

ASTRO FORECASTS BY TINA MEWS

YOUR MONTHLY REVIEW OF WHAT'S HAPPENING IN THE HEAVENS

January

The Sun entered the pragmatic sign of Capricorn on last month's Solstice (Dec 22nd). Capricorn symbolizes the need for social integration and social responsibility. Generally speaking, people born under this influence like to be useful and can be very disciplined. It is important for them to know their place in the world. They are usually very committed to their goals, but on the downside Capricorn can be dominating and depressing.



The year started with a solar eclipse on January 4. During a solar eclipse the Moon aligns with the Sun, and the constant flow of solar energies to the Earth is interrupted. This symbolizes that an old set of circumstances has ended and another is about to begin. Saturn, the planetary force field of realism and delays, squares the eclipse configuration. We can expect that illusions will be destroyed in the process and we might be up for a major reality check. This is necessary, because we only can make good decisions, when our minds are crystal clear and we are able to identify underlying patterns and correlations. On a collective and personal level, all sorts of agreements and contracts have to be re-evaluated. We might be searching for workable solutions that are based on shared responsibilities and mutual commitment.

Jupiter is about to start its new 12-year round on January 23. This is the largest energetic force field in our solar system (besides the Sun) and signifies wisdom through understanding. Jupiter has been conjoined with Uranus, the cosmic Awakener, since September 2010. People all over the planet have become aligned to a new reality during this period. Information that was hidden before has become public and is challenging the status quo now. Nevertheless, it remains essential to focus on what is possible at this point in time. On a more personal level, we can make an effort to shift those patterns and structures that are energetically unsustainable and keep complicating our lives. The Full Moon in Cancer (January 20) will highlight issues around emotional nurturing, food and parenting. It is a good time for broadening our awareness, while concentrating on collaboration with others.

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Aries

Stop and rethink before running too far! You are not in control of everything in your life right now; therefore it helps to put on the brakes. Do some more planning, adjust what is out of balance and try to get the support of others. New doors could open from the 23rd onwards.

Taurus

In case you have travel in mind in the near future, be prepared that conditions might change and adjustments may need to be made. As a result, some shared responsibilities and daily duties will be rearranged. This could be a fruitful time for gaining more insights about your contracts with others.

Gemini

Your joint projects with others are due for some profound changes. Try not to judge anything prematurely. Instead, collect all valid information, know the facts and then allow yourself to be guided by your intuition. Things will become clearer by the end of the month.

Cancer

It is helpful to consider that there is another point of view than yours. First, try to become detached from your own drama. After that you will be able to move back to centre and get in touch with your true feelings (the ones that are hiding a few layers further down). Know that your real power derives from here

Leo

This month could bring changes to your daily routine, your health or your overall work load. Maybe it is about time to have a break. Avoid being too demanding with yourself and others. Achieving might be important, but so is the experience of some open space that will free up your spirit.

Virgo

After weeks filled with work and family duties it is about time to make some allowance for recreational and fun projects, which can revitalise your energy reserves. It will be important to find sufficient quality time for nurturing yourself – no excuses, please!

Libra

This could well be a confusing time for you. Your dreams might remain unfulfilled, especially if you have made yourself too dependent on others. It could be that you are expecting too much, or everything has to be perfect for you to be happy. In any case, be ready for a reality check!

Scorpio

Your usual ways of thinking might not work at the moment. This could be a bit unsettling, but it also enables you to experiment with different concepts and approaches. In the second part of the month, you may have to balance a sudden urge for freedom with a firm commitment towards cooperation.

Sagittarius

Your ability to manifest might be a bit blocked right now. However, a new flow of creative energy will stimulate your entrepreneurial aspirations, when Jupiter enters the sign of Aries on the 23rd. Use the time in between for working on your intentions by making them more clear; be mindful of all details

Capricorn

The solar eclipse (4 Jan) falls in your sun sign. Some part of you that you have identified with in the past is coming to an end, while a different aspect of your self waits to be birthed. (This applies especially for Capricorns born between the 1st and 11th). Reflect upon what happened 19 years ago. Sudden insights could supply useful guidance for the current moment.

Aquarius

These are the last weeks of your personal yearly cycle. Thus, it is essential to set extra space and time aside for relaxation and reflection. Expect to feel more energised from the 16th onwards. Try not to do too many things at once and avoid getting into arguments just because you need to let off some steam.

Pisces

The path ahead might seem to be less clear than normal. Therefore it might be helpful to acknowledge your connection with the universe and trust in positive outcomes. Avoid obsessive worries because they only lead to overanxious reactions.

Personal transit readings for 2011 are available. For information or appointments please contact me on 6689-7413, email star-loom@hotmail.com or visit my web page <http://nimbin-starloom.com.au>

Astrology Classes: an 8-week course 'Soul Mates' Astrology and the Language of Relationships will start on 9th February, Lillifield Community Centre, 10am.

Special Offer: Personalised Forecasts for 2011 on CD for \$25. Available on Thursdays 10am – 4pm at CC Fashion Design, Cullen St Nimbin.



by David Peace=One Love

I ventured to Nimbin to do my washing one Yellow Planetary Seed day early in December, meeting a pregnant mumma called Wings in the Hemp Bar. She excitedly encouraged me to be at protests for Wikileaks founder Julian Assange. Wings believed Julian was from the local area and brought me to not only realise everyone has a different story about him, but that he definitely is, an Aussie! Strewth!

How does this relate to 2011? Suddenly the world seemed smaller when a fellow Australian being was rocking on the main stage. I wonder if he foresaw his love in Sweden was going to raise his flag... so much awareness. Don't you reckon all the hoo-haa over Wikileaks set the stage for ongoing ethical advancements in our social ecology as humans this year? What if we put all the people who thought he should be killed without evidence in a pen and let them work it out for themselves? Overcoming prejudice.

Looming leaks of extra-terrestrial contact information brings into view the very hierarchy of human society. We are in a radical process breaking down, reforming our concepts of what an alien is, as we humans emerge as a new species... on completely unique journeys and relatively alien to each other, one love.

The next thing I knew I was joining a Facebook group for Julian Assange to be Australian of the Year, it was incredible, some timely revolution... as the world webs wide, global communications technologies making our world smaller, yet so humbly huge as cultures integrate super-culture... our borders are at stake, with social media pumping and big corporates like Microsoft, Apple, Facebook and Google vying to serve information sharing better. We are creating and discovering new avenues to express our selves, waking up to our unity, critical mass is... visible as nationalist rhetoric is superceded by your own story? Your LIFE, your global family.

2011 is about breaking down the borders of our disorders ~ creating our new paradigm of seamlessness across industries through effective communication by enhancing trust through self-honesty. No hiding behind corporate structures. Ethics are core. This time is for us to allow our egos to be open to true oneness. Forgiveness. It's time to face who we really are. As we do, we as a race, a species become ready for the next chapter... just in time, as always, for the evolutionary shifts we make, steps we take...

The adventures ahead of us require conscious team effort ... the question is not of our unity, it is of our own individual participation as we feel the courage to express our truth thereby becoming masters of our gifts and talents, effective contributors. Together, we are here to shine in style as a cohesive awakening force of consciousness. Just like a Yellow Galactic Star 1st January, we set the spin for our new year's Dreamspells ... awakening global humans: "We harmonise to beautify, modelling art. We bring integrity to the store of elegance, through the power of free will, influencing wisdom."

Imagine Julian Assange is a Blue Galactic Monkey, helping power of the Yellow Galactic Star... did I mention Wings' galactic birthday was the day after we met? She's a Red Spectral Serpent... alike William Shakespeare... this Hemp Bar meeting correlated to the Woodstock Festival in August 1969 and... how could all this be connected? How could it (k)not be untied.... united?

...After all, we've been born, and this is the miracle we ALL have in common, time.

Enjoy the one~ness of 2.0.1.1

If you're online and make time, enjoy reading www.13moon.com/new-time-resolution.htm

For more of David Peace=One Love <http://dpol.wordpress.com>

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Film Review: Love & Other Drugs

Reviewed by Stephen Wright

The trailer of *Love & Other Drugs* was recently voted the worst trailer of 2010. Not because of the quality of the actual film, but because the trailer so blatantly misrepresented it.

Promoted as another wacky rom-com, but with the added attraction of Jake Gyllenhaal and Anne Hathaway getting naked a lot, audience interest has apparently been unexpectedly sparse. In the age of universal internet porn, perhaps naked film stars are not as exciting as they might have been a few years ago. And perhaps Jennifer Aniston has managed to single-handedly kill off the audience for rom-com's in general.

I've seen some good films in 2010 (*Boy, Scott Pilgrim*) and some bad ones (*Wall St*) but *Love & Other Drugs* will probably be remembered as the oddest one, though not, I should add, in a bad way.

Jamie Randall (Gyllenhaal) is a womanizing, money-obsessed, on-the-make sales exec for Pfizer, the monster pharmaceutical company. Randall's job is to convince

doctors, by any means possible, to replace their prescription of the anti-depressant Prozac, with the anti-depressant, Zoloft. After bribing a doctor to follow him on his rounds, he meets feisty Maggie Murdock (Hathaway) who has been diagnosed with early-onset Parkinson's Disease.

The selfish-young-man-meets beautiful-but-disabled-young-woman has been a repeated Hollywood standard for decades, in what used to be called 'weepies.' Blindness and cancer have usually been the preferred conditions of choice, being considered by Hollywood film producers to be sexier than things like dementia.

I can only assume that Pfizer signed up for having their name plastered all over this film because they thought it would be great product placement; Pfizer brand plus Anne Hathaway naked – gotta be a winner. Presumably they didn't read the small print, or the actual script, because very early on the film pretty much accuses Pfizer, and by association all



the other big pharmaceuticals, of unethical sales practices that seek to profit from the greed and anxiety of doctors and the misery of their patients. The US health system and its huge insurance companies also come in for sporadic attack as well.

In general, *Love & Other Drugs* tries to steer away from the mawkish sentimentality associated with other movies of its type, and mostly does so pretty well. There's a scene where Gyllenhaal's Randall asks the husband of a woman with advanced Parkinson's for advice, and gets told some very unpleasant truths. So given the political creds, and the attempts to put together a decent script, what makes *Love & Other Drugs*, odd?

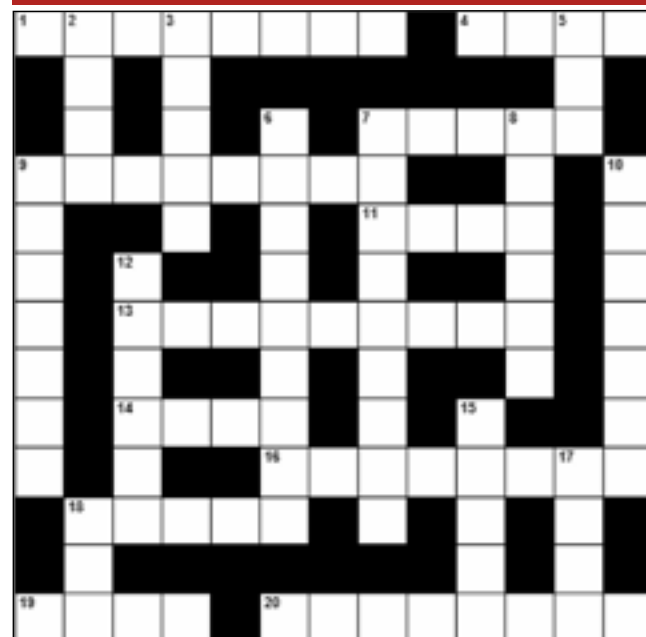
Love & Other Drugs is very nearly a really good film, and Gyllenhaal and Hathaway very nearly do a really good job, and the script very nearly makes a neat fist of skewering the US health system while very nearly telling a real human drama. That's a lot of 'very nearlys' and *Love & Other Drugs* is something of a 'very nearly' film all round. Somehow it seems like a film a bit out of sync with itself. One minute you're watching a bog-standard scene of jokes about comical sex, like something out of a teen sex comedy, and then its back to sharp asides about Big Pharma. There's probably too many undeveloped minor characters too, so the stage feels a bit crowded sometimes, with scenarios being established, and people set up and then not really going anywhere.

But all said and done, *Love & Other Drugs* probably has a lot more going for it than a lot of other Hollywood offerings doing the rounds at the moment. It tries hard, has some smart moments and avoids all the cringeworthy cliché's that rom-coms have made their own. And it's worth it just to see Pfizer made fools of.

Nimbin Crossword

2010-12

by 5ynic



Across

- 1 Delicious in cookies, and THC-free (until it grows)
- 4 Analogue recording medium
- 7 Blue
- 9 Resin from hemp plant
- 11 Person from (parts of) Northern Iran, Eastern Turkey, Northern Iraq, Armenia
- 13 In a rushed manner
- 14 Innocent, inexperienced
- 16 Austrian patent clerk
- 18 Village between Alstonville and Tintenbar
- 19 Up for it? Contest
- 20 Next year we enter the 14th b'ak'tun of the Mayan

Down

- 2 Brisbane Show
- 3 Face down
- 5 Wrote The Pit and the Pendulum, The Fall of the House of Usher
- 6 Drug - Anti-inflammatory
- 7 (5,4) Leg/foot hinge
- 8 You've been smoking too much? Overnight flight
- 9 (and 12 down) (7,6) Damage we're inflicting on global weathersystem
- 10 Drug – painkiller
- 12 See 9 down.
- 15 Beer mug
- 17 Concept
- 18 Old US slang for cannabis

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Reviews from the Crypt

by Stephen Wright

Music for Prepared Piano: John Cage (1942)



John Cage was the notorious composer of '433' a piece of music in three movements for piano. Each movement called for the pianist to perform 'tacet', that is, to do nothing.

In other words, what the listener has the chance to hear are the chance sounds around him or her, rather than what the composer wants them to hear.

Cage used 'chance operations' for much of his career and he was always a game-changer, creating the first multi-media compositions. The Beatles *Revolution #9* is a straight rip-off from Cage.

In the 1930's he invented the 'prepared piano', that is a standard concert piano

that has a variety of objects – screws and bolts for example – inserted between the strings, thus creating a multitude of different pitches and sounds. 'Preparing' a piano in this way effectively turns it into a huge and unpredictable instrument of percussion.

Cage was not just re-inventing the piano, he wanted to re-invent music too, and he had the sense of humour to do it. To listen to the unpredictable prepared piano of John Cage is to remember what a great happiness music can be, and how much humour can be left out of it by 'serious' composers of all types, who all, unlike Cage, take themselves too seriously.

The Machine-Gunners: Robert Westall (1977)

Robert Westall has written a lot of great books, but his first novel, *The Machine-Gunners* is among his best.

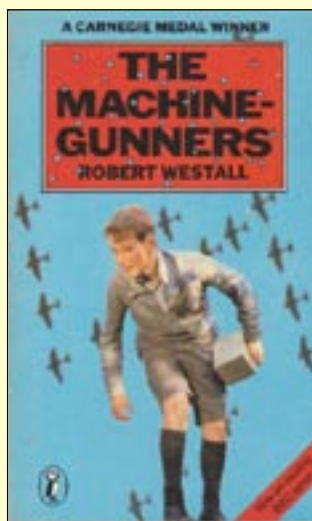
Winner of the 1977 Carnegie Medal – an award that Westall was to grab three times before he died – *The Machine-Gunners* tells the tale of 12-year old Chas MacGill, living through the Blitz in the north of England in 1941. After he steals the machine-gun from a crashed German bomber, Chas gathers around him a disparate group of lost, neglected and abandoned children, and together they begin to build an outpost

to protect themselves against the insane adult world going to pieces around them.

Reading *The Machine-Gunners* is like reading a more intelligent version of *Lord of the Flies*. Smarter, more aware it seems of the reality of war than their parents, the children of *The Machine-Gunners* have no illusions about life.

Not able to depend on adult help of any kind, they don't then disintegrate into pseudo-tribal savagery, but build a coherent and desperate kind of caring that is as quick to mete out justice as it is to provide protection.

The Machine-Gunners is brief and simply and tightly written, and perhaps one of the best analyses of childhood you'll find in fiction.



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Ernie

by Brendan Hanley

I'm sitting at one of those outside tables at the Beach Hotel in Byron having a Guinness and looking out across the Bay, when old Ernie arrives and plonks himself down at my table ... schooner in one hand and daggy-looking roly in the other.

He grumbles at me. "Byron's a little bloody island overrun by friggin' tourists. We gotta get it right and CAPITALIZE on all this! Just like the bloody Balinese!"

I retort "People capitalize on tourism everywhere ... not just Bali!"

Ernie sips his beer. "True! Here too! But only a handful of people make any money... and the rest of us can go screw ourselves! We're all on the bloody dole... and our kids are slave-labour for the tourist and hospitality industries! They're

getting creamed mate! Having to compete with bloody fly-by-night backpackers for crummy jobs!"

"Yeah but it's not Bali! I can't see people sitting in the streets here, cooking nasi goreng and breaking open coconuts and stuff like that! So it's work for the man in the tourist trade or the dole."

"Wasn't always that way mate. Before you hippie mob arrived here back in the seventies, we all had jobs at the meat works out at Belongil! Prior to that, this town once had the third highest employment rate per capita statewide, behind Sydney and Newcastle!"

"Doing what?"

"Killing mainly!" Ernie grins. "We killed every bloody thing mate! Pigs, cows, sheep ... if it moved ... we killed it! We did canning, curing, butter, cheese! They all got bought out and closed by big centralized monopolies. And of course we cut down all the bloody trees ... till there was none left! Then we started on bloody whales ... but that got shut down too ... by popular request! So finally, as if all

that wasn't enough ... we tried to wring the last buck out of the poor old place! We mined the friggin' beaches! We rooted 'em! They've never been the same mate! And mark my words! That's when the tide turned!"

Ernie has visibly changed. He has gone very pale and starts looking around the place nervously, as if he were under surveillance and afraid to pass on some important information.

"That mining!" he shudders and takes a great gulp on his beer. He looks around again so furtively it is almost comedic. Then he fixes me with that gaze of his and says "I've never told anyone this ... but I'm gonna tell you now! We got sores! Lots of us. Big horrible bloody weepy sores ... all up our legs ... from the sand ... working there! It was all bloody radioactive! Lots of my mates died ... but we ... I mean ... No-one ever mentions it! It's all been treated as if it never happened! Big cover up!"

"Who covered up what? Why are you so nervous talking about

something that happened decades ago?"

"I gotta go! You take care now lad!"

He gets up as quickly as his shaky old frame will allow and staggers off into the evening. The last of his kind.

My son arrives with the next round and sits down. I notice a photo and article on the front page of the local rag that he has just thrown on the table in front of me. "What's up?" he asks with a bit of a worried smile.

"Um ... I haven't got my specs here. You wanna read me what's on the front page there ... next to the photo."

He grabs the paper and scans the page ... "It's about this old dude ... one of Byron's oldest residents ... He's like 86. He was born here!"

"What's his name?"

"Ernie Somerton! He used to hang around here a lot!"

"Ernie? He was here just now, a minute ago! What's he done to be in the paper? He didn't mention anything!"



"No way he was here Dadda! You've had too much to drink!" says my boy, his head still buried in the trusty local rag. "Ernie died last Friday. His funeral's tomorrow at 10. This article goes into his life around here. Mentions all the things he did. Check it out! Logging, whaling, meat works, milk run, real estate ... he did the lot!"

"Does it mention sand mining?"

"No, why?"

"Just wondered!"

I drink my Guinness and stare at Julian Rocks.

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'.

Mia

The holiday season is always a difficult one for ARR.G.

They have to not only deal with unwanted Christmas presents, but also the fact that some families actually abandon their animals to avoid paying boarding kennel costs.

The day Mumma C came home with Mia, I thought for sure she wouldn't last long. Mia was a Staffie X puppy about 10 weeks old. I didn't realise though that very few people adopt over Christmas.

Even though she was puppy, Mia was quite a bit bigger than me and Jackson. She was also very clumsy, and much to Mumma A's disgust, still not toilet trained!

Mia was a hit with everyone, because as well and being cute (yes even I can admit that) she was also very friendly. Anyone who came to visit fell in love with Mia, but not enough to give her a home. Mia was even friendly with children – something I just can't do! I don't know how anyone can trust those crazy, unpredictable little people.

Mia loved going to the beach. She was actually



really fast for her size and could just about keep up with me and Jackson but would wear out pretty quickly. Mumma C would often end up having to carry her back to the car after she would wear herself out. This of course got her even more attention from strangers who thought she was just the cutest thing.

There had been so many people threatening to adopt Mia, but she still ended up staying with us for about 6 weeks. It wasn't until a lady from the gym had her birthday and convinced her husband that Mia would be the best birthday present she could want, that Mia finally left us.

Unfortunately all the time that Mia was with us no one even looked at Jackson, so it was back to the two of us, again.

Animal Rights and 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 02 6622-1881 or online: www.animalrights.org.au

Fruit of the vine

by Terry Beltrane

Another Language

How do you describe the taste of an orange to someone who has never tasted an orange? It tastes like a bloody orange, don't it!

Correspondingly, how do you describe the taste of a wine? In trying to explain different flavours and textures in wine it's convenient to relate to flavours and textures with which we're familiar. This means adopting a 'new language' to familiarise the newly initiated to the world of wine. Those images of people swirling, sniffing and sipping have a reason and over the next months I'll be describing the characteristics of wines made from different grape varieties which I hope will explain why people do this. There's also a few 'descriptors' consistent within all wine styles and here's where I'm going to start today.

Colour in a wine tells us a great deal of what to expect and the general characteristics and 'condition' (health) of the wine. The colour in white wines ranges from pale straw to gold, even into the amber spectrum for some fortified wine styles. Generally, a deeper colour indicates a more full bodied wine, ie. the wine will have a bigger, heavier feel in your mouth; more solid, so to speak. A greenish tinge evident in the meniscus is indicative of youth and freshness and may diminish with age as the wine becomes deeper in colour from ageing in the bottle. Haziness or cloudiness indicates



some form of microbiological spoilage (rare in wines today) which will have a detrimental effect on the smell and taste of the wine. Red wines range in colour from a subtle pink to almost inky black. Young reds have a purplish tinge which changes into a more russet/amber hue with age and, as with white wines, the depth of colour is indicative of body and weight. Some full bodied reds, with age, may have some sediment (colour pigments and tannins), but this is merely part of the aging process within the bottle and is not harmful or detrimental to quality. In fact it's part of the 'softening' process desirable in fuller bodied red wines. The colour range in most fortified red wines, ("Port" styles), are in the red/amber spectrum; the older the wine, the more amber in colour.

Some winemakers consider that smell (aroma/bouquet) is more important than the 'palate', ie. the 'mouth feel' of the wine. Soil, climate, grape variety and winemaking methodology all contribute unique aromas and characteristics to a wine and, with experience, it's possible to determine the grape variety/varieties, the vineyard within a specific region and even the winery, from which a wine is made. Familiarity with these aromas help develop a 'palate memory' enabling you to identify a wine's pedigree primarily by smell. A 'Cabernet Sauvignon', for example, may vary in aromas of cedar box, cigar, tobacco, black currant, herbaceous-nous, forest floor (earthy and leafy), mint and capsicum smells. Shiraz, by comparison, may show aromas ranging from plummy, porty, black pepper, vanilla, chocolate and an altogether 'richer', riper aroma than Cabernet Sauvignon. The use of French oak (Nevers, Limousine and Tronçais being most common) is

generally used to mature Cabernet and contributes aromas of cedar wood, while commonly, but not always, American oak is used for Shiraz which gains from the sweet aromatic vanilla characteristics contributed by the oak. The depth, power and concentration of smell in wine is indicative of the degree of body (weight) and how the wine will 'feel' in your mouth while the degree of complexity (the number of different smells) is a determinant of quality rather than style. A wine lacking in complexity is referred to as "simple". Swirling the wine in your glass assists in liberating the various aromas present within the wine, making it easier to identify and, more importantly, adding to your pleasure.

Wine is made to drink; and this is obviously the most important element for the majority of consumers. Our taste buds are not sensitive to flavour; that comes from your nose. Taste buds on the tongue (papillae) are responsible for detecting sweetness, acidity, salt (not present in wine), bitterness and mineral sensations. Other nerve endings in the mouth detect texture (softness, coarseness and weight), heat (alcohol) and astringency (tannin) and it's the harmony of these elements that contribute to 'balance' in a wine. Holding and swirling the wine in your mouth enables you to ascertain these various components but it's not until you swallow the wine and allow it to come into contact with the air that you breath (and hence to your nose where the olfactory nerve senses are located) that you will become cognisant of its flavour. As I mentioned at the beginning of this article, over the forthcoming months I'll be addressing some of the more commonly used grape varieties and regions best suited to their use which hopefully will increase your drinking pleasure.

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Nimbin Bushwalkers end year on a high



Looking down across Doon Doon

by Len Martin

Under lowering skies, 14 enjoyed an easy walk over open paddocks before ascending the rain-forest valley in the middle of Nimbin Rocks Co-op, admiring on the way the fantastic regeneration work done by two of our co-op members.

What used to be an open wasteland of crofton weed in "Crofton Corner" (suspected site of an old banana plantation) is rapidly developing a canopy of pioneer tree species. Holes in the rainforest, and edges of rainforest, previously dominated by crofton weed and lantana, are now graced with carpets of rapidly growing young rainforest trees. Finally, one steps under complete canopy - clear rainforest floor with high biodiversity - past epiphyte-encrusted rocks, clawed by lawyer vine, to a valley of vast tumbled rocks, giant strangler figs draped with huge lianas - and a waterfall. Alas, little time to wonder and wander, for the AGM beckons. So we retrace our steps, taking a route along an old snigging trail, a major co-op fire-break, currently overgrown because continuing wet has made it too slippery and dangerous to slash.

Coffee, tea and lunch on the verandah and the AGM. Another great year with some memorable new walks. Member walks totalled 230, a bit down on last year (294) while visitor walks were at 45 (58 last year) - again, many visitors became members. Average walk-group size was 9.5 down from 12.1 last year. We had 10 walk leaders (7 last year). This year's champion walk attendee was Len who did 24; Michael Smith and Judy Hales did 22, Ron Ronan and Kay Martin did 18. We have 47 active members and 2011 membership fees are now due at \$15/head. Established in October 2005 we are affiliated with the NSW Federation of Bushwalking Clubs, which organises group insurance. We started walks in February 2006 and since then have maintained a regular program of 2 weekend and 1 mid-week walk, including occasional camping weekends. This year's camping highlights were Moreton Island, with 7 of 8 days fine and sunny; the Upper Portals; the backpacking overnigher from Angourie. Michael Smith's Sphinx Rock overnight was very well supported, gaining us 10 new members. As befits our green credentials we largely recycled the committee with President, Michael Smith, Vice-President, Ron Ronan, Secretary, Len Martin Treasurer and Public Officer, Kay Martin, Ordinary/Program Committee members, David

Holston, Don Durrant, Michael Smith (ex officio), Neil Biggar, and Judy Hales who was not present, but who finds us many good walks and will, we trust, continue.

And the rain continued - on... and on... and on, so that, as our final walk of the year on December 11th drew close - Doon Doon Saddle and Historic Nightcap Track - we feared it would be



The Sleep Tree

cancelled. Our intrepid leader, David Holston, had said, "If there has been rain in preceding days it may be postponed due to the road access, which is only via 4wd". Two nights beforehand he telephoned me about, "how late can we cancel?". Fortunately most of the 4WD (SUV?) track over private property was OK, but we would need to walk the final steep bit up the escarpment to the saddle. No rain was forecast until the afternoon but dark, lowering skies met a few stalwarts in the 8am gloom of Nimbin car-park. No rain as we drove into the fabulous Doon Doon uplands. Even in gloom it is a fantastic place with great volcanic peaks rising all around and the escarpment looming ahead - and there, at the end of Doon Doon road, start of the 4WD track, a waiting throng to a final total of 13! A short drive

with a loaded Landy to the allegedly non-negotiable section of track where we dismounted. Wet underfoot, but nicely cool for a moderately stiff ascent at a fairly smart pace. Fortunately, as a photographer, I can stop frequently for ever-more-artistic shots. Despite the wet, the track was in good nick and the fully loaded Landy would have had no problems. But walking up, particularly at my age, made me appreciate what was achieved in the old days before 4WDs and SUVs etc, 'cause this was the historic route up and over the Nightcaps! Mist shrouded cliffs of Mt Jerusalem NP to the left; to the right, views across the peaks of Doon Doon to Mt Warning and Brummies Lookout beyond.

At the grassy saddle, a ring of timber to sit on, with a nearby Heritage Timber Getters' Dunny and spectacular views to enjoy. Thence we ascended the ridge to Nightcap Bluff, along the historic track, cut by the pioneers, with their drill marks still visible in the rock-faces, through superb rainforest stopping at various lookout spots with views to the north and also to the south east along the valley of Wilson's Creek to Cape Byron in the far distance. Ideal weather for enjoying rain-forest, overcast, so no bright lights and deep shadows to spoil the views. We continued our ascent to the furthest point of our walk - The Sleep Tree, a gigantic gum, still healthy, though hollowed out by fire, and with plenty of sheltered space in which to sleep. As we retraced our steps downhill the promised rain started to fall. As we reached the final downhill stretch it was quite heavy and we were all soaked by the time we piled into the Landy for the drive to the rest of the cars. Soaked but very happy to have enjoyed such a wonderful walk - one that surely will be repeated in the coming year. Which reminds me - annual membership fees of \$15 are now due. An important point since this walk and many of our best are restricted to members only. Happy plodding to you all.



Down off the mountain

Natural Horsemanship weekend a success



Renowned Natural Horseman John Chatterton (left) came to the Nimbin Showgrounds in December for a weekend of education to strengthen the bond between horses and people.

Although the weather was wet, around 20 local horse people and their horses camped over for the weekend.

John's methods of training without domination achieved remarkable results across the two days.

It was also a time for horse owners to come together and share questions and problem-solving with John. Time was spent on various common issues, such as loading horses on to trucks and floats, spooky horses and riding techniques.

John said he enjoyed coming to Nimbin and found our local community both colourful and enthusiastic, and is looking forwards to returning.

The organiser, Lavina, said that the weekend sold out very quickly due to John's criteria of a maximum of 20 places, and the overwhelming interest. Another clinic will be held in April, for enquiries phone Lavina on 6689-7184.

CHEG Your Health



Community Health Education Groups (CHEGS) is a not-for-profit organisation. It was established in 1979 as a result of the NSW Health Department's Healthy Lifestyle program that was piloted in the Northern Rivers.

CHEGS aims to identify, develop and implement specific community education programmes that support major health promotion initiatives.

CHEGS offers workshops and classes in nutrition and weight management, a variety of exercise classes, Tai Chi for Health and Wellbeing, and memory enhancing.

CHEGS currently employs 23 community educators who are accredited and registered Fitness Instructors with Fitness Australia. The educators conduct lifestyle programs in their local communities.

CLASSES

CHEGS Fitness Instructor, Sue Boardman, is offering the following classes in Nimbin.

• Tuesday 1st February, 2011 9-10am - Better Beat

Low to moderate intensity exercise class to help with weight management, balance and strength. Light hand weights used. No floor work. Venue: Physical Activity Centre, Nimbin Showground

• Thursday 3rd February, 2011 10.45-11.45am - Tai Chi for Health & Wellbeing

This is a gentle form of exercise that almost anyone can enjoy. It improves both strength and balance. Venue: Backstage, Nimbin School of Arts. Please use side door.

Please wear supportive shoes and bring a bottle of water with you. 10 classes for \$50, or \$6 casual. Contact Sue on 6689-1731 or the CHEGS Co-ordinator on 6620-7523.

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Nimbin Garden Club Notes



Sue Edmonds and Pauline Ahern's home garden at Jarlabah Community

Words and pictures by Gil Schilling

How does one know it's summer in Nimbin? The solstice has come and gone, but alas the rain has not, with well over 400mm recorded at my place for December.

The two sunny days between Christmas and the New Year were most welcome, but hardly rated as a belated start to summer. Though briefly cheering most people, the absence of actual rainfall meant having to dust the cobwebs and rat poo off the mower and get out cutting the long grass over what should be a relaxing holiday break.

However, it now seems that the showers have returned and the long-term weather forecasters are predicting well above average precipitation through to mid-year. I reckon its gotta have something to do with this climate change business everyone's talking about!

For the benefit of holidaying garden clubbers, there will be no meeting in January. The first meeting for 2011 will be held at Pam Craven's bamboo farm on Saturday 19th February. Starting time for the visit will be 2pm, and Pam's address is Lot 1, Upper



Joanne Lane's Garden at Coffee Camp

Tunable Falls Road.

Members should also keep a lookout for arrival of the next club newsletter due out soon. The newsletter will contain full details of early 2011 meeting venues.

A happy and safe new year to all.



Jude Hill's Terania Creek garden



Good News for the Nimbin Physical Activities Centre

by Len Martin
Chairman, NPAC Management Committee

The NSW Premier has congratulated Nimbin Agricultural & Industrial Society (A&I) and Nimbin Health & Welfare Association (NHWA) for their successful applications to the NSW Government Community Building Partnership Scheme, noting that, "Your local Member of Parliament has been very supportive... and I wish you every success with your project which I am sure will provide improved local infrastructure for the benefit of your community."

Thank you Thomas George, not only for your support for this year's grants but also for last year's - of which more below.

For 2011, the A&I will receive \$28,950 to construct a small amenities block (shower and toilets) for the Nimbin Physical Activities Centre (NPAC), while NHWA will receive \$27,206 for provision of gymnasium capital equipment for the Centre.

The grant for a shower and toilets close to the Pavilion will meet a long felt need, particularly for more elderly users of the Pavilion and the disabled. The grant to NHWA will enable NPAC to offer a full range of top class gymnasium equipment for use by the Nimbin Community. Purchase of this equipment will be augmented by a 2010 Community Development Support Expenditure grant of \$3,000 from Lismore Workers Club, via Lismore City Council (LCC). Should NPAC cease activities, equipment purchased from grants reverts to LCC.

To get two such grants was a very pleasant surprise, particularly since the Nimbin A&I had a NSWCBP grant of \$29,513 in 2010 to refurbish the Nimbin Showground Pavilion (where NPAC is located) by lining the Pavilion ceiling and upper walls, modifying an internal store room to provide specialist gym space (and gym equipment storage) and improving access to facilitate and increase community usage of NPAC.

In completing this project, Nimbin A&I contributed \$13,294.68 of its own funds. A huge amount of the labour for this project (288h, worth \$8,640) was supplied by

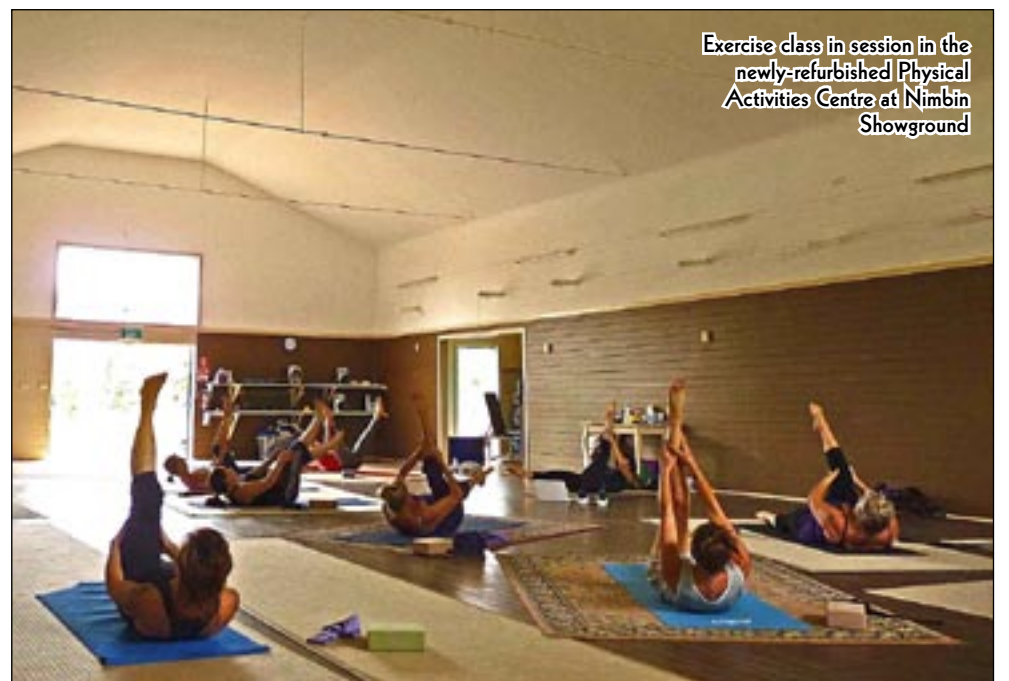
volunteers (wall cleaning, ceiling painting, painting filling walls, fencing) - not just members of Nimbin A&I but also users of NPAC, our leading physical activities instructor and members of her family - truly a building communities response, and an indication of how community members value this facility.

We plan to have an official opening, as soon as we can organise a time suitable for our local Member, Mr Thomas George, and the Mayor and members of Lismore City Council, who have also been immensely supportive of NPAC. I cannot emphasise too much just how supportive Nimbin A&I members have been of NPAC.

As well as money from granting bodies, NPAC's leading instructor, Cass Jefferys, organised two successful fund-raising events during 2010 - a cocktail party and a fun-run - with Mayor Jenny Dowell a notable participant in the latter - and raised a total of \$5,600. These funds, kept in a separate account, have been used to maintain and replace original equipment supplied by a Building Active Communities grant, as follows: treadmill, \$2,700; 5 Sets of dumbbells; \$220; kick pad, \$90; 2 industrial fans, \$138; and 2 exercise bikes, leaving a balance of \$344.

NPAC was set up under a Building Active Communities grant to LCC. When that ended in 2008, NHWA in a Memorandum of Understanding (MOU) with LCC agreed to auspice NPAC, to provide opportunity for physical activities to all age and fitness levels in the Nimbin community. NPAC is expected to be self-funding, its income coming from instructors' fees (currently under \$10/hr to keep client costs minimal) and these fees just cover rent, power and equipment insurance.

NPAC is managed by a committee with members representing instructors, NHWA, Nimbin A&I, Nimbin Sports Groups (currently Nimbin Headers), and Nimbin Neighbourhood & Information Centre. Under the MOU with LCC, instructors must have current recognised qualifications, insurance etc. The committee is always looking for additional instructors.



Exercise class in session in the newly-refurbished Physical Activities Centre at Nimbin Showground

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Nimbin Crossword
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JANUARY HOLIDAY SESSION TIMES

Nimbin Showground, 4th-27th January, 2011

	Tuesday	Wednesday	Thursday
ZUMBA LATIN RHYTHMS	5.15pm \$8		9.00am \$8
BODY BLITZ OUTDOOR FITNESS		9.15am Bring Swimwear	
BMC - COMBO OF CIRCUIT AND FLOOR EXERCISES		5.30pm	
BODY AND MIND YOGA POSES			9.45am

For bookings, contact Cassandra on 0428-439-526

Catching Christmas Snapper

by Pixie, Fishing reporter

There is nothing like taking a day off work to go fishing, especially when the weather is pumping in your favour with three days of sunshine, no wind and a report of half a metre swell on the ocean, and with the knowledge that the North Solitary Islands had been producing big fighting fish for months.

So with that in mind, eight members of the Nimbin Heads Fishing team – Cal, Dooe, Pix, Simon, Zac, Ian, and Ashley the plumber – head off with the idea of going wide and jigging big kingfish and samson fish. But great

weather isn't always enough. The sea gods still had one trick left up their sleeves for us to contend with, and the current was gushing.

When the guys tried fishing the bottom with eight ounce sinkers and couldn't hold the bottom, they changed to one pound sinkers and still were having trouble holding the bottom, the more weight you use, the harder it is to feel the bite.

Pix and Cal tried float fishing with a big bait and a small pea sinker, with the current gushing, the problem was how fast you could let out your line to get it to the strike zone, too slow and the seagulls would be eating your bait on the surface.

Every attempt would mean letting out at least half a kilometre of line to put your bait in the target zone, and after about twenty attempts your humble fishing reporter hooked up to a 7.1 kg snapper and I would have to say, the hardest float fishing I have ever done.

Meanwhile, the guys fishing the bottom were catching small snapper and doing it tough. We decided to move and fish the back of a bombie and try to get out of the current.

The old story came back to haunt us, 'No run, no fun.' We were out of the current but there were no fish to be found. So we moved again, back into the gushing current. Simon was fishing braid and feeling a bit more than the guys fishing mono. He was into a school of frag, but not many keepers.

Zac tried fishing soft plastics with a heavy jig head and got a few hookups and landed a couple of small kingies and snapper, while the rest of the guys were still doing it tough with a few small snapper. Then your humble fishing



reporter, still fishing the floater out the back of the boat about half a kilometre away, hooked up a 5 kg snapper.

A hard day's fishing it was and Pix is looking pretty confident of taking the kitty for the biggest fish of the day. But it's not over till the fat lady sings and the last drop of the day, Doee hooks the bottom and then the bottom starts to swim away. The most excitement Doee has had all day and he lands a 8.5 kg snapper and a personal best. Good stuff mate!

It was a hard day's fishing, but every day fishing is good, and catching fish is a bonus, and catching big fish is a big bonus. So it was good snapper for Christmas.

Tight lines guys.



by Chris Hellyer

The Nimbin Demons Football Club is embarking on another ambitious year of fun and football. Our greatest ambition is to once again field a team in our local football competition. This has been a difficult task in recent years. We are a small community competing against much larger towns and this is Aussie Rules frontier territory.

We have survived so far. We have the full support of the other local teams and the football league itself, however we are in dire need of more players and other people who wish to become involved.

The AFL has arrived on the Gold Coast. They have money (lots) and are keen to promote and support the game in this region. Having a team in Nimbin besides being ambitious, is beneficial to the young people of the area as well as being of further potential benefit (afore mentioned money).

The Nimbin Demons will again be hosting the Summerland AFL pre-season competition this year. This will be held at the Nimbin Showgrounds on 19th March. Nimbin will field a side and anyone wishing to play should get a game.

Nimbin is also involved in initiating and organising an Indigenous Junior Football Carnival. The original proposal was for it to be held in Nimbin, but when the AFL got involved, it got bigger. The carnival will now be held in mid April, using several grounds in Lismore including Oakes Oval. It will be for indigenous juniors (under 13's and under 15's). The day is also intended to support indigenous culture with a "welcome to country" celebration with guests, indigenous and non-indigenous Gold Coast Suns players.

If you are interested in Australian Rules football and wish to be involved, please contact Julian on 6689-7587 or Chris on 0457-366-734 (message).

The opportunity to move

by David Hoffman,
David's Health & Lifestyle
Studios, Lismore

One area we battle with is the motivation, or the 'why I want' to exercise.

The 'why I want' to exercise will influence three major factors in your plan to begin exercise:

1. The consistency of your routine
2. The type of exercise that you undertake, and
3. Your ability to overcome and meet challenges along the way.

Our consistency will be driven by what we are looking at achieving, and when we would like to achieve this by. If it is a 'long term want' then we will tend to look at planning it more regularly, but we may be less consistent in the short term. In the longer period, we may find that we are overall more consistent over our life period. This time frame usually involves health issues that need to be rectified, or where it is for general peace of mind and comfort through into our future.

If the 'why I want' is a shorter time frame, then most people will have it in everyday as a priority, but will not be able to feasibly maintain the level and frequency of the program, and may even suffer some injuries or damage as a result of their efforts. The thing that drive us short term are usually specific events or upcoming engagements that we will be out in the public eye during, so we need to feel comfortable which happens when we feel good about ourselves.

The type of exercise that you would undertake will be dictated by your 'why I want' directly. You may want to lose weight so exercise specific to that will be programmed. Your goals if you were after a specific running event would be to take up running for a road race, or if you were a lawn bowler, you would take up exercises that would improve

your flexibility and stability to better deliver each bowl.

To overcome the hurdles we face during the passage into an exercise routine, we will be driven by just how badly we will want to achieve our 'why I want'. We regularly see the difference between two individuals or even a team is just how badly they want to get ahead, and what they are prepared to do.

The opportunity to move is trying to look at exercise as something we look forward to enjoy. The way we are currently thinking about exercise is reflecting the situation that our population currently finds itself in, being more overweight and less active than ever, which is now steadily getting worse.

Questions that we do not have the answer for is exactly why we consider exercise such a chore, rather than an opportunity to gain life.

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Timetable


Pickup Points	Nimbin Central	Nimbin Main St.	Coffee Camp	Goolmangar School	Goolmangar Store	Blakebrook Interchange	RRHS	Lismore Transit
Nimbin - Lismore	7:50	7:52	8:03	8:10	8:14	8:20	8:35	8:50
Mon - Fri	8:55	9:00	9:10	9:15	9:18			9:35
	3:22	3:25	3:35	3:40	3:45			4:10
		4:30	4:40	4:45	4:49			5:00
Mon. & Thu. Only		12:45	12:55	1:00	1:05	1:15	1:17	
School Holidays		9:00	9:10	9:15	9:18			9:35
		3:25	3:30	3:40	3:44			4:00
Pickup Points	Lismore Transit	RRHS	Blakebrook Interchange	Goolmangar Store	Goolmangar School	Coffee Camp	Nimbin Main St.	Nimbin Central
Lismore - Nimbin	7:00		7:10	7:14	7:25	7:30	7:30	4:20
Mon - Fri	8:00		8:23	8:25	8:35	8:45	8:50	
	2:35	2:40	2:45	2:48	2:55	3:00	3:10	3:15
	3:20	3:35	3:50	3:55	4:00	4:05	4:15	4:20
Mon. & Thu. Only	12:00	12:03	12:10	12:12	12:15	12:25	12:35	
School Holidays	2:35		2:48	2:55	3:00	3:10		
	3:25		3:44	3:50	3:57	4:00		
Pickup Points	Gwynne Road	Mitchell Road	Oakey Creek Interchange	Blakebrook Interchange	RRHS	Trinity Bay 2 Interchange	Lismore Transit	
Georgica - Lismore	7:43	7:51	8:00	8:20	8:35	8:40	8:52	
Lismore - Georgica			3:35	3:43	3:50	4:19		

Town Service - Wheelchair access available upon request, 24 Hour notice required
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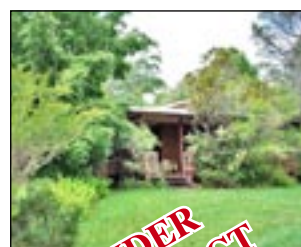


Rare Uki Investment Opportunity
Sited in Uki's main street is this little gem - a great rental property with potential commercial possibilities (STCA). Commercial space is rare in Uki so why not invest now and allow time to bring opportunity knocking when demand grows for commercial premises? This high set 3 bedroom home has no residential neighbours and features air conditioning in 2 bedrooms, timber floors, a combined lounge / dining with wood heater, separate kitchen, bathroom, second WC downstairs, decks on all sides, double garage, and a downstairs room with separate entrance suitable for a home office. Situated on 1380 square meters, the small yard around the rear of the house is fully fenced, and the banana trees are yours too.

Ref.#1345



MOUNT BURRELL \$695,000



Family Home on Acres
Lovely three bedroom western red cedar home nestled among a lush established native garden that attracts many birds and wildlife. Walking tracks and horse riding trails traverse this 86 acres of high ecological value native vegetation, taking in Mt Warning and other views on offer. A bubbling stream flows right across the property and provides many spots to cool off in the heat of summer. Ample water is also available from water tanks and two dams. Other infrastructure includes large machinery shed, cool room, 4wd tractor and implements. Potential exists for commercial scale production as organic certification had been achieved for organic small crops and cut flowers.

Ref.#1334



LILLIAN ROCK \$295,000



Designer Treehouse
Immensely affordable with absolutely no work to do and has all the charm and mood of a Zen retreat. This is a 5 acre 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 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 4 bed 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! Located at Lillian Rock, only 10 minutes to Nimbin.

Ref.#1284



LILLIAN ROCK \$295,000



Peaceful Community Living
Peace, serenity and space beckons on this 13-share company titled multiple occupancy. 7 very usable acres, enough to have a couple of horses and grow fruit and veggies. The beautiful 3 bedroom plus sunroom 1920's solid Queenslander is north facing and has character. French doors throughout, leadlight windows, ornate 9ft ceilings, polished floor boards. Formal lounge and formal dining, and 2 decks to take in the rural views and watch the birds and wallabies in the lovely gardens. On mains power, council approved septic, indeed the house is also council approved. Plenty of water storage. Ready to move into! This property will sell fast, so don't miss out!! Located in the gorgeous Lillian Rock, start your tree change today!

Ref.#1321



CAWONGLA \$520,000



40 Hectares Cawongala
Your options are endless on this 101-acre property. "American Style" steel barn council approved dwelling, with mains power, septic and phone line connected. Seasonal creek and spring fed dam and gullies make water in abundant supply. Beautiful views of Billen Cliffs and Mount Burrell. 3 bay workshop with extra toilet plumbed in. 2 x 5,000g water tanks. Located minutes to the quaint village of Cawongala, 10 minutes to Kyogle and 18 minutes to Nimbin, sealed road, good entrance. Great for a getaway, to live in or start up your own retreat! Good mix or timber and cleared paddocks.

Ref.#1347



LILLIAN ROCK \$385,000



A Complete Home
Want to get away from it all on a lovely relaxed community at Lillian Rock? This home has it all... 3 bedrooms, 2 bathrooms, with timber features throughout on a garden setting of 3 acres with a glorious in-ground pool and entertainment area where you can while away the summer months in comfort and privacy with friends and family. Cathedral ceilings dominate the living areas, lovely functional galley style kitchen and 2 sumptuous bathrooms make this a home you will love to live in. Heaps of rainwater storage and access to water from a community dam means you will always have supply. A handy double cabin also sits on the land making ideal extra accommodation for relatives or friends. Only 10 mins. to Nimbin and around 7 mins. to the Mt.Burrell shopping precinct for all your daily needs.

Ref.#1341



NIMBIN \$395,000



Country Living Village Charm
Come and live on a lovely property with all the benefits of rural living without the maintenance of larger acreage. Set on 2 and a half park-like acres with rural views, this charming 3 bedroom 2 bathroom home is ready to move into, no work to do! Many features of the property include reverse cycle air conditioner, ceiling fans, fully screened security windows and doors, built in wardrobes, the master bedroom has walk in robe and huge ensuite. Well-appointed kitchen with gas cooker and oven and large pantry. Many fruit trees abound and plenty of room for a veggie patch, 44,000 litres of water storage means that you can live a self-sustainable lifestyle. Enjoy the birdlife as you sit on the wrap around verandah glass of wine in hand and just chillax!! Just a few minutes to all the amenities of Nimbin!

Ref.#1337



NIMBIN \$320,000



Wanted: A Family and a Garden
Compact 3 bedroom 1 bath, 1 carport, brick veneer home is waiting for a makeover. The home is comfortable and ready for you to move in. The 1025m² block is north facing, flat and just waiting for a garden, chooks and veggies to ensure a healthy way of life. Opposite the showgrounds, Pre school and Gym and the Footy fields are just across the back. Djanbung Permaculture Gardens are up the road to provide plenty of advice to get your sustainable lifestyle off and running. The vibrant and colourful village of Nimbin with schools, shops, hospital, hotel and bowlo and all manner of cultural outlets a walk away. Easy living is available all that's needed is the vision. All the benefits of a treechange lifestyle without the maintenance of a large block or long drives to town. Why not? Please consider.

Ref.#1351



GEORGICA \$850,000



Sensational Mountaintop
Established home in extensive gardens, water, infrastructure and equipment galore for various agricultural pursuits including stock, commercial tree nursery, registered rainforest plot - an extensive list available on request. The drive-way to the house showcases the glorious scenery, and entices you to explore the fenced usable acres, 2 wildlife corridors, 2 dams, trickle weir, 2 creeks and waterfall, stately trees, abundant wildlife and birdlife, tree regeneration plantings of most local valley species and so much more. Brick home 3 bed, 2 bath, reticulated water to house paddocks, ADSL, plunge pool, views, 12 minutes to Nimbin, 1 hour to Byron Bay, and Coolangatta airport. It has more than the lot and is seriously a very good buy. Under Mt Billen are 77 acres of options.

Ref.#1352



STONY CHUTE \$189,000



Great, Great Buying
This is a beautiful 5-acre multiple occupancy at Stony Chute! 2.5 acres fully fenced, 2 gated drive-ways, one leading to a gorgeous 2 bedroom house with lovely louvre windows and security-mesh screens and plenty of light. Triple insulation throughout both the house and the studio, which has its own separate driveway. Quality finishings within house, must be seen to be appreciated! 5 x 5,000 gallon water tanks, a dam and mains power. The studio has power and water and a deck. Come wander through the gardens and appreciate the value.

Ref.#1349

