surprise? Begin
- Join (forces)
- Think over? Grass
- Jamaican (dancehall) music
- Opposite of a wigga? US biscuit
- From our natural satellite
- Duck feathers? Below

Down

- Internet insult – "know-nothing!"
- Cut
- Fold out guest futon (3,3)
- Live together
- Kombi maker
- Drug (once popular for pain relief in childbirth)
- Nimbin's homegrown boys in blue (6,5)
- Highland malt
- Extending (of a lease)?
- Hogwarts postal service
- Appropriately
- Pale lager
- Emotion
- Alternatively

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Reviews from the Crypt

by Stephen Wright

Catch-22

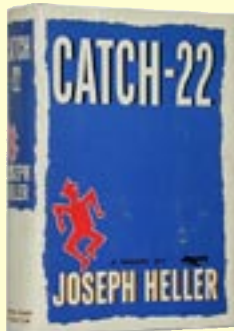
Joseph Heller (1961)

When it was suggested to Joseph Heller that he'd never written another novel as good as *Catch-22*, he replied, "No... but who has?"

The phrase 'Catch-22' has entered the vernacular, as a reference to a situation to which one is entrapped but can't get out of. In Heller's book, 'Catch-22' is the military regulation which declares that any combat airman can ask to be grounded because to continue to fly while being shot at, is suicide. But if he asks to be grounded then he is obviously sane, and can then return to flying. But the real catch of the Catch-22 regulation, is that it doesn't exist, everyone just thinks it does. This means that it can never be repealed or challenged.

Set in a fictional bomber squadron in the Mediterranean during the Second World War, *Catch-22* is an absurdist and bitter satire on war, whose black humour and memorable characters make it a very difficult book to forget.

In a week in which it seems that each successive Anzac Day seems to lead to ever-greater nationalistic posturing about the sacredness of getting killed in a war, it's a book we could do well to revisit. *Catch-22* is the story of a bizarre set of characters, like M*A*S*H on amphetamines, but loosely centred on the anti-hero Yossarian, and his descent into the dark and surreal heart of the war. The richness of the characters in *Catch-22* enable Heller to portray war as a bureaucratic nightmare which minimises a war's horror and elevates clerical demands to the level of irreducible truth, and also allows him to create a novel with many different perspectives: Milo Minderbinder who operates a syndicate of absurd and gigantic proportions which even begins to govern when bombing missions take place; Major Major Major Major, who can never be promoted or demoted because that would then deprive the army of its sole officer of that name;



Major - - de Coverley, whose face is so terrifying that no-one will dare even ask him his name and so on. The darkness of Heller's themes is redeemed by his humour, and that's as good a place as any to show you where the heart of *Catch-22* lies.

The Texan turned out to be good-natured, generous and likable. In three days no one could stand him.

"That other dirty son of a bitch we don't like? What's his name?"

"Yossarian, sir," Lieutenant Scheisskopf said.

"Yes, Yossarian. That's right. Yossarian. Yossarian? Is that his name? Yossarian? What the hell kind of a name is Yossarian?"

Lieutenant Scheisskopf had the facts at his finger tips. "It's Yossarian's name, sir," he explained.

And finally, Outside the hospital the war was still

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Two views of MardiGrass

The 'Grass

by Warwick Fry

Not a riot in sight or to be incited. Even the Police kept a low profile (as the 'Polite' did not, which is a Good Thing). Put the 'Grass up on YouTube and the World can't fail to be convinced. Of Cannabis Law Reform.

Michael failed to be convincing in his opening speech ('everyone who died in Nimbin in the last year is a victim of drug laws'), especially to a young and very intelligent audience, but he lifted his game for the closure and presented more convincing rhetoric for the Big Reform.

And the imported US academic absented himself after the opening rhetorical speech that Marijuana was a cure for Old Age. Okay ... he didn't say that in so many words, but the message was pure snake oil, which hopefully was summarily dismissed by the overwhelmingly youthful and inspiringly articulate audience.



Dr Bob Melamede

And who needed the rhetoric? We had top top top bands from the locally grown international artists. Diana Anaid was there, Aurora Jane, the rap group from Lismore (sorry guys - I should have had that joint with you...) but they came out with brilliant lyrics and sweet drumming. Essie was up there with attitude

and... well ... I had to go off and do my radio program, but there were some glorious blues throbbing just outside my window most of the daze.

And the Japanese are no longer tourists, and the younger generation is coming through with bold fashion and creative attitude. It's not just the Hemp any more. It's the ideas. Drug Law Reform is simply another peg or coathanger where you let your creativity hang out.

Let's call this the 'stripped down' MardiGrass. Numbers down but quality made up for the quantity.

Next year will be a good'un.

Transcendent Global 4.20

by Max Stone

SuperB with a capital and exclamation marks, that's how I saw the Global Marijuana March Demonstration on MardiGrass Saturday.

I don't want to knock any of the previous eleven FourTwenty demonstrations we have staged, each one of them occupies a special place in my heart (and webspaces,) but this one, the TwentyTen FourTwenty was *transcendent*.

On the youtube footage, Cullen Street is awash with people from the Post Office to Peace Park, a wondrous ocean of people of all colors, ages and sizes, beyond overflowing - way past overflowing - somewhere in the outer regions of un-insurable and super saturation.

10 - 9 - 8 - 7 - 6 - 5 - 4 point 20 - 3 - 2 - 1 - dramatic pause - *Ignition*.... Thousands and thousands of lighters ignited thousands



and thousands of 'politically correct' joints and I reckon we would have hotspotted a thermal satellite image like an Icelandic volcano.

For those four magical minutes and the 20 incredible seconds, we, the activists, took control of the street and turned it into a moment of history, a record breaking moment in cannabis law

reform history that was, itself, part of a record setting global demonstration that took place in 317 cities and towns around the planet, with every location reporting record numbers of supporters.

It felt really *real*, you could see the desire to change the law on the faces in the throng and you could feel it in the cheering and as the smoke rose higher and higher, the sight, the sound, the taste, the smell and the feel of it all somehow coagulated into a 4 minute 20 second symphony of cannabis law reform that was uplifting.

Just the spirit for the trip to Canberra.

Not all travail in Mexico

by Terry Beltrame

Beautiful people, Mexicans, in every sense of the word. Despite my "travails" I found these wonderful people to be generous, hospitable, polite and curious about all things Australian. They love Australians as much as they dislike Americans, even though most would love to live in the US because of the work opportunities and the money they can make there. I was constantly invited into strangers homes to meet the family and have a meal, a few beers and tequila and share stories on our comparative lifestyles. "Ahh! Kangurru" and then I'd whip out the photos of our "pretty face" wallabies and rainbow coloured bird life that visit my backyard and they used words like "paradise" and "heaven" to express their wonder and then in disbelief ask how's it possible for someone to have a half hectare of this paradise and not be in a state of perpetual bliss. "What? Never a civil war. You've only been bombed once in the nearly three hundred years of white settlement? No bunkers, armoured cars and machine guns on the streets? Department stores and retailers don't have security guards armed with automatic 12 gauge shotguns or M16's?" "Why have you come 'over here'?"

Sitting around one night drinking Corona from litre bottles (\$2.00 a piece) with a bunch of locals I was asked about work opportunities in Australia and general living standards here. As an example, a "check out chick" in Mexico makes about \$35 per week which makes life a little nefarious considered the price of food is much the same as here. The mere fact that I could afford to travel made me "very wealthy" in their eyes as just taking a 5 hour bus trip in Mexico is equivalent to a weeks wages for many of those on a minimum wage. They were gob smacked with the fact that we get paid for "not going to work". With an abysmal social security system (aged people only, and then a paltry amount) the concept of the "dole" was incomprehensible, not to mention that we can go to a doctor or hospital for free, even if there is a waiting list. The fact that it takes the best part of three days to drive across our big brown land of 22 million people, when Mexico City alone has a population of 26.4 million, was just too much.

Anyway, back to the "travails", seeing as I was having no luck with the US Embassy in getting a visa to leave Mexico via the USA, I thought a working passage with some boat might be the go, be it a freighter or pleasure cruiser, and I decided to go to Acapulco, an hour away, and see if there was anything I might be able to score on that front. Met up with a couple of Nimbin type people on the waterfront and had a couple of tequilas and the odd beer and played some music before doing the rounds of all the money sitting out there on the water. Mexico might be a "poor" country but you wouldn't know it by the number of multi million dollar yachts and cruisers just wasting away in that water. There's no one about so I figure "Come back tonight" after everyone is back on board after the day's outings. There I am having a nice walk along the stone wall broadwater later that evening checking out crews/owners and some "person unknown" grabs my shoulder bag, which has all my ID and travel documents, and shoves me into the deep, about a two metre drop into Acapulco Bay. Now I'm not one who prefers to frequent the tourist spots but being in Acapulco was a situation of necessity and unusual circumstances, and there's nothing in the tourist brochures (which one is inclined to read just for the hell of it) that says a late evening swim is obligatory when visiting Acapulco. So there I am in my "T" boots and clothing looking for a way up the stone wall a couple of metres above my head. About twenty minutes later I find a set of steps that lead me out of the water. The passport (third issue from the Australian Embassy) is soaking wet in my pocket, no documentation and no closer to home.

Back in the water, as I was finding my way about, I fondly remembered New Years Eve a few weeks earlier with a few new found friends from Chilpancingo, where I was staying with the lovely Dorina, and there we were, beers, tequila and lines in the sand and a perfect balmy and starlite evening. Now; only a few nights before this I'd introduced these wonderful people to the game of Aussie Rules via the wonderful world of the web (Mexico might be suffering financially but they put our internet to shame - lightspeed by comparison; but the phone system sucks). These people just could not get their heads around these guys who "FLY", and then without any protective gear, lift their arms up to expose all of their body to be punished by whoever wants to have a whack at 'em. "Not only can these people fly, they are so tough - are all Australians

like this"? So I suggested they have a look at the RFL site. "What? No shoulder pads or helmets"! Everyone is suitably impressed and now think Gridiron is a game for pussies, though "the world game" is still king.

A couple of weeks earlier I shared a small van with some people, all of us travelling along one of the many expressways now traversing the country, on our way to Canyon Sumidero in the southern region of Chiapas. It's very difficult now to find a "beaten track" as was the norm many years ago because the government is committed to building roads to accommodate all of the newly affluent who want better roads for their new cars and luxury buses, despite these people comprise a mere 5-10% of the population. You really need to go out of your way to find the older system of utes or trucks who transport people from village to village and the original highway of the 1970's is now mostly for local traffic. Albeit, here we are, all five of us travelling out to the canyon and there's this guy (Anton) from Michigan travelling with his Brazilian girlfriend. He asks "Where're you from?" Nimbin, Australia. "Get fucked. The marijuana capital of Australia and one of the coolest places we've ever visited. We were there last year." Some coincidence. I was immediately raised to Guru status - thank you Nimbin. Many travellers I met, knew of our humble little village and would love to visit; they all said they'd heard it was a fabulous place and the people were so friendly. Regardless, we get to the embarkation point for our tour of a couple of hours up this sensationally beautiful river, winding its way through jungle and cliffs over a kilometre high on either side and we don our life jackets and all get on board. This river starts its life in Guatemala and flows into the Gulf of Mexico some several hundred kilometres further on. Being in the low lands, we get to see an abundance of crocodiles sunning themselves on the river banks, along with any number of birds and associated wildlife - truly jaw-dropping and inspiring stuff, especially given the lack of wildlife in many other parts of Mexico. So here we are cruising along and getting as much as an eye can cope with and there's bubbles in the water where the crocodiles are cruising their way around doing what crocodiles do when they are submerged. I ask Anton, "Why do they give us life vests if there'r crocodiles in the water"? Quick as mercury through a pitch fork he says, "It keeps the meat fresh!" I laughed all the way up the river. Mexico is a fabulous place.

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Bushwalks in April

by Len Martin

The beauty of belonging to Nimbin Bushwalkers Club is... that you get to do things that you probably wouldn't be game to do on your own – like me, at 76, doing the Upper Portals on Mt Barney Creek.

Thing is, the club has leaders with great know-how about this region, experienced scrub-bashers who can find their way through trackless wilderness, and members with much natural history knowledge.

Even if you don't have a car but can get to our usual start point in Nimbin, someone will give you a lift (even for camping weekends) – though it helps if you phone the trip leader or secretary (me) beforehand to make sure. If you have car but don't want to travel, we can pool. Also, we tend to saunter, with much opportunity to bird-watch, spot orchids, hug trees, rocks, plants, fungi and photograph them – and swim in fabulous rock pools below fantastic waterfalls – with our own waterfall specialist to take us to the really way-out ones.

But it is not always sweetness and light. There was a most unfortunate incident on our Currumbin Creek walk – not the fact that Ron Ronan's car gave up the ghost as we

arrived. Alas, one silly old bugger (aged 76) slipped and fell at the first creek-crossing, soaking himself and his new, yew-beaut whiz-bang camera.

Amazingly, no bruises and a lovely trip home on the tow-truck with Ron and his car (thus solving a return car-pooling problem). Despite every available camera orifice being filled with water, it slowly recovered from apparent death and works as well as ever. Serves the SOB right for not wearing Volleys!

The walk report below is



thus provided by our eminent President, Michael Smith – who does wear Volleys.

Fourteen Club members drove into the Currumbin Valley to experience a series of waterfalls. Ron's car had gearbox troubles and died at the start of the walk. David Holston led 12 of us (Joy gave Ron a lift to the nearest public phone to call to the RACQ)

up the paved path, past falls, cascades to an old sawmill. We scaled the fence, past signs warning that we were entering serious walking country and had better be prepared. L** was the next casualty. He slipped and fell at the first creek crossing, wetting himself and camera. He easily walked back across the creek, through

the water, demonstrating how much simpler it is if you are prepared to get your feet wet. He returned to the car park to join Ron's rescue team. I tend to bore people when praising Volleys (an inexpensive shoe with very good grip). When buying shoes for bushwalking, you cannot know how good the grip is in the wet, and most modern shoes have soles

which are very slippery on wet surfaces.

Eleven of us took on the challenge of the Creek, crossing and re-crossing it a dozen times, ever upstream. We paused to swim in a deep, invigorating pool beneath a waterfall – one of life's great pleasures, even with your swimmers on. Joy caught up and we lunched on a sunny rock above another waterfall, then upstream to the twin falls. It does not happen often in life that you encounter a scene of such beauty that you have to give it ten out of ten. Here was one.

A break in the rainforest where two vigorous creeks merge, each in a waterfall. A huge fallen Hoop Pine log had lodged half way down the cliff at a rakish angle, perfectly linking two parts of the waterfall. All was life, happiness and abundance. Joy swam the pool. This was our turn-around point, but not before most of us swarmed upstream to see what other wonders might be up there. We carefully picked our way home."

For the Upper Portals, Don Durrant led a vehicular convoy on a wonderful scenic drive via Summerland Way, Mt Lindesay Highway and obscure back roads to a shady campsite at the foot of Mt. May, back of Maroon township, complete with its own idyllic swimming hole, where we splashed and splashed.

Next morning, after

breaking camp, eleven of us somehow packed into two 4WD utes and a Landrover for 5-6 km steep, bouncy ascent to a parking area on a ridge west of Mt May and almost as high – one of those top of the world spots with fabulous views. Most of the walk was on a broad fire-trail, along the ridge then very steeply downwards to a valley with views of the west peak of Mt Barney, then descending slowly over repeated shallow, non-traumatic creek crossings to Barney Creek, for our first real rock-hopping creek-crossing, joyously completed without incident by one elderly participant. Along beside the creek, only to have to cross it again, with even more demanding rock-hopping where... nobody fell in. This was the Upper Upper Portals. We then scrambled up, along and down the steep, rocky, valley side to the Lower Upper Portals and a spectacular, cold-water swimming hole, where we disported ourselves and lunched.

A slow return up hill to the 4WDs, a bouncy down hill to the cars and the long drive home – some of us returning by the Lions Road – but by golly gum-drops it was well worth the drive. Our thanks to Don for organising it.

As a string of rainy days led club stalwart Judy Hales (who doesn't have a car) to cancel her iconic walk up the ridge to Blue Knob, but fear not it will be rescheduled

asap. Our final April walk, led by Hilary Fuerst, was also nice and close to home, starting and finishing at the north end of Cox Road, Koonorigan.

Along the top of a ridge with views east into Tunttable Creek Valley, and views west initially into Goolmangar Creek valley, then Bishops Creek valley, and finally, spectacularly, from a Rocky lookout above and behind Moondani MO, across the whole Nimbin Valley – the Rocks to the southwest, the township below, Mt Lindesay, Barney and others in the far west, and the Night Cap range to the north.

This walk is indeed one of the hidden treasures of Nimbin, though some of it requires permission from private landholders, and although graded 2 it was fairly demanding for the more senior members of the group of 14 that enjoyed it – and I do mean enjoy. Wonderful weather, wonderful views, wonderful company, the privilege of seeing Wal Davies' rainforest regeneration, some beautiful Green Hood orchids, the discovery of where the Police Radio Tower is going, and lots more.

Our thanks to Hilary for organising it, Wal for sharing his little rainforest heaven with us, and Heather and Danny for sharing their bit of this paradise we call Nimbin.

And my extra bonus is that all the exercise made me incredibly fit for the Hemp Olympix Bong Throwing!



Walks Program May 2010

Saturday May 8th

Mt Nardi to Dirangah Rocks

(part of Historic Nightcap Track)

Leader Michael Smith (6689-9291)

Time 6 hr return, Grade 4 moderately difficult, 300 metres of elevation change, up & down, over 14 km Features many forest types on the edge of Mt Warning Caldera, 810 metres above current sea level Meet 8am Nimbin car park, 8.20am Mt Nardi Bring lunch, water and leech repellent.

10am The Channon Tavern, or 10.45am Rocky Creek Dam Bring lunch & water.

Sunday May 30th, 3838 Gorge

(near Rummery Park Camping Area)

Leader Neil Biggar (6679-3140)

Time 4 hr Grade 3 walking on fire trails, some scrub bashing Features rainforest and a mossy canyon Meet 8.30am Nimbin car park, 9am The Channon Tavern, or 10am at Rummery Park Camping Area. Bring lunch and water.

Walks meet @ north exit of Nimbin car park for car pooling, or at start of walk. Unless otherwise specified, visitors (non members) welcome, but will be required to pay a fee of \$5 per walk - deducted from membership fee when they join Club. Membership \$15/head to Treasurer Kay Martin PO Box 61 Nimbin, 2480 (Tel. 6689-0254).

Wednesday May 19th

Big Scrub Loop Walk and Platypus Walk, Rocky Creek Dam

Leader Judy Hales (6689-1477)

Time each walk 30 min (1.5km), Grade 2 & 1, easy walking on formed tracks Features wide variety of views and landscapes – lake, dam wall, platypus, water lilies and virgin rainforest Meet 9.30am Nimbin car park,

Nimbin Crossword Solution
See Page 23



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Integrated health program to be trialled

NimbinGym, an innovative approach to physical health support, is set to start up.

Wayne Cuthbertson (pictured) will commence the trial of an Allied Health Assisting program later this month, in a space at the Nimbin Community Centre.

He will offer rehabilitation, dietary advice, physiotherapy programs, and activities for indigenous and non-indigenous youth of all ages.

The initiative involves Rural Health, Indigenous Health and the Nimbin Medical Centre.

The proposal was developed about two years ago in consultation with Uncle Cecil around concerns that some of the Bundjalung young men/boys were drifting into increasingly sedentary lifestyles, likely to impact on their health and wellbeing.

Together with Sue Page of Rural Health, a couple of joint applications for funding were submitted (unfortunately not successful) for youth activities including exercise and fitness, self-esteem, and skills that could lead toward bush regeneration and bush tucker as a way to promote better nutrition.

Discussions were also held with hospital staff about population projections and likely health care needs, for adults as well as youth, in comparison to hospital clinicians available, both current and intended.

It was clear there would be service gaps, and one identified need was someone who had both fitness and health training, including nutrition but also across age groups and incorporating chronic disease and rehabilitation such as post-stroke.



Allied Health Assisting programs can work well, with highly qualified fitness trainers providing reinforcement of exercise and mobility programs between appointments with GPs, physios and psychologists.

Wayne had previously obtained Certificates in Exercise and Fitness, and used to run a youth mentorship/support and fitness program. He has now expanded his training to include childhood fitness and nutrition and also older person exercise rehabilitation, tailoring his training to identified needs.

Sue Page was happy to fund his training and to also make available funding for an initial few months of rental of a suitable space to enable the integrated program to be trialled.

"This is something for the whole community, young and old, black and white," said Wayne. "It's for people of all fitness levels, people who have injuries or have special needs."

The success of the venture will depend on the program becoming self-funding through support from the local community.

For more information about NimbinGym, contact Wayne on 6689-0069.

Mixed results for Headers so far

by Gary Whisker and Simone Rutley

The season is underway. The first weekend for the seniors was a scorcher! The men's 5th division kicked off at 1pm against Ballina and within 10 minutes everyone was gasping. Ballina surged into a 3-1 half-time lead, and despite a valiant 2nd half effort by our team, Ballina won 3-2.

The 4th division team played Bangalow and found themselves 1-0 down after 20 minutes. A big effort from all turned it around to a 4-1 lead at half-time. Despite tiring in the heat through the second half we ran out winners, 4-2.

The women's 2nd division team lost their first game, 4-1, to a determined Ballina outfit. A 12.30 kick-off in 31 degree heat proved too great a test of fitness so early in the season. Their second game showed just what a strong spirit this team has. They had a great 3-2 victory away, to Lennox Head. They were short of players but not determination: always out-numbered but never outgunned!

The 2nd round saw both mens teams travel to Mullum to face Brunswick Valley. The 4th division boys played a bruising match, eventually going down 2-0. The 5th division also had a tough afternoon, managing to grab a late goal



Welcome to our youngest coaches Luke and Kimby with their team the under 8's: front row r-l Katori, Mali (hidden), Sylvan, JJ, James and Arky.

to share the spoils 1-1.

The MardiGrass weekend marks the start of the junior competition. They have been training hard over the school holidays with the Tuesday sessions increasingly well attended. Everyone is eager for the season to begin.

Bring it on!

This month's senior home games are: Mens - 8th and 22nd May, 1pm and 3pm; Women - 16th and 23rd May, 12:30pm. Please come down and

support our teams.

- Next committee meeting Monday, 17th May, 6:30pm at the Nimbin Hotel. All welcome.
- Next work day: Sunday, 13th June, 9:00am. We will be looking for people to garden, mow and brush cut.
- Wet weather phone number: 0409-608-664
- For the weekly draw, results and ladder, go to the website: www.footballfarnorthcoast.com.au

Nimbin Garden Club Notes



Amanda Furze at Eternity Springs

by Ossie Osborne

The third Saturday in April started out with showery, overcast skies. However, the day brightened considerably when a large contingent of garden club members and guests descended on the Eternity Springs Art Farm on Tuntable Creek Road.

Amanda Furze, our host for the visit, welcomed us with a bit of history about her property and her approach to combining native and exotic plantings, before leading a fun ramble, past various artistic works, to her special waterfall and natural swimming hole.

Next we ascended the 'stairway to heaven' to admire a tranquil view and mosaic tiled art. Nearby, a small circular stone garden maze also kept members amused, before all returned to the main residence for afternoon tea. Perhaps

there were some brief showers, but who cared – it had been a very interesting and relaxing visit to a most colourful eclectic garden. Thanks Amanda.

As usual, the swap table was popular, and it was good to see that more and more members are bringing along plants and/or garden produce to share with other club members.

Next Meeting

The May meeting of the club will be held at 2pm on Saturday the 15th at the Boomsma family sunflower sprout farm, 1834 Nimbin road, Coffee Camp.

A previous club visit to this certified organic farm was severely affected by bad weather a couple of year's ago, so let's hope the weather is kinder this time. As always please bring a plate to share, a chair to sit on and your cup. And also don't forget the club swap table.

If you have some surplus garden material (seedlings, cuttings, fruit and veggies, preserves etc), please bring them along.

Members' guests, visitors and prospective new members are always very welcome. For more information about the club, please contact either Ossie on 6689-1726 or Denise, 6689-9324.



WALLERS BUS COMPANY		NIMBIN - LISMORE - NIMBIN		ROUTE 630
Normal Depart Times		Pick-Up Points		School Holiday Times
School Town	Mon & Thurs	Approx. times - Please allow for Conditions	Town	Town
Bus AM	Bus AM	Midday PM	Bus AM	Bus PM
7.50	8.55	3.22*	Nimbin Central School	
7.52	9.00	3.25*	Nimbin CBD, Main St.	9.00*
8.03	9.10	3.35*	Coffee Camp School	9.10*
8.10	9.15	3.40*	Goolmangar School	9.15*
8.14	9.18	3.44*	Goolmangar Store	9.18*
8.20	9.20	3.50*	Blakebrook, Cnr of Rosehill Rd.	9.20*
8.30	9.30	4.00*	Lismore, Cnr of Terania & Bridge St.	9.30*
8.40	9.32	4.05*	Lismore Transit Centre - Arrive	9.32*
3.15	8.00*	2.35	Lismore Transit Centre - Depart	8.00*
3.35	8.03*	2.40	Lismore, Cnr of Terania & Bridge St.	8.03*
3.45	8.15*	2.45	Blakebrook, Cnr of Rosehill Rd.	8.15*
3.55	8.23*	2.48	Goolmangar Store	8.18*
4.00	8.25*	2.55	Goolmangar School	8.20*
4.05	8.35*	3.00	Coffee Camp School	8.25*
4.15	8.45*	3.10	Nimbin CBD, Main St.	8.35*
4.20	8.50*	3.15	Nimbin Central School	8.55*

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Nimbin Custom Car Bike & Tattoo Show

by Craig Nelson

Lovers of bikes, cars, tattoos and music assembled at Nimbin Show Grounds on 24th April for a display of polished chrome and skin art.

Fans of roadsters and hot-rods came from far and wide to display their own and appreciate others' lovingly restored and maintained machines.

Darren Rogers from Goolmangar (pictured) found a wreck in a paddock.



Photos: Ruth Powley



Members of the Nomads motorcycle club.

Twelve years, four children and countless hours saw restoration of his 1929 Ford tourer to a state possibly beyond its original splendour. Promoter of the inaugural

Nimbin Custom Car Bike and Tattoo Show, Mick Greco, feared news of biker gangs appearing may have kept people from attending his showcase event.

Nevertheless, hundreds turned up to share their passion for vehicles with grunt, leather, attitude and fun. Another is planned for 2011.

Back to Basics

by David Hoffman,
David's Health & Lifestyle Studios

The age old question when we are lifting loads or objects that are heavy: do we bend our back or do we try and keep them upright?

Because of our very different and individual bio-mechanics everyone will vary, but the basic principles of how we lift an object and what position we should be in to start with are generally the same.

There are eight guides to how you lift or lower a load that will save your back:

- Have your feet in an even and stable position, ideally with them both your hip width apart.
- Brace your abdominals (almost like you are drawing those inwards) and breathe in on the way down, out on the way up.
- Keep your eyes up as you lift as this



will keep your back in a generally good position. If you look down you will tend to flatten out or arch your lower back in a position that will cause you grief.

- If you can, have the object that you are lifting closer to the body, there will be less pressure on the back and shoulders when you lift.
- When you bend to pick up a load bend out at the bum (almost like you are going to sit on the toilet) and keep your heels on the ground. If you are tottering on your toes or feet you may not be sticking your bum out far enough.
- Don't twist with the weight in your arms, move your feet and body to

keep the weight in a stable position (especially don't corkscrew).

- Keep your shoulder blades back slightly, this will protect your shoulder and stop you losing control and placing the load on your lower back.
- Use resistance training to strengthen the body to keep all those muscle working efficiently and effectively. Use exercises that only move like your body does (compound exercises are a group of muscles and joints moving uniformly at the same time).

If you watch how children under the age of 8 years bend and move when they are active, it is perfect. As we get older, we tend to fall into bad habits that will eventually cause us some grief. If a man has a heart attack eating a cream bun, it is generally not that one that has been the contributing factor, it is the 100's that he has eaten up to that point.

This is the same with backs. Try and teach those good habits again before you have problems – ask anyone with a bad back.

A good fighting fish



by Col Smith

I caught this flathead while on holidays at Basin View on St George's Basin near Sussex Inlet on the South Coast earlier this year, with my brother-in-law Lyle Jackson in his boat.

We had caught about six small snapper and six bream when this big mother came along.

I knew I had something big, but I only had a 4lb mono line with a blade lure on a small egg beater.

While tangled around one set line, we got both anchors up and managed to tire him out and netted him into the boat.

It turned out to be 940cm long and weighed 5.45kg.

It's the biggest flathead I've ever caught.

Send your fishing story to us.

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real estate www.nimbinrealestate.com.au 66 Cullen St. Nimbin

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FEAST YOUR EYES \$489,000



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Rainforest, tranquil creek, open grassland and views to the distance. These are some of the features that come with this 12 plus acres. There is a comfortable 3-bedroom home with plenty of room for the kids to play. Keep the man of the house happy with a big shed. Set 25 minutes to Lismore, this property is worth seeing.

MOUNTAIN HIGH \$240,000



NEW LISTING

Over 100 acres of beautiful forest set high in the mountains. Fabulous views of distant hills and valleys with power on the block and building entitlement. If you want to live up in the clouds, this is for you. Ideally placed on a quiet country road but only 20 minutes to Lismore.

FAMILY AFFAIR \$320,000



NEW LISTING

On the edge of a village 10 minutes from Lismore is a 4-bedroom home with granny flat underneath. The home has built-in wardrobes, hardwood timber floors, reverse cycle air conditioning (also in the granny flat) with tinted glass windows so you can enjoy the views and still enjoy your privacy. Underneath the home is a double garage that also has a workspace area with 2nd toilet. The granny flat is tastefully done with a tiled floor, kitchenette, toilet and shower opening onto an entertainment area. A cement water tank has been cleverly converted into a pool with lights for a night-time dip. There is two 5.5 gallon water tanks with a solar hot water system. Enjoy your own fruit from an assortment of trees. Close to bus, shops and schools, this is a must see property.

UP IN THE CLOUDS \$435,000



Placed in a beautiful setting of lush green pastures and timbered hills is this ideal country retreat. This 16 acres of rich soil suitable for horses or cattle, a big spring feed dam for water plus a bonus stables and yards. The 3 bedroom 2 bathroom timber home is spacious and inviting, with a great kitchen and entertaining areas. Sweeping verandahs overlooking lush tropical gardens of fruit trees flowering shrubs and elegant shade trees. Great location and views.

ENCHANTED FOREST \$230,000



NEW LISTING

At the end of a quiet road in a beautiful forested area is this wonderland of nature. With tall native trees and rainforest gullies. Super private property with power on site. Water in abundance from fast flowing mountain stream with moon shaped pools amongst palm filled glades. A paradise of flora and fauna, only 20 minutes to Lismore.

HARLEY'S HOMESTEAD \$385,000



NEW LISTING

A giant Moreton Bay fig graces the elegant grounds of this 1910 Colonial homestead. This country home has charm and comfort. Boasting 3 large bedrooms with high ceilings and french doors that open onto the verandah. There is a large sleep out with separate dining room and kitchen, an elegant hallway leads to a lounge room with space to relax. An entertainment area at the back adjoins the double garage, and a stroll across the 5 acres leads you to a creek with a swimming hole. There is also an option to lease an extra 5 acres. Come and see this property, you won't be disappointed.



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WADEVILLE \$267,000



Are you after a change of pace and lifestyle? Then this may be perfect for you. Relax on the deck of this timber home settled high on a ridge on the exterior slopes of the caldera. Unique stone feature walls and timber beams flowing from the main entrance through the spacious combined living / dining (with wood burner), kitchen and adjoining bedroom and bathroom, create warmth and a very relaxed feel. The deck and glass windows and doors open the living / dining and kitchen to light and bring the outdoors in. Upstairs are 2 large bedrooms and a flexible space of 2 smaller bedrooms and perhaps adjoining playroom or study area. Enjoy the benefits of living in a community (company title MO) on your own 5 acres with access to approx 100 arable communal acres and pumping rights from a large dam, whilst retaining your privacy via a private entrance from Kyogle Road. This is a home for the heart. Ref.#1293



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NIMBIN \$1,290,000



Want a lifestyle property with an income attached? Crofton's Retreat Boutique Motel is situated 4 kms from the vibrant tourist town of Nimbin and is just waiting for you to realize your dream and its full potential. 5 stylishly decorated double suites, each with queen bed, TV, iPod docking station, kitchenette and ensuite. Throw in a 3 bedroom homestead with verandahs, a 1 bed studio and old bales and you have an extraordinary property already! But wait! There's more! Magnificent views, 77 glorious usable acres with its own creek to cool down in on a summers day, 2 dams and an amenities block gives you the room and option to have camping grounds for the many worldwide tourists (STCA). REF# 1292



BYRRILL CREEK \$529,000



Live the life of tranquility on 5.2 acres of private land with its own creek frontage. The home is 3 bedroom 2 storey brick and timber construction, with mezzanine level and additional bedroom/office/study has separate entry and attached kitchenette. Enjoy the lovely views from the 2 sided verandah off the huge main bedroom. Herb garden, vegetable garden and glass house attached to main house. Established orchard, 50,000 litres of water storage, dam, exquisite creek frontage with pumping rights. Two large sheds both with power, room for a caravan even! Situated 5 mins from Uki and 45 mins to Gold Coast airport! REF# 1290



BYRRILL CREEK \$270,000



This diamond in the rough needs some vision but its easy to see that this 2 bedroom hardwood home could be something special... stepping down to a beautiful swimming hole and located on the gorgeous Byrrill Creek. Large deck wraps around two sides, a spectacular fireplace and filtered views of the caldera makes this home very interesting. It is set on approx. 3/4 of an acre and would make a great weekender, or fixer upper for the handyperson/builder. Escape today. Ref.#1289



BLUE KNOB \$497,000



Make your choice – a superb weekend away from the bustle of city life, or the perfect lifestyle now with time to dream. Home is this picture perfect, beautifully weathered, western red cedar Cape Cod style cottage with cathedral ceilings, exposed beams, timber floors and featuring a wonderful loft bedroom. Downstairs; 2 bedrooms, bathroom, kitchen, dining and front deck. The space is 7 private acres of undulating, useable land with majestic trees, large lily filled dam, a permanent creek on 3 boundaries and a secluded swimming hole with sandy beach and rock face. Detached, double garage that already includes additional bedroom, bathroom/laundry and carport. Mains power, septic, and large water storage complete the picture. Your new lifestyle is located 10 minutes to the village of Nimbin, and 1 hour to Coolangatta airport and the beaches of Tweed and Byron. REF# 1291



NIMBIN \$449,000



Want a large family home in a rural area with all the mod cons and an acre of very usable land to play with? This immaculate property is a must to inspect. This superbly renovated home is ready to move into with a beautiful and spacious stylish kitchen with granite bench tops, 3 double bedrooms, one single room all with built-ins, two large living areas to chill out with reverse cycle air conditioning throughout. There is under cover parking for 8 cars for family and friends. The cement rendered home is on a flat usable acre with lovely rural and mountain views. Great for kids and pets or a driving range! The land is able to be subdivided or possibilities for dual occupancy (STCA). Town power and water, school bus to door, 30 minutes to Lismore and only 3 minutes to the vibrant tourist village of Nimbin. Make this YOUR home! Ref.#1283



LILLIAN ROCK \$295,000



Here is a property that is immensely affordable with absolutely no work to do and has all the charm and mood of a Zen retreat. This is a 5 acre allocated share of 6 tenants in common Multiple Occupancy. Set in luscious subtropical surrounds, there is ample water storage: 52,000 litres fed to house and directed to irrigation points throughout the property. Connected to grid electricity for all your power needs. Brilliant outside undercover entertainment area complete with dipping pool, gas BBQ, and separate outside bathroom and toilet. Huge 4 car carport. Enjoy the highly crafted workmanship of this lovely four bedroom home and sit on the deck, glass in hand and enjoy the sunset! Guests can choose to stay on the bottom paddock and hook the caravan up to the power and water supply already in place! Don't miss out on this fantastic opportunity!! Located at Lillian Rock, only 10 minutes to vibrant Nimbin Village! Ref.#1284



UKI \$440,000



Looking for a small acreage close to the historic, heritage town of Uki on a budget? Check this out. Over 5 acres of a low maintenance bush block sits this 3 bed besser brick family home complete with built-ins and aircon for your added comfort. Lock up garage and a huge 8x6m shed which could be converted easily to extra guest accommodation or just use as a large storage area. Great, safe and private front yard for the kids to play in, with the school bus passing by the front door. Enjoy quiet country living close to village amenities today! Ref.#1285



NIMBIN \$600,000



Live the life you have always wanted on this 15 acres of fertile land with elevated majestic views all from the verandah of the beautifully built 100 year old homestead. This delightful home features pressed metal ceilings, cedar floors and walls. There are 3 bedrooms and two bathrooms, a living room dining room, study and back verandah. Water is endless from Mulgum Creek via 4000 gallons per hour permanent electric pump (unlimited irrigation licence included). There are bananas, avocados plus this property has been producing limes commercially so the opportunity is there for either a primary or secondary income. Five bay steel machinery shed with concrete floor and 2 lockup bays. 10 HP refrigerated cool room, a 2007 Mazda ute (55,000kms), a 2007 Toro 39 HP mower, a 45 HP Farmliner 4WD tractor, a Honda Pro sprayer unit and a fruit sorter all thrown in for the fantastic asking price. Ref.#1286



STONY CHUTE \$399,000



Start your family tree-change here with this beautiful 6 acres of park and native forest with its own permanent running creek with 2 cooling swimming holes. Enjoy the serenity and natural sounds of the bush in the well-appointed open plan 2 bedroom home where energy, light and air flow efficiency has been at the forefront of design. Add a 1+ bedroom self contained granny flat, 3 bay machinery / car shed and large workshop, low maintenance composting toilet and gravity fed rainwater and you will be living the green future today. Numerous established fruit trees, veggie garden, and abundant beautiful gardens. Close to school bus route for the growing family or a life away from the everyday for the weekend escape. Just 10 minutes to Nimbin and 40 minutes to Lismore means you are away from it all yet so close. Ref.#1281



NIMBIN \$479,000



Have you always yearned to live in a tranquil bush setting away from the hustle and bustle, yet still have all the conveniences of town? Whether you want to make the tree change, have a weekender away from the rat race or the perfect home to bring up a young family in a peaceful bush setting, this is the property for you. Set on 1.25 acres, this elevated 3 bedroom Western Red Cedar home has natural charm with polished wooden floors throughout, open-plan kitchen, dining and lounge. All bedrooms have built-in robes, the main and guest rooms with sliding doors on to the large verandah overlooking the native trees, lorikeets and wallabies. Fully fenced with its own creek, landscaped gardens and in-ground salt water pool! Just a short trip into town for all your shopping needs with all council amenities available- school bus, rubbish pickup, town water, and electricity. Ref.#1280

