

Colourful visitors



This youthful group of backpackers definitely dressed the part for their visit to Nimbin in June.

Their psychedelic regalia was much photographed by locals and visitors alike, as they strolled along Cullen Street, for which they good-naturedly obliged with wide grins.

Was there any particular reason why they chose such a bold emulation of hippydom in their wardrobe choices?

Well, yes and no – they're Scottish.

Vegan Love Bites

by Nettie LoveJoy

This month I travelled to Melbourne, with those amazing chefs I was with in Canberra last month, to do another Vegan outreach stall at Pakenham Eco Expo. On my way home I stopped in at Darling Harbour in Sydney to once again spread the vegan message and share some facts about global climate change. What necessary changes can we as individuals make to help alleviate Mother Earth's suffering?

Let me share some facts that hopefully might inspire us all to think more carefully about our food choices. I would be amiss if I didn't.

In this world at this moment we use half of the world's grain supply and most of our fresh water for the meat and dairy industries while thousands of human beings die each day of starvation and the earth's fresh water shortage deepens. Almost half of the global fish caught are used to feed chickens and pigs, and 30% of the planet's ice-free land is used for these intensive livestock industries. Natural resources are currently being consumed at one and a half times the capacity that Earth can sustain. We will soon require a second earth to support this habit. Global insanity. Wait, there is more – 60 billion land animals are killed for human consumption each year. Global cruelty.

Now, we all know what it's like to walk into a room where the atmosphere is stressful, and chaotic or on the other hand harmonious and loving. The energy tells the story first even before words are spoken. Most people are conscious of this. This is a powerful truth. 60 billion deaths worth of Aggression, Anguish, Grief, Fear, Sadness and Suffering. Put that out into our global atmosphere, and it's no wonder all these emotions are running riot.

We have lost so much compassion towards our fellow beings from this one repeated act of putting meat on our plate. If we stopped this one singular activity in our lives – could you just imagine how Sanity and Peace could pervade our living space, and how much healing could take place? What a wonderful world we would have for our children and grandchildren. I certainly dream and meditate on seeing



this happen while I live. Yes, I'm a dreamer, a lot of us are,

Also, a few friends and I met up with Pane Andov (Astral Walker), we spent many hours learning a lot about the incredible changes to our Mother Earth from an Astrological point of view, and what it means for the future. Pane Andov was also in firm agreement that humanity must change to the animal free diet. That we all must wake up very quickly, as we are the ones we are waiting for, to make the change in the world. He was an amazing being. He has an interesting website on www.paneandov.com, and is a contributing author to Nexus. Well thank you for sharing with me with what I have learnt this month. How about some plant-based food for your plate so you can be a planet loving lifesaver in your own kitchen?

Almond Orange Cookies – Raw

Chewy with almond flavour and a light orange kick!
 1 ¼ cup almond meal
 ¼ cup agave or rice malt or ½ tsp of concentrated white stevia
 2 tblsps Raw almond butter (I make my own by processing a handful of almonds til fine and add a little water 'til smooth)
 6-8 drops of almond extract
 1 ½ tblsp orange zest, finely chopped
 pinch of Himalayan salt
 14-16 almonds to top cookies
 Add all the ingredients in a bowl and mix thoroughly. Roll into 1 ½ inch size balls and flatten between palms of hands (I wet hands for this) and top each cookie with almonds. These are very sticky, so it is best to separate with plastic wrap and keep in fridge until set.

If you want a chewier cookie, put in dehydrator for 10-12 hours at 115 degrees (I haven't tried this).

If you like, you can cook these slowly in the oven they will come out just like biscuits.

Some fresh stewed strawberries or fruit and a little coconut creme drizzled on top of raw biscuits in a bowl as a dessert.

Love, Net

Bubbles and Music

by Tarang Bates

The scarlet Camelia blossoms have begun to adorn the bush outside my kitchen window – before too long the leaves will be barely visible beneath the flowers. The Ginkgo leaves have turned golden yellow and the Pecan is naked, allowing the winter sun to stream onto the veranda...in between showers. It is soggy underfoot; in fact it has been a soggy kinda year and we are fully prepared for more of the same as we head off down the hill.

We drove south headed for Lismore, my Granddaughter and I, all dressed up and ready to party. The dams were full and the creek, winding its way through the paddocks gushing and swollen. Patches of mist hang about lazily and billowing black clouds, cruise around looking for trouble. We didn't care...we were having an adventure.

I felt relaxed - no commitments or time constraints, we might watch the parade...I've walked it before...to go all the way to watch the grand finale and back with a 5 year is not on my agenda this year, I have taken a "watch and play" approach.

We score a great park; the car is packed with woolly coats, hats and umbrellas... none of which we need. We come and go, eating and drinking and catching up with friends...the place is transformed - vibrant, colourful and heaps of fun. The streets are alive with the sound of music, and before too long she, (being a Leo) has me up on the dance floor floating with bubbles (which is really Carrington St) in front of a huge stage. Our favourite music was Rapskallion and my dance partner interrupts our dance, to ask me to buy her a violin for her next birthday, she is so impressed with Carmen and her violin.

We tear ourselves away – and not before time, while we have been dancing,



thousands of people have been busy jostling for positions - lining the streets to watch the solstice parade. The pace is somewhat different from

our experience of the festival thus far, the competition is intense...we find a good spot next to a lovely young woman and child, who don't give off the vibe that they are at a department store sale. "Here they come" yell out some of the kids nearby and we see over the tops of the heads, huge lanterns coming our way... winged horses, zebra, giraffe, hippo's, kangaroos, faerie, flowers, suns and heaps more. An incredible amount of time and effort has gone into these magical creations.

We decide to take one more look at the dance floor, the music going on into the night. We find a good seat "come on, let's dance" she says – but I'm almost ready for the couch in front of the fire.

HOMEOPATHICS FOR COUGHS:

ANT TART: A rattling, wheezing chesty cough, with excess, thick mucus and a feeling of suffocation.

DROSERA: A dry tickling, barking, hoarse cough, spasmodic attacks with gagging and retching (whooping cough).

SPONGIA: A dry, barking, wheezing, suffocating cough. (Croup and whooping cough)

HEPAR SULPH: A loose, rattling, wheezing cough with anxious breathing

KALI MUR: Thick white mucous which is difficult to cough up with rattling in the chest,

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Contact Tarang at Nimbin Homeopathics 6689-1452 or email: tarangbates@yahoo.com.au for online consultations and orders.

The Human and the Beyond

by Daniel Kestzler

I want to reflect on the human condition and on what may be beyond. What makes us human? Is it our body shape or our ability to relate emotionally? Is it a set of values and ethics or our seeming freedom of choice? Or is it our utter ignorance towards our environment and the role we play in it? Is it a burden or the crown of creation?

Every human may come up with a different image of what it means to be human and yet we have a feeling of belonging to the human species, most of us anyway. When we look back at human history, it looks rather grim on one side and also amazing on the other, we can swim like fish and fly like the birds, we can go to the moon and beyond and yet we have not learnt to live peacefully in harmony.

I think we need to understand this human condition in order to achieve a peaceful and harmonious state. The fact that we can observe the human condition shows that there must be an aspect of awareness within us, which is beyond the human condition. And



this awareness could be the core, not only of humans, but possibly of all things manifest.

Many strive for the beyond while others find themselves deeply entangled in the web of emotional polarities. I believe in balance, in a middle way. I want to savour the human condition deeply and passionately, I think I am here for this one reason. And I want to be deeply anchored in the beyond, in awareness, in the ground of all things, which gives me faith, trust that I will remain, no matter what.

There is no best way to be human or to go beyond, everyone has their own unique life as a human and their encounter with the beyond, and I think that is the biggest miracle, right here in front of my eyes...

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NimbinMuseum.com

fashionfocus



Jaz Who in recycled leather

and received a champion interview on Prime News.

As well, they have launched their website and facebook. Visit the website at www.nimbinfashion.com

Out of the Box

'Out Of The Box' is the name of the highly anticipated Fashion Extravaganza that will be in Byron Bay on 13th August and then in hometown Nimbin a few months later.

Showcasing some of our very talented individuals and their wearable art, with some circus and dancing and all things fun, including the president of Nimbin Fashion, Jaz E, a new young, up and coming designer. Who creates fun-filled garments from recycled all sorts.

Another 10 designers will be putting on an unbeatable performance in the Byron Bay Community Centre. Outfits made from metal and rubber and even handbags.

This show is not to be missed. If you would like more information, you can contact Jaz at nimbinfashion@gmail.com

Nimbin Fashion News

As the winter chill creeps into your home, bed and toes, it can feel like there is no escape from old daggy wintry jumpers, and icy pink noses.

Luckily, there is a new bold fashion shop in town, *Who Cares What You Wear?*

It's going off, and with new stock in every week, more and more local designs, you must check it out. They are now stocking C. C. Designs by Christina Chester, a well established local designer.

On a sadder note, the Annual Nimbin Fashion Show will not be happening as it would in the spring/summer of every year. But do not fear!

Fortunately Nimbin is so full of these crazy fashionistas that a few of the crew have created a successful association, Nimbin Fashion Australia Incorporated

With government funding and a good reputation, and brand 'Nimbin', we are off!

The association was launched in mid-May



Models Models Models

So You Wanna Be A Model?

If you would like to be a part of the 'Out of the Box' show, Nimbin Fashion Association will be holding two models searches this month, one in Lismore and one in Byron Bay. No requirements. Come along and have some fun!

Check out our facebook page for more details: Nimbin-Fashion-Australia

Bowen Therapy and Warm Massage



by Tonia Haynes
Bowen Therapy, Spinal Realignment, Pranic Healing, E.F.T.

Ancient philosophies of spirit often use parables to present words of wisdom.

One I remember is the young disciple who had the job of carrying water and chopping wood. One day, probably because he was sooo bored, he asked the master.

'Master, what will I do when I am enlightened?' The master replied, 'why, you will carry water and chop wood, of course.'

Well, I can imagine a reply like that might have caused many of us to throw an internal tanty and march right back down that mountain to secure a job in any sleazy night club, which allowed us to exercise what ever our lustful desires desired.

But I guess the wise old dude was really implying, it doesn't matter what you are doing, do it with joy and awareness of the bigger picture of existence.

Nevertheless, I have yet to find a parable that explains the benefits of carrying a bucket that keeps springing a leak and using an axe that has an edge you could park a bus upon.

Unfortunately, often the bucket that carries our water of experience seems to need repair as we watch our endeavours trickle away on to unresponsive clay.

And often, the axes with which we chop out our future appear to be so blunt, they would be better used to club into oblivion all those fatherless children that keep stopping us from being our true, magnificent selves.

Repairing leaks in experience and re honing futures can be very wearying, but we are often loathe to get a new bucket or a new axe, because as faulty as they may be, we are used to the old ones.

A prime example might be those who have elected to stay in wobbly old Christchurch N.Z. or hang in, for good or ill, in Japan. Personally, I am still trying

to decide if they are heroes, or lemmings. Only time will tell.

The body can do funny things when we insist on continuing to work with faulty, emotional tools.

Many years ago I had a client in Brisbane with a frozen shoulder. She also had a frozen relationship with a boyfriend she was too frightened to let go of.

After a few treatments, the shoulder was not responding, but by then she felt strong enough in herself and had retrieved enough bravery to release the boyfriend. One treatment later, the frozen shoulder magically disappeared.



She had found a sharp new axe, which also gave her a new bucket in which to carry her future experience.

Body work, whether it is Bowen Therapy, massage of all types, acupuncture, or chiropractic/ osteopathic treatments have the potential to clear the mind and therefore remove the old leaky buckets and blunt axes that no longer serve us.

When I began remedial massage in the 1980's it was commonly thought that if one was a female and did massage, they probably

worked for a slick haired fellow who wore a red bow tie and drove a Mercedes.

Thankfully, today that attitude has changed and many people have Bowen treatments, massage or other body therapy because skilful touch, whether it is gentle or firm, assists in cleaning the whiteboard of the mind and body, so that good thoughts and feelings can re emerge and reaccelerate the good life.

This winter has not been very comfortable and a warm touch is helpful in chasing away those grey, cold blues.

For this reason I have decided to change my treatments slightly to incorporate remedial massage (gentle or firm) as well as Bowen therapy and spinal realignment, in the time I spend alleviating the pain and stiffness in your back, neck, shoulder and limbs.

I will set a scene of nurturing warmth for you, in a warm room with warm towels and a warm massage table.

This might encourage you to get that pain dealt with now, so that you can retrieve the sunshine in your heart.

Love Light and Laughter

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Cook's corner

Recipe of the Month

by Carolyne



Lamb and Coconut Satays

This is a simple Sunday afternoon light meal, and can be easily adjusted for extra servings or for dinner parties.

Ingredients

500g lamb mince
1 tblspn tomato paste (puree)
3 tblspns desiccated coconut
1 tspn ground cumin
2 tblspns chopped fresh coriander
1 tblspn chopped fresh parsley
¼ cup/60ml lemon juice
Serves 4

Method

Combine lamb, tomato paste, coconut, cumin, coriander, parsley and lemon juice. Season. Roll tablespoons of mixture into balls.

Thread three balls onto a lightly oiled bamboo skewer. Repeat with remaining mixture. Cook on a lightly oiled preheated medium barbecue or under a grill for 4 to 5 minutes each side or until cooked to your liking.

'Til next month, enjoy!

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

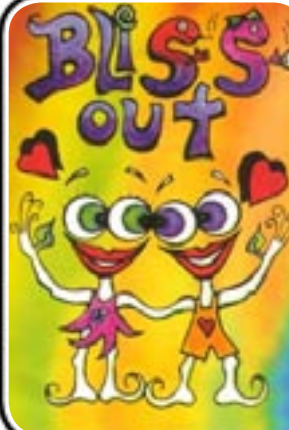


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Bhakti YOGA:

'Union through Devotion and Love'

by Sam

The soul is an angelic being which descends from the angelic worlds into the human biological instrument to develop the ability to love unconditionally.

Earth is the school, a kindergarten for souls where undeveloped souls are sent to learn. The curriculum is simple but not easy, we are here to learn how to love without limitations, expectations or conditions. The means for learning is here in every human – self observation. A single tool for learning, it is all that is ever needed." Red Hawk

Bhakti Yoga is pure devotion to merge with God, self and source. Bhakti Yoga is the path of unconditional love, compassion, humility and purity. To hold the essence of love unconditionally in the heart, mind and body takes practice and dedication. Yoga helps me to see beyond judgement, criticism, projection and fear and reminds me to come back to my heart and that the greatest power is always LOVE.

Of course this is a process and the more I practise Yoga, the more my heart, mind and body opens to self observe and be curious to my inner process. 'How do I relate to myself as I practice Yoga?', 'Am I kind, respectful and generous with my body/mind even when it feels uncomfortable and challenging?' and most importantly 'Can I give love, affection and presence to myself first and foremost?' This is the intention I have every time I come to my mat. Holding a space of loving kindness, devotion and awareness for myself when I am practicing Yoga greatly



assists me in holding this space in each moment, for others and the world around me.

Unfortunately, there is still a lot of confusion out there in the world about what Yoga really is. Yoga is a wholistic path, and whilst we do use the body as a tool for self-discovery it is far beyond the physical aspect of practice. Deep breathing connects us to our bodies and spirit, meditation brings our awareness to self defeating behaviours and patterns of the mind and chanting opens us directly to a pure unconditional and loving heart space. Yoga ultimately helps us to shed the shackles of conditioning, habits and self loathing. This is what I truly love about Yoga, the essence of Yoga is not blurry or confused, it is pure, clear and simple.

Yoga is unconditional love, deep connection, acceptance and freedom, the fun part is that it takes lots of practice and lots of patience...

Om Shanti... Peace

Sam is a certified Yoga teacher running regular classes at Living Arts Sanctuary, Blue Knob. Tuesday 9am and 5.30pm, Wednesday 9.30am and Friday 9am. Phone 0414-373-856 or visit www.anuraktiyoga.net

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ASTRO FORECASTS

BY TINA MEWS
YOUR MONTHLY REVIEW OF WHAT'S HAPPENING IN THE HEAVENS

July



This month, the sign of Cancer brings issues related to inner security, family and home, back into the centre of our attention. Water symbolizes our emotions and connects us to the soul field; it is our ability to bond with others and be inclusive. Cancer stands for the receptive and sustaining powers of the feminine, the Cosmic Mother who brings forth, supports and protects life. People born under the sign of Cancer are said to have strong attachments to their ancestry and roots. On the downside, Cancerians can be extremely touchy, self-pitying and defensive.

July 1 starts with a partial Solar eclipse in Cancer, a powerful New Moon. This eclipse is the final in a row of three and concludes the last month's eclipses on the Gemini/Sagittarius axis, when we were extra sensitized to channel higher frequency information and insights. The new awareness that we have gained then (as subtle as it may be) needs to be expressed and given birth to now. What are our true needs and how can we respond to them? The Sun and Moon are in a tight formation with challenging Saturn in Libra, the sign of relationships. We are reminded that true cooperation with others requires a strong inner foundation based on self-love and a feeling of wholeness. From this place of self-acceptance and inner knowing it is easier to prioritise what is truly important. Generally speaking, it is a time for reflecting on attachments to the past that have to go. Allow yourself to be different. In this sense, eclipses can have a liberating influence. The lesson is to become stronger in nurturing the right causes and saying 'no' to whatever distracts us from our path.

The Full Moon on July 15 is in hard working Capricorn. It indicates that building the new will not be done overnight but is a slow process requiring a step-by-step approach with a constant focus on the desired outcome. Patience and persistence is the key towards success. However, it is essential to remain guided by our intuition and feelings while keeping a watchful eye on those old fears that could get in the way and undermine our power. By the end of the month, the stressful square between the collective planets Pluto and Uranus gains in influence and the voices that demand freedom and reform will grow louder (active until 2015-16). The last time these two planetary force fields conjoined was during the 60's, the years of ground-seeding socio-cultural revolutions.

Aries

Expect changes in the area of your personal and professional life. It is vital to strike a balance here. Contain your emotions for the sake of following greater goals which serve others as well as yourself. Taking action prematurely will not bring the desired results.

Taurus

At this time, your focus is on transforming theory into practice and turning your dreams into a workable reality. However, reflect on the things that you take for granted and be aware how you communicate with others. A different approach that allows for more flexibility might be needed.

Gemini

At the moment, it is crucial to rely and work with your own personal resources and abilities. Therefore, manage them well and be self-sufficient. The least you rely on others, the better for you. Nurture and develop your talents and values and reflect upon those attachments that could hinder your personal evolution.

Cancer

You are in the midst of a life-changing journey that transforms or will transform what is your self-identity. Fundamentally, you are getting in touch with the power of your own soul. It is important for you now to trust the process and remain in touch with your heart-felt truth. Domestic affairs are important.

Leo

Your unconscious mind is very active right now and might play havoc with your structured thought processing. Make extra space for your emerging intuitive powers that are in need for a creative outlet. Remain in touch with your true intentions and source of motivation.

Virgo

The time is ripe for joining stimulating group activities or meeting new kinds of friends. Make use of your organizational skills and share your ideas with others. Your practical sense and abilities could help with realizing hopes and objectives that serve the wider community.

Libra

Your focus right now is on getting ahead in your life and you feel in need for public recognition. However, before a person can climb the ladder towards genuine success, s/he needs to feel grounded and safe within. Strengthen your inner foundation by becoming more self-reliant.

Scorpio

Right now it is essential to redirect your focus. Get out of the rut and consider the bigger picture of life. How do you want to grow and expand? . Seek new ways to integrate the near and the far – the known and the unknown. Friendships that have lost their meaning might end now.

Sagittarius

The time is ripe for exchanging your insights and philosophy of living with like-minded souls. Align yourself with shared ideals and objectives. The challenge is, however, to transform what is no longer serving your cause. Accept your share of responsibilities and give birth to the new.

Capricorn

You are experiencing a period of personal development and change. This could have an effect on domestic arrangements and family relationships. Understand the needs of others while honouring your own. Whatever the issues are, essentially you are dealing with 'your stuff'; so better own it!

Aquarius

Right now, your general orientation is focused on your daily routine, your work and your health. Make use of the creative energies that are floating around; invent techniques of living that are practical and adjusted to the changing needs of our times. Listen to the messages of your body to avoid illness.

Pisces

Your evolutionary goal is said to be transcendence of the self; therefore it could seem pointless to establish what makes you feel special as an individual. Nonetheless, your creative forces are stirred up right now and demand to be made visible. Why not try birthing the 'Inner Child' that is still waiting to be healed and released?

You can book in for Personal Readings. Contact me on 6689-7413, mobile 0457-903-957, email star-loom@hotmail.com or visit my web page <http://nimbin-starloom.com.au>

Astrology Classes:
Wednesdays 10 am-1pm, Lillifield Community Centre: starts 27 July: Techniques of chart reading; Thursdays 9.15 am – 10.45 am, Nimbin Community School: The 12 signs of the zodiac and their archetypes; starts early August, ring 66891477; Australian Bushflower Essences Course, Part 1, 8 weeks, Fridays 10 am – 12 pm, Lillifield Community Center, starts 5 August; info and bookings 6689-7413.

Terry Bressington

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FILM REVIEW: SUPER 8

Reviewed by Stephen Wright



Super 8 is produced by Steven Spielberg and directed by J.J. Abrams. They apparently collaborated in a storytelling committee to create the plot, which comes as no surprise. Spielberg is not my favourite film director. I find his films hackneyed, misogynist and somewhat racist. He tends to take interesting ideas and flatten them under a heavy hand, drain them of any life and graft on as many clichés as he can find. From its trailer *Super 8* seemed intended to be a variation of *Cloverfield*, a disaster-movie that Abrams produced. As *Cloverfield* managed to be a pretty interesting take on the monster-movie genre, *Super 8* seemed worth a look.

Super 8 is a bit like *Cloverfield* meets *ET* and *Close Encounters of the 3rd Kind*, but with the worst parts of each. At a guess it looks like Spielberg corralled Abrams into trying to be Spielberg circa 1980. For reason of his own, it looks like Abrams was compliant. *Super 8* is set in 1979 in a US white-bread steel town. 13 year old Joel's mother has just been killed in a factory accident. A few months after the accident Joel and his friends are making a zombie film with a Super 8 camera. They are filming on location at the local train station when a freight train comes

through. While the camera is rolling the train is spectacularly derailed, demolishing the station and strewing fiery wreckage over several acres. When the military arrive on the scene and start locking the site down, it becomes clear to the children (who have miraculously survived the train's destruction) that something weird and sinister is afoot, probably involving monsters and bad army guys.

Super 8 is intended to be a film about children's lives, and setting the film in the 70's is supposed to point to a time of greater simplicity, when creative children (apparently) made their own movies and used walkie-talkies instead of mobiles, Walkmans were considered hi-tech, and it took a week to get film developed. The children acting in *Super 8* really do their best and work hard at keeping the film alive. Unfortunately they are let down by a

clunky and highly predictable script, ham acting on a stellar scale from the adult actors, and a plot that not only comes across as constructed by a committee but by one that apparently was drunk, asleep, stoned or uninterested in what it was actually doing.

Super 8 70's backdrop had the potential for a lot of ironic cultural references, but instead we get an imagining of the 70's that makes it just like 2011 but without the gadgets, which come to think of it, is often what Hollywood takes on the past are like. The children on whom *Super 8* focuses talk exactly like stereotyped adolescents of the 21st century ("Like, totally." "Whatever."), so instead of a 70's ambience it feels as if we're watching a clichéd 21st century dress up in op-shop clothes.

It's hard to find a point to a film like *Super 8*. Why did they bother? Is Spielberg just so up himself that he thinks that anything he does can be classified as genius? Did Abrams have nothing better to do with his time? Is he short of a quid? Is he in love with Spielberg? We shall never know and most of us will never care. One thing I've always wondered about Hollywood aliens though. Why are they always so mind-bogglingly technologically advanced, but still think eating raw meat, preferably meat they've chased, is a neat idea? It's as if they can build starships but never learned how to cook or grow their own food.

Reviews from the Crypt

by Stephen Wright

The Who:

The Who Sell Out (1967)

Long before they became a ridiculous set of stadium rock has-beens, before Pete Townshend began to believe he could save the world from child abuse and ended up getting himself on a sex offenders register, The Who were a great pop band. They were also reputedly the best live act going, and a band with something of a sense of humour.

Their third studio album, *The Who Sell Out* was an ironic take on fame, on the commercialisation of music, wonderful 3-minute pop songs interspersed with fake advertisements for baked beans, deodorant, your local church and so on.

Sell Out contains *I Can See for Miles*, a big hit for The Who, as well as *Mary Anne with the Shaky Hand*, and one



of The Who's few non-Townshend-penned songs, the brilliant *Armenia, City in the Sky*, where Townshend played guitar like he never had before. Even bass player John Entwistle's contribution, usually the low point of any Who album, seems to find its place amid the jokes and irony of *Sell Out*.

The Who had something of a conscience, in an era when 'sell out' was the worst name any band could be called. In 2011, when the idea of 'selling out' seems ludicrous when nearly every musician would happily sell their own families for fame, the 1967 version of The Who seem like a breath of fresh air. But after *Sell Out*, with a few notable exceptions (the keyboard intro to *Baba O'Riley*, a couple of songs off *Quadrophenia*), it was all downhill from there.

Tom Stoppard: Rosencrantz and Guildenstern Are Dead (1968)

Tom Stoppard's play *Rosencrantz and Guildenstern Are Dead* might be one of the best versions of Hamlet you'll ever see, if you're into versions of Hamlet, and it's a comedy too. R&G are Hamlet's childhood friends that Hamlet's uncle, the usurping king Claudius, uses to spy on him. They are inept, useless for much else except spying, and come to a bad end, double-crossed by the endlessly scheming Hamlet.

It's also hard to remember which is which, a confusion that becomes something of a running joke in *R&GAD*.



R&GAD takes place behind the scenes of Hamlet, in the periods when R&G are off-stage. R&G wonder who they are, why they are here, and even where they are.

There's a wonderful film version of *R&GAD* written and directed by Stoppard starring Tom Roth and Gary Oldman that you can find at YouTube. It brings out all the play's dark humour and existential weirdness and Roth and Oldman are hilarious as the querulous,

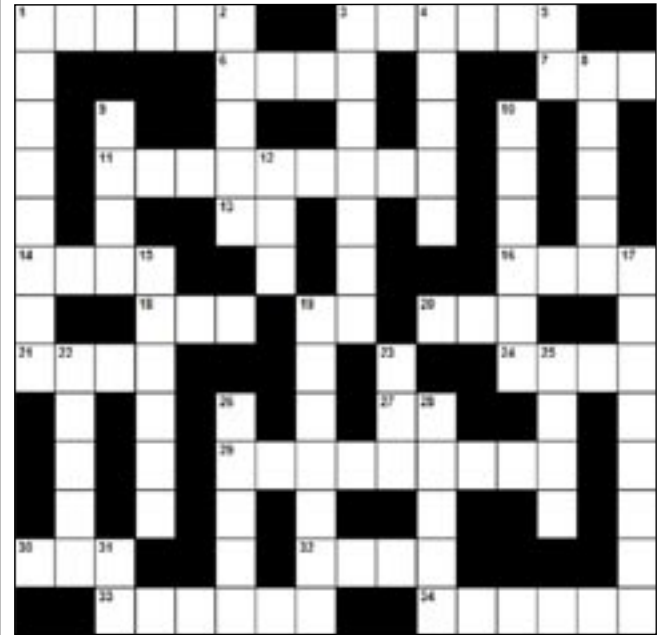
baffled and clueless R&G, adrift in a world they don't really understand the workings of, lost as they are amid the backstage props.

Hamlet is a play about identity among other things, and unanswerable questions and even about how to write a play, and *R&GAD* runs with those understandings. Throughout *R&GAD* we wander in a world where death is the only question to be answered and the only question we can't answer.

In the end, even the tragic carnage taking place 'on stage' in the Castle Elsinore at the end of the events of Hamlet begins to seem comedic, as if we're backstage at a Three Stooges movie, and we find ourselves having somehow started laughing at the prospect of our own deaths.

Nimbin Crossword

2011-07
by Synic



Across

- Units making up a year
- (Make a) rough drawing
- (And 9 down, 12 down) Lock the Gate! (4,4,3)
- Draw to a close
- Impart truth
- Government of West Bank and Gaza
- Pet food
- In someone's care? Fend off
- (and 28 down) Canada's climate crime? (3,5)
- Brazil country code
- Ex- finance minister of Cuba
- Dueling sword
- Chief
- Given that
- Capital of Nepal
- Put to work
- Looked at?
- Straight? In a row
- A palestinian. Or a jew.

Down

- Call to action
- Company (funny) money
- Move as a snake
- The black keys?
- That man
- More recent
- See 6 across.
- Spider work
- See 6 across.
- Erotic? Hot and wet
- Talk out of
- Ocker working class hero
- See 26 down.
- OTT acting? Sandwich meat
- (Great) work
- Urban gyms? Freestyle jam spaces
- See 18 across.
- Letter 12

Solution Page 27

NEW Nimbin – Lismore Bus Service Starts on July 18! See page 3 for details.

WALLERS BUS COMPANY

Pickup Points	Nimbin Central	Nimbin Main St.	Coffee Camp	Goolamangar School	Goolamangar 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	Goolamangar School	Goolamangar Store	Coffee Camp	Nimbin Main St.	Nimbin Central
Lismore - Nimbin	7.00			7.10	7.14	7.25	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
School days only	7.43	7.51	8.00	8.20	8.35	8.40		8.52
Georgia - Lismore								
Pickup Points	Lismore Transit	Trinity Bay 2 Interchange	RRHS	Blakebrook Interchange	Oakey Creek Interchange	Mitchell Road	Gwynne Road	
School days only	3.25	3.35	3.43	3.50	4.19	4.28	4.36	
Lismore - Georgia								

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Nimbin Bushwalkers Hit the Top Spots



Sea view from Koonyum Range

by **Len Martin**, Secretary,
Nimbin Bushwalkers Club Inc.

Finally, after several cancellations because of the wet, the long awaited ascent of Blue Knob took place. Leader Judy, with Hilary, reconnoitred it beforehand to ensure that the leader did not get lost when leading the walk. Alas I could not partake so am grateful to Michael Smith for the following account.

"Five members of the Nimbin Bushwalkers Club assembled at the base of Blue Knob (Mount Burrell) to have a go at making it to the top. Whilst most of the mountain is in Nightcap NP, access is difficult. The monstrous 900m high bulge is steep, and fringed with vertical cliffs. There are a few known ways up, most starting on private land. With hope, torches, EPIRB, rope, communications and volleys we took on the challenge. I had a box of matches too. Despite the cool June temperature, we were soon stripped down, sucking in the glorious Northern Rivers air. In the program the walk was adequately described as a gut-busting, aerobic workout. Leaving the hippy flophouses behind we splashed through the mud of recent rain to gain the Eucalypts and grass trees higher up. These Aussie icons embraced us with their springy, sinuous, exfoliating 'leaves'. Near the top, just below the line of cliffs is a lookout. From here, all of Nimbin, Lillian Rock and the Border Ranges is spread below. The insignificance of the little township of Nimbin is apparent, kept safe from evil by nine police officers. Alternative abodes peeped through the greenery, peopled by the colourful, the tragic, the truth-seekers. We now had to come to terms with the cliff and a length of decades-old rope. Two of our members go to the gym every week, so it was a trifle for them to stretch and scabble to a place above us. Most of us were over 60 years old, and usually over this type

of challenge. Still, male pride bubbled, the knotty rope fisted, all were up. Now, on top of the beast, we strolled into the rainforest for lunch on a log. With great care, we then let ourselves down to rejoin mankind."

I find it difficult to accurately grade our walks – all three in July are graded 3 yet vary considerably in quality and degree to which they might tax some of our members. David Holston's wonderful walk on East Koonyum Range was graded 3, yet I felt it warranted no more than 2 – such were the shallow gradients involved – but there were some "easy off track scrambling sections" so perhaps 3? No matter, it was a fabulous day – bright sun, mild breezes, fantastic views.

Thirteen of us met at the Wilsons Creek Rd, Coolamon Scenic Drive junction to pool cars before driving up Koonyum Range Road. We stopped for a 200m walk to Teales Lookout with its panoramic coastal views and interesting montane heath plants. A further brief drive before parking near the southern entrance to Nandaly Road and short walk along same, before we struck off across heathland to the cliff edge (with waterfall) and spectacular views into Upper Wilsons Creek valley. Back to Nandaly to saunter through rainforest, rejoining Koonyum Range Rd to the hang-gliding launch pad for lunch and fabulous views – across the ranges to Mt Chowan (scaled a few weeks back) and the Cougals beyond (the east peak scaled a few years back) – below, a panorama of Palmwoods' banana plantations and Main Arm valley – while, to the west, the tip of Mt Warning peeped over the hill. Back to join Boogarem Road (a euphemism surely), through varied forest types, all remarkably weed free, via the Loop trail, to a point with spectacular views across Mullumbimby Creek valley. We sauntered back towards the cars via the Lookout Track – a bit of uphill

here – breaking the journey to enjoy luxurious afternoon tea on the terrace, complete with biscuits and scrumptious home-made cake – all provided by Martin who abides up there.

Alas, I could not make our June camp night, so again am grateful to Michael Smith for the following. "A camp, followed by a walk, was planned to farewell June (the month). Three club members rolled up to Mebbin Campsite to see out the fifth longest night of the year. Judy and Joy practiced weaving baskets. Seven practiced local kookaburras planned a raid on unprotected munchies. Two dozen back-packing youth burst from the scrub to pitch tents and get some rest before a planned 3am assault on Mount Warning. A BYO fire crackled into the night, stories, insults, laughter. The kookaburras found full throat at 6am to announce the end of a long darkness. One breakfast treat was Davidson Plum jam, made by Michael, from Ron's plums, a recipe from the Nimbin Good Times, spread on slices of apple and date spelt, bought from the Blue Knob Market. Low food miles indeed". A fine Sunday morning saw six of us join the fearless three for some pleasant easy walks. First the very short Byrrill Creek Circuit with its superb massive fig trees – two of which are fused together at the roots. Some one remarked, "they are married", following which – such is the amazing sexuality of plants – that some wondered if it might be a "same sex marriage". Alas, the Flora of NSW states that figs may be monoecious or dioecious and doesn't specify which locals are which. I'm pretty sure ours are monoecious – both male and female flowers on the one tree – bisexual if you will. However, we did not allow any weighty theological concerns with the marriage of two bisexuals to spoil our remaining walks – largely through secondary growth forest – or our pleasant lunch.



The Koonyum group

Walks Program for July

Wednesday 13th July Bar Mountain Circuit

Leader Len Martin (6689-0254),

Grade 3, 3.5 km, 3hr. Walk on made tracks starting in cool temperate forest, passing through warm temperate forest to a lookout in wet Eucalypt forest, with views west to Mt. Lindesay and Mt. Barney, before returning to picnic area. **Meet** Nimbin car park 9am or 10am at entrance to Border Ranges National Park on Tweed Range Scenic Drive for vehicle pooling (NB NP vehicle entry fees apply) **Bring** lunch and water.

Sunday 17th July Whian Whian SF and Nightcap NP

Leader David Holston (6672 -5071, after dark)

Grade 3, 5-6hr, 7-8km; circuit walk on used and gated-off roads and fire trails with easy off-track scrambling sections; views over Upper Coopers Creek and beyond in areas of different vegetation. **Meet** 8am Nimbin Carpark - 9.15am Rummery ParkCamping area. **Bring** lunch and water.

Saturday 23rd July Mystery walk in Nightcap NP (members only)

Leader Judy Hales (6689-1477 or Len 6689-0254)

Grade 3, 5-6hr, no made tracks, creek walking, some slippery rock-hopping, optional short cliff climb to top of waterfalls, rain forest, stinging trees. **Meet** 8am Nimbin carpark. **Bring** water and lunch.

Membership \$15/head to
Treasurer Kay Martin, PO Box 61 Nimbin, 2480
(phone 6689-0254).

Secretary, Len Martin (pteropus42@smartchat.net.au)

Nimbin Bushwalkers Club Inc website:
<http://nimbinbushwalker.byethost7.com>



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Nimbin Garden Club Notes



The big day out bus trip Photo by Geoffrey Bowers

Art Gallery, without a doubt the most beautifully situated gallery in Australia (The setting itself is a work of art!), and the opportunity to view and contemplate the works on display.

Finally, following a day of gardens, art, good food and good company the trip concluded back in Nimbin with applause and thanks to Denise, for organizing such a terrific day out, as well as for Sandra the safe and skillful bus driver.

July Meeting and AGM

This meeting will be held at Gil and Jan Schilling's place, 166 Stoney chute Road, only a few kms from Nimbin village, on Saturday 16th July at 2pm. (Due to soft ground, those attending are requested to only park vehicles between the property entrance and the first closed gate.)

We need new committee members, so please consider joining the committee and becoming more involved in the functioning of the club, which meets monthly.

There will be two guest speakers at the AGM: Allan Lunare, who hosts workshops on intuitive gardening, and Amanda Williamson, who will speak about public use of Crown Reserve Roads. A raffle for the handsome book *From the Ground Up: A complete guide for NSW gardeners* will be drawn at the usual afternoon tea at the end of the meeting. (Bring a plate.)

Visitors and prospective new members are most welcome to just turn up on the day, or for further information, please contact Denise Braidwood (6689-9324) or Hendrik de Vries (6689-1233).

cane fields lower down on the Tweed River flats. A number of people also took interest in the striking clusters of pink-red flowers on a South African Dombeya tree – a species not before encountered by most.

The garden viewing concluded with break for coffee and a chance for the day-trippers to relax and socialize, before moving on to Sandra and Tony King's garden at Nenderi.

The King's two-acre tropical garden, which has been featured on 'Gardening Australia', was a somewhat 'wilder' environment than Casper's, with its maze of little pathways allowing excellent access to all areas. The property also featured a large dam and fountain, as well as two raised platforms with tables suitable for outdoor dining while admiring the views.

Before departing for lunch at the Condong bowl, our visitors took full opportunity to load the bus with many specimens purchased from Sandra's nursery.

After lunch, the big comfy bus headed for the Tweed River

by Gil Schilling

Big Day Out

Saturday, 18th June saw many club members, in company with visitors from Casino, Woodburn and Lismore, venture forth on a large comfy bus up the infamous Blue Knob goat track, en-route for a most enjoyable day out. On this warm and sunny morning, the hardy travellers continued on through Uki and Murwillumbah to 'Morning Song', the Cudgeon garden belonging to Don Casper.

The main garden was made up of different levels, supported by rock retaining walls made by Don himself, and containing a large variety of grevilleas, many of which were new to most visitors. Don went on to describe how he kept his grevilleas looking compact and profusely flowering by pruning them back by about one third ever year.

Another feature was the 'viewing platform', from which visitors had not only an overview of the entire garden, but also a vista over the trees to the sugar

MY KINGDOM FOR A HOME GAME!



by Gary Whisker & Simone Rutley

Our season so far has been a real stop-start affair. The continual rain has meant that we are lucky to get two weekends in a row of games.

By far the most disappointing aspect for us is that we have been unable to play a single home game so far this year. Soil compaction, blockage of drainage pipes and steady, soaking rain have all contributed to this sad situation. The water table is so high now that even after two weeks of dry, sunny weather both our pitches remain boggy, greasy and unsafe to play on. At the end of the season we are planning to undertake major works to improve drainage and hopefully get us all back on our hallowed turf next year.

Volunteers are rushing around trying to organise grants and funding to make this happen. We will need a lot of energy and input when it comes time to start the project, hopefully in September. Should you have any ideas or energy to put into fundraising, now is the time to raise your hand.

The project will require dollars and labour so if you feel you can help in any way with this massive undertaking, please contact anyone within the club over the next few weeks. It will be hugely appreciated! With a little luck and a lot of sun we might just get a chance to play a home game or two before this season concludes.

Our men's teams have had contrasting experiences recently. While the 3rd's are starting to find some good form with 4 wins and a draw from their last six games, the 5th's are struggling to even field a full team each week. Consequently they are still looking for

their first win of the season. A large number of injuries within their squad has made it a tough time for the guys, but even with only 9 or 10 players on the field, they have given their all and fought hard until the final whistle.

The Women's team continue to have a fantastic year. They are training diligently and showing a lot of commitment whilst having fun. Their energy is infectious.

We have three junior competition teams, 15s, 14s and 12s. The first two are struggling, having yet to net a win. The wet weather and difficulties with training put a dampener on players' enthusiasm and make it difficult to develop a rhythm. The 12's are definitely the team to watch. They are heading up their ladder with 18 points. This team did well last year and are doing so again this year. As for all the teams, not having home games or training at the pitch makes a big difference.

There are four non-competitive junior teams: 10s, 9s, 8s and 6s. These guys are having a lot of fun when they get a game. There was a junior carnival at Murwillumbah recently which was a great opportunity for them all to get a run. If we manage a home game this year, these teams are very entertaining to watch! Thanks to the new coaches, Denis and Paris, who have stepped up to the challenge.

The priority for the club at the moment is to enjoy what games we are getting and upgrading the drainage on the field so that it will be safe to play as soon as possible. Thanks to Nimbin Central School for their support by making their hall available for training.

GO THE MIGHTY HEADERS!

Fun Run cometh

This year's Nimbin Fun Run and Family Fun Day will be held on Sunday 28th August, with an extra over-45's category so that everyone is catered for.

This year, local businesses have come together to offer their support by providing prize money and a trophy for the winners of the various categories.

This will be a fantastic community event, and all funds raised will go toward continuing improvements of the Physical Activities Centre.

Look out for full details of the event and an entry form in the August edition of NGT.

Nimbin Fun Run Prizes

- 1st 12-16 Female: \$110 Sew Cool Embroidery award
- 1st 12-16 Male: \$110 Nimbin Bowling Club award
- 2nd 12-16 Female: \$50 Nimbin Tax and Accounting award
- 2nd 12-16 Male: \$50 Nimbin Lifestyle Real Estate award
- 3rd 12-16 Female: 8 weeks unlimited access Discover Fitness
- 3rd 12-16 Male: 8 weeks unlimited access Discover Fitness
- 1st over-16 Female: \$250 Rainbow Power Company award
- 1st over-16 Male: \$250 Dr Dan Oxlee award
- 2nd over-16 Female: 8 weeks unlimited access Discover Fitness
- 2nd over-16 Male: 8 weeks unlimited access Discover Fitness
- 3rd over-16 Female: 11/2 hr Naturally Nourished Massage
- 3rd over-16 Male: 11/2 hr Naturally Nourished Massage
- 1st over-45 female: \$250 Craig Arden Electrical award
- 1st over-45 male: \$250 Craig Arden Electrical award
- 2nd over-45 female: 8 weeks unlimited access Discover Fitness
- 2nd over-45 male: 8 weeks unlimited access Discover Fitness
- 3rd over-45 female: 11/2 hr Naturally Nourished Massage
- 3rd over-45 male: 11/2 hr Naturally Nourished Massage

Best dressed participant: Dr Oscar Serrallach award
Most participant sponsorship raised: Dr Mark Droulas award
Major Sponsors: Nimbin Hotel and Backpackers and Mount Franklin Spring Water.

For further information, contact Cassandra Jefferys on 0428-439-526.

Gym gear adds five new ways to get fit



Nimbin's Physical Activity Centre has installed five new resistance training machines, purchased with grant money from the Dept Sport & Recreation.

The equipment comprises a dual cable pulley trainer for functional training; a Smith machine for chest pressing, squats, lunges and bent rows; a cable jungle with five different stations; a leg press suitable for up to 200kg weights, and an assisted chin-up machine.

The new equipment complements the Centre's existing fitness machines – three cross-trainers, three treadmills and four exercise bikes – to make possible a full range of individual fitness programs, as well as the popular group fitness sessions.

Instructor Cassandra Jefferys is offering casual visits for \$10, a book of 10 visits for \$90, or unlimited weekly access for \$25. First visit by appointment only, phone Cass on 0428-439-526.

Nimbin Crossword Solution

See Page 25



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All the art that's fit to Print

Print is the theme being explored at Blue Knob Hall Gallery's latest exhibition, which runs until 21st August.

As well as the traditional forms of print-making, the members and artists have been invited to interpret the theme as they wish.

With today's technologies opening the possibility for a variety of interpretations on just what a print is, the show is a reflection of the community's diverse and creative ideas, and the variety of media in which to express them.



'Future Tense' Mono print and Japanese marbling by Christine Wynyard (above); 'Calla Duo' Digital flower portrait by Val Mace (left).

The official opening is Friday 15th July from 6.30pm. Dinner is available at the Gallery Cafe, bookings on 6689-7449. Blue Knob Gallery and Cafe is open Thursday to Sunday, from 10am to 4pm.

Y? O, I G: Zen!

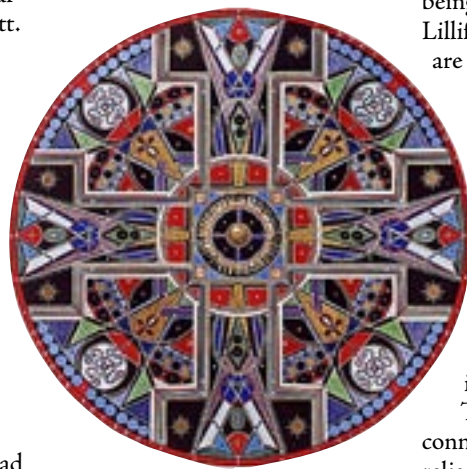
by Rob Harle

Once upon a time, many years ago, in the misty, mystical village of Nimbin, there was an experimental art group called Zen Watt. This informal group of artists, sculptors, poets and musicians would meet regularly to plan an exhibition/art happening.

The group enjoyed the luxury of having no commercial agenda or expectations, which allowed artists to experiment freely and visitors to interact with the works, performances and recitals. The group had the feel of the Dada and Surrealist movements which occurred at the turn of the twentieth century – pushing the boundaries, challenging the status quo and having fun.

A few of the original Zen Watt members have been talking, and want to form a

similar group and do similar things - but, with the benefit of hindsight, avoid some of the pitfalls experienced 15 years ago. People have been asking, "When are you going to have the next exhibition?" The answer is soon: be



patient, this is Nimbin time!

The new group ZEN Y ("Why Not?") invites the participation and expressions of interest from all artistic individuals in and around Nimbin.

A monthly informal

gathering is planned for Friday afternoons, venues to be decided. From these meetings the next exhibition theme, venue and so on will hopefully evolve serenely, symbiotically and successfully. The Bush Theatre (now being revitalised) and the Lillifield Community Hall are two possibilities.

There are also plans for a website, live feeds around the world, perhaps to outer and inner space, video performances, static exhibitions, good food, music jam sessions etc. but it all depends on community input and participation.

The group is not connected to any institution, relies on no grants, has no membership charge, and is open to all. There will be no competition or conflict with existing art galleries and spaces in the area.

Please make initial contact to organise the first (un)official meeting by emailing Rob at zenwhy@gmail.com

New gallery for The Channon

The Channon Gallery has been years in the planning and months in the execution.

After searching nationally and considering more than 270 possible sites, gallery owners David Corazza and Peter Boyle have decided on a building in the heart of The Channon.

Peter and David have a website and Facebook page, along with an aggressive social

media strategy. "We want local artists and art lovers to visit our gallery" said Peter. "In order to let everyone know about us and our artists, a strong web and social media presence is vital."

Director David Corazza has been collecting art for many years and has a deep passion for sharing his enthusiasm. "Art is all about transcending the ordinary," he said. "It can be extremely personal and extremely potent, and it is this sense of elation, outrage or bliss that we seek within our collection and from the people who view it."

"The gallery space really lends itself to varied exhibitions of different sized works in different styles. Prints, paintings, ceramics and

sculpture can all be accommodated and shown to best advantage."

From July 14th, an exhibition opens at the gallery, entitled *The Genuine Article*. Featured artists include locals Lindsay Hunt and John Nelson, Greg Mallyon (Sydney) and Yvonne Mills-Stanley (Brisbane).

The Gallery will have works from all over Australia and seeks to depict a cross-section of Australian Contemporary Art. There is also an extensive collection of art for sale on the website: thechannongallery.com

Official opening hours will be Thursday – Sunday from 10am – 5pm, but if the doors are open, pop in. Arrangements to view on other days can be made.



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WHERE RIVERS RUN \$340,000



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FOR ENQUIRIES CONTACT:
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