

Yoga – As It Is

by Sam

Do you ever feel that life's days seem to just pass you by and you can't seem to get all the things done that you need to? How did we get to May so quickly? I often hear people say, "Time goes by so quickly and you will be 50, 60 or 70 before you know it."

I agree that this human experience could pass you by in the blink of an eye, but I would like to challenge that belief and instead put energy towards a complete, whole, ecstatic and profound experience of life within each moment.

Autumn reminds me of this very experience, the delicious days, the mild evenings, the perfect sky and sunshine, the slowing down of Nature before it starts to go sleepy for winter – and how wonderful it is to witness this and to be alive to each moment as it is. The saying "Stop and smell the roses" is so appropriate, being observant and alive to each individual experience with a child-like sense of wonder and curiosity. Such simple things can help to slow down the so-called clock, ground us and bring us back to what is really important – each exquisite moment.

Yoga, in its many forms and styles, assists us with this very process. Asana (postures) practice is a tool to relieve the body/mind/emotions of blockages, tension and toxins, creating a clearer vessel. Meditation guides us into a space of observation, free from the distractions of mind. Conscious relaxation (Savasana) reminds us to take time out from the day to day to reflect inwards.

The depth and exquisiteness of these practices is rewarding on so many levels and it is



important to understand and remember how these practices translate in to daily life. Next time you wash the dishes, be present with every movement of your sponge, be aware of your feet and the softness of the breath in your belly – this is yoga. Next time you are pulling weeds from your garden, see this as a symbolic clearing, removing that which no longer serves you from your body/mind experience – this is yoga. Next time you brush your teeth, just brush your teeth, with full presence and attention to your every movement – this is yoga.

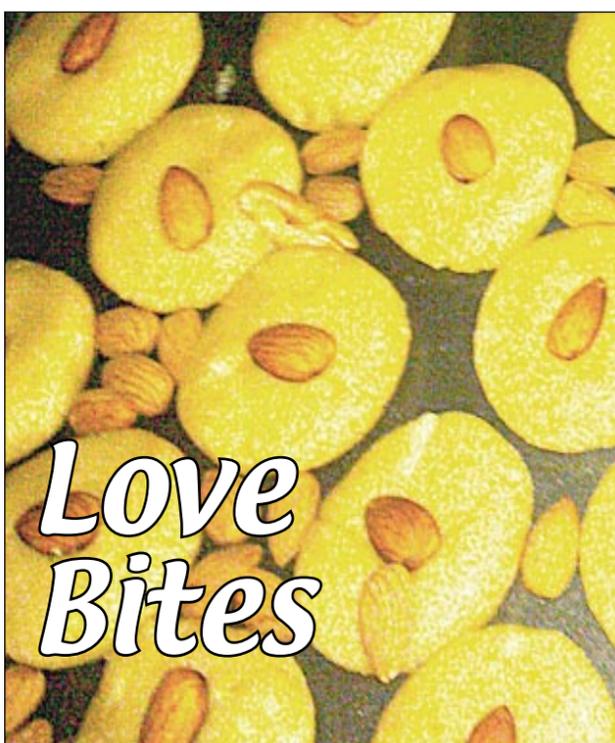
These practices or ways of being can help you to unwind and create the space you need to really enjoy the simplicity of your daily experiences.

This is the true essence of Yoga – a meditative experience of life, full of joy, compassion and love, reminding us always to be present and to never take it for granted.

Don't get me wrong, yoga also brings up my "stuff", but my lesson is to love the challenges as well and to stay in my truth by stoking the agni (fire) in my belly to stimulate growth, change and transformation. Smiles.

Thankfully I have time, and this is an on-going and compassionate practice. Peace.

Sam is a Certified Yoga Teacher running regular classes at Living Arts Sanctuary.
Tuesdays – 9am & 6pm
Fridays – 9am & Saturdays – 8:30am* (*Saturdays – every 2nd & 4th of the month)
Email: ps@harboursat.com.au or phone 0414-373-856.



by Nettie LoveJoy

Hi, Nettie here. I've been a community member of Nimbin for about 14 years. I am delighted to be given this opportunity to share with you my thoughts about the amazing, delicious, healthy, incredibly varied and nutritious plant-based diet.

I have found from my own experience that what we put in our mouth affects what we think and feel. Changing to this healthier diet has changed my way of thinking, feeling and reactive emotions, increased my awareness, helped heal my body and improved my overall tolerance to sickness.

In short the lighter we eat – the lighter we become. A lot of you know me by name, and have seen me at my best, may have met or chatted in the street or maybe working at the gallery or other shops in town, doing acupuncture at the NEAR clinic or at the op shop and also expressing my real passion of creating and selling my original leadlight creations and artwork at the markets.

I'm also sure a lot of you have seen me at my worst, when I was unable to walk, unable to think clearly, needing a carer, and being overcome with incredible bone and body pain from osteoporosis, osteoarthritis, scoliosis, chronic fatigue from Ross River and



symptoms from coeliac disease - to the point where I sunk into severe depression. Quite frankly, I could see no end in sight to my ill health.

Two and a half years ago I met some dedicated vegans who explained a different diet to the one I was consuming. At first, I assumed it would be a dull and challenging menu compared to what I had previously known. To my surprise I found the opposite to be true. After trying many different forms of healing modalities I was determined that something had to change in my life. If any form of healing was to take place, it was totally up to me to make that change.

It would give me the greatest of joy if this column can delight you with unique recipes and introduce you to not just a culinary adventure but a healthier, happier, more sustainable and less expensive way of living.

Generosity, Warrior Women and Homeopathics

by Tarang Bates

We are so lucky to be getting all this rain – you have to tell yourself this – might as well!

'Tis the perfect time for creativity and inspiration...so get on with it I say... as I sit here blankly staring out the window, watching the deluge enveloping the outside world - waiting for the spark of inspiration.

A debate is raging about women in the military excluded from participating in close combat. Why on earth anyone would choose to fight in a war is beyond me, however if a woman does so and qualifies to operate at close combat, then all the sexist reasoning about strength, psychology, bodily functions and pretensions of preciousness, are lame excuses to protect the male bastion of power for the right to kill or be killed.

Historically, women have been some of the fiercest warriors on the planet. In early history, warrior Queens Boudicca and Septima - led their own armies and are purported to have had more women fighting in their ranks than men. The Turkish army deployed women snipers at Gallipoli and the Indian army had an all woman regiment involved in active combat in Burma during WW2, to give a few examples.

I am sure unbathed warriors of either sex are a little on the nose, however not something foremost in your mind during battle I would imagine...only the privilege of distance allows this to be touted as one of the reasons against women in active combat.

Which leads me to Afghan refugees... boat people "jumping the queue"; honestly the rhetoric spouted about them "going through the right channels" is extremely ignorant. If you were lucky enough to find a building standing, it would not be an embassy. If it were (hypothetically speaking) an embassy and you were a woman, you would be risking



your life trying to stand in the hypothetical queue. I was in Afghanistan during "peacetime" and witnessed a number of women being treated horrifically; we really do take

our freedom for granted. The reality is that people do not have a choice, do not have the privilege of being able to make an application through the normal channels and it is a matter of life and death for many of them. A degree of generosity would go a long way!

What makes us humans lack generosity, whether it be on a physical, emotional, mental or spiritual level – generosity with no strings attached – perhaps a quality learned as a child, is quite a rare quality amongst us humans. Some religious sects encourage generosity of spirit, encompassing assistance and welfare for the disadvantaged – a great service to society – however there is often an underlying hope, that in their gratitude the helped will convert to the helpee's sect, or that the helpee will secure a good spot in the afterlife.

There are humans who are suspicious of generosity, perhaps because of some negative association from the past, where the generous person is regarded with the utmost distrust and an act of generosity can spark an almost psychotic response.

HOMEOPATHIC:

Phosphorus types are generous to those in need. They are because they care but also have the tendency to not understand the value of money.

Sulphur types are generous but also gullible and may be taken advantage of by cynical users.

Stramonium types are often reliable friends who treat people with generosity and sensitivity.

For more information on any of these remedies, contact: Tarang at Nimbin Homeopathics 6689-1452 or email tarangbates@yahoo.com.au specializing in online consultations and orders.

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Brilliant, Brilliant Mardi Grass

by Christina Chester

The "Nimbin Magic" has worked again and the sky opened up for one of the most glorious Mardi Grass celebrations in 19 years.

I have been to everyone and every year I love to see how Nimbin's beauty shines.

Thanks to everybody involved, including the most appreciative and friendly young crowd. Mardi Grass 2011 was a powerful protest and demonstration of our commitment to a more peaceful, friendly, compassionate way of life.

I didn't mind that the

doof was cancelled due to muddy conditions, I really enjoyed dancing and celebrating with our 'children,' in town.

As a visual artist, I especially enjoyed dressing up with my friends, for the Rally on Sunday. Dionne's float idea, 'The Nimbin Royal High Society', third prize winner in the float competition, was a spectacular preview of what we have in mind for the 20th Mardi Grass in 2012.

We are not criminals, we can walk with our heads high and proud of who we are, as individuals and as a strong community.

If you want any



photographic work done, contact Thorsten Jones via e-mail at pangalacticgargelblaster2001@yahoo.com.au

For any other information, contact me at christina@ccdesign.biz

The Changing World and Bowen Therapy

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

Hello all,

The times certainly are a changing.

Life on planet earth seems to be a roller coaster ride that usually ends, by being plonked into a custom made tartas, from whence our tired remains are flown to who knows where.

Nothing is as sure as change, but I would suggest that how we deal with it makes the difference between having a good time on the ride, or a lousy trip.

Most of us have experienced at least one event that bent our heart, but fortunately, time is a great healer, if we are willing to let go of the past.

The empirical history of humankind shows this repeatedly. Those who were our enemies yesterday with all the attributes of rape, torture and murder are now our friends.

Insane, but true and the main variable is time.

I personally think that one of the reasons we hold on to our pain is we believe we are rightfully entitled to feel bad about those curl balls that whacked us in the head when we weren't looking. Albeit years ago.

After all, they hurt, a lot! Egocentricity, used positively, is a survival tool. It encourages us to instinctively watch our feet in snake country. Used negatively, it makes us victims of circumstance and isolates part of us from a world, which for all its foibles, has the potential to treat us kindly.

It really does depend on what we want life to be.

In my observation of life The old Biblical saying 'ask and ye shall receive' is a truth with levels we are only beginning to understand.

Even the salutations of science are starting to admit that perhaps the way we think has an effect on our health.

Then, there is also the opinion that negative emotions are caused by a disruption of the body's energy system.

I am inclined to stick my neck out in agreement for this unproven hypothesis, because so often I have seen wonderful improvements in my clients' well being, achieved by energy, based therapies, including Bowen Therapy

Beyond the physical body, we are creatures of energy and similar to the electrical system, twisted wires return a dysfunctional result.

So what to do when something has twisted one's wiring into a tangle?

We can hold onto it, if we like. The only difference being, instead of an unexpected curl ball hitting us in the head right now, we are keeping the pain of a past curl ball alive, by hitting ourselves in the head with a memory, coloured by our own particular perceptions.

Conversely we can decide, with determination and persistence to change our mind towards having a good time.

Here are a few self help tips that work for me.

(1) When the head space is rolling around in the poo, firmly change it to think of ten things to be grateful for.

(2) Breathe in and out slowly through your nose. On the in breath, imagine you are breathing in love through the top of your head right into your body. On the out breath imagine love filling every cell and system. And if there is some left over? Send it down into the earth. She could do with the help.

Having trouble with the love bit? There are a multi trillion thought forms about love floating in the ethers. Just think or say the word and feel the difference after ten slow breaths.

(3) This exercise works a treat. Write an anger letter. No punctuation or good spelling needed. Just let rip and write everything you never said but wanted to. Fold and put in a drawer. Second day. Reread and add anything you might have forgotten. Put it back in the drawer.

Third day. Burn it. (do not throw it in the rubbish). Burning the



letter is symbolic. It tells your subconscious, 'I am finished with this issue.'

(4) Do the Tibetan Rites. (Google for the exercises)

They are relatively easy and quick. Start with a few. More is not better if they are going to make your back sore. Even three of each exercise will tune your energy toward feeling better. If at first they don't seem to make a difference, remember persistence.

(5) Be kind to others and yourself. Accept that no matter what, we are all doing our best at any given time.

(6) Forget to watch the misery and fear, called the news, on television. Being caught up in stuff we can do little about is not uplifting or useful, unless we decide we can truly help to bring about positive change, Sympathy and horror are not empowering emotions, for us or anyone else.

It appears that we here, live in a bubble of good that may burst at any second, because everyone else appears to be doing it so tough. But we are blessed with the opportunity to turn this bubble into a shield that contains a loving, solid, self sustaining community; an example of good that holds space for a fine future for all.

It only takes a small torch to light up a dark room.

I am in clinic Tuesdays and Saturdays and as well as assisting you toward pain free health in the back, neck, shoulders and limbs I have a few tricks to share, which will assist you toward your rightful state of inner peace.

Take time to laugh. As a good friend of mine says, life is a fatal disease and who knows when the doctor will arrive with our own personal tartas.

Love Light and Laughter

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Cook's corner

Recipe of the Month



Ingredients

5 large apples
1 bunch of rhubarb
1 cup of medium to fine pistachio nuts
¼ cup of caster sugar
¼ cup of water

Crumble

½ cup of self raising flour
¼ cup of plain flour
½ cup of firmly packed brown sugar
100g cold butter, chopped
1 tspn ground cinnamon

Method

Preheat oven to moderate 180°C (160°C fan forced). Grease deep 1.5ltr baking dish.

Peel, core and cut apples into 2cm cubes. Cut rhubarb into 2cm cubes. Combine apple and rhubarb with sugar and water in a large saucepan; cover, cook over low heat for 10 minutes.

Drain and discard liquid.

Crumble

Blend and process ingredients until combined. Place apples and rhubarb in dish; sprinkle with crumble. Bake for 20 Minutes

"Til next month, enjoy!
- Carolyne

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



Apple
Rhubarb
Crumble

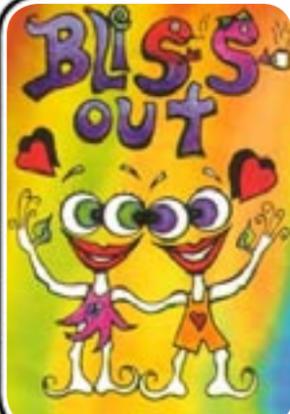


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Wikileaks drools

by Warwick Fry

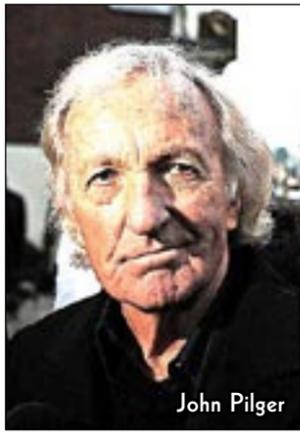
Well, not exactly. But the dribbles are sufficient for the support system of independent media to give the occasional lifelike twitch. Witness both John Pilger and Lindsey Tanner on mainstream TV giving the role of Wikileaks a big noddy for goosing the media establishment.

Lindsay Tanner, perhaps the 'last lefty' of the ALP (now 'retired') in his role of post partisan critic deflects criticism of the party to the failures of 21st century media. Journalists who were supposed to keep the bastards on their toes have, he says, failed abysmally. Right wing journalists (mostly of *The Australian*) are already cringing behind pre-emptive attacks on his yet to be released book on the subject.

Similarly, John Pilger fingers the failures of US journalists in investigating the false rationale for the war in Iraq.

Both Pilger and Tanner 'dips their lid' to the role of Julian Assange and Wikileaks in cleaning the Augean stables of media claptrap.

As has been said before, Wikileaks generally doesn't tell us anything that wasn't known before. But it provides the verification that journalists who should have been on the ball were too timid to seek out. It provides evidence of the stupidity, mendacity and self delusion of those who use secrecy as a shield for



John Pilger

their lack of intellectual honesty and capable assessment.

And so: The more recent Wikileaks cables prove that Habib was falsely and illegally taken and tortured in Egypt (by a General who may still be serving in the Egyptian provisional government).

That Australian personnel were present at his interrogation.

That gross violations of human rights were incurred at Guantanamo, which have still not been corrected.

That there is a strong correlation between multi-billion dollar drug trafficking and the US Drug Enforcement Agency.

The list could be extended indefinitely, but for Nimbin, at a time when drug law reform is a 'present absence' the last point should be taken up. A number of US Embassies have expressed concern, (particularly in Mexico), that the Drug Enforcement policies are over-ridden by political objectives.

ASTRO FORECASTS BY TINA MEWS

YOUR MONTHLY REVIEW OF WHAT'S HAPPENING IN THE HEAVENS

May

Since ancient times the beginning of May has been a time for celebration – and our local community seems to remain synchronized with this tradition! The Sun is touring through the sign of Taurus, which is associated with the fertile earth, abundance and enjoyment of the physical world.

Individuals born under its cosmic influences like stability and constancy. They can be a bit conservative but are persistent in their approach; they are known for their pragmatic realism. On the downside, they stubbornly resist change, and it takes time for them to adjust to new ideas. Taurus rules the throat, often giving a beautiful voice. Many Taureans are good singers and musicians, or at least, love music.

Collectively, we can make use of the energies of the moment by concentrating our forces and mold into tangible form some of the many abstract ideas that are circling around in our minds since last March. At the New Moon (May 3) let's concentrate and focus on what is worth manifesting and plant our seeds firmly into the ground! We might even feel encouraged to reach beyond our normal boundaries, since daring Mars is conjunct optimistic Jupiter.

Mercury, Venus, Mars and Jupiter are still in Aries and continue to travel together until mid month. From May 19 - 22 Mercury, Venus and Mars are closely conjoined, this time in Taurus. The energetic influences shift from fire to earth, from direct projection and mental self-expression to introspection and stillness. We seem to be on safer grounds right now - at least for a little while, just in time for calmly working out our personal finances, value systems and differences in relationships. Our interests in arts, poetry and music might also be sensitized.

On May 17, our emotions might be stirred by the Full Moon in mysterious Scorpio, the sign of purification. We could feel empowered to heal old wounds from deep-seated toxins and tune our minds to the frequency of inner peace.



Aries

With the line-up of planets in your sun sign until mid-month, it will be nearly impossible to sit still and listen to the good advice of others. It is time to be active and burn up some of the extra energy. Any important financial decisions are best made after Venus and Mercury have moved on into Taurus (16 May).

Taurus

Your strength lies in your inner calmness and sensible manner. Nevertheless, it is possible that you are holding onto potentially explosive feelings that are waiting to be aired clearly and down to the point. What has been accumulated needs to be distributed to maintain a continuous flow of energy!

Gemini

Use the energies of the moment to build up your reserves. Good judgment is essential for establishing true and lasting values. Things could come together by the end of the month. Take advantage of opportunities that expand the range of your experience.

Cancer

These have been very dynamic times for security-loving Cancerians! However, your efforts could bring great benefits right now as a reward for your courage to have stepped out of the familiar shell of self-protection. Continue nurturing your dreams while growing into your own wholeness.

Leo

Your sense of abundance will attract the resources that your life needs right now. It will be easy to win over your partner's heart for your cause of action. Just try not to be too demanding and bossy, because you are already reaping the rewards.

Virgo

State clearly and frankly what you need from others in order to feel appreciated. Remain open for mind-expanding experiences that will lead you beyond your usual boundaries. What about studying something new and exciting?

Libra

Use this month for sorting out your intimate, social and business relationships on a very fundamental level. Gain clarity about how you want to manage and improve your life. What are the values that you hold in common with others and where do you differ? In which areas do you work well together and what needs changing?

Scorpio

If you have spent a lot of time and energy lately on your most cherished projects, you now need to shift your focus and try to understand the needs of those closest to you. It will be easier than usual to communicate feelings and find 'the middle way'

Sagittarius

At the moment, you are letting the world know, who you are and what you are about. This is great, but incorporate some modesty into your flamboyant approach. Thus you will be able to deal with difficulties that you have not handled earlier. Be as realistic as possible and work out practical ways to solve old problems.

Capricorn

You might have spent a lot of your time and energy lately to get ahead with your projects trying to reach the top of the mountain. Use the energies of the moment to work on your creative self-expression, thus paying more attention to your inner life and subconscious feelings.

Aquarius

It is important for you at the moment, to keep an open mind and expand your ways of thinking. Find out, how you really feel about certain issues and allow others to have their own opinions. This will help you in understanding yourself better.

Pisces

Right now, you feel more strongly than usual about your values and are willing to express your views. You have learnt important lessons in how to manage the material world. If boundaries have become fuzzy in your day-to-day surroundings, it is essential to redefine what is appropriate and what is out of place.

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>

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FILM REVIEW: THOR

Reviewed by Stephen Wright

It's a long way from Hamlet to Thor one would think, and it was certainly a surprise to learn that *Thor* was directed by Kenneth Branagh. Not only has Branagh jumped into the treacherous waters of the superhero genre (superhero films are almost always pretty terrible) but he has taken on the daggiest and least believable superhero of them all, the Norse God of Thunder, Thor, who not only looked like an extra from a second-hand production of something by Wagner, but also had as his secret weapon a very big hammer.

Perhaps because superhero films are usually crap (think *The Green Hornet*, *Hulk*, *Daredevil*, most of the *Batmans* etc etc) and the bar is set very low, or perhaps also because Branagh actually does know something about film-making, he manages to make Thor work, despite the preponderance of people in Viking leather, a gang that includes Anthony Hopkins in a gold eye patch.

Thor (Chris Hemsworth, who has done time in Australian soaps) is the heir to the throne of Asgard, a city that looks like a giant Las Vegas casino that actually exists in another dimension of our universe.

Perhaps aware that a universe of white Viking types could conjure up something of a neo-Nazi vibe, Branagh has been carefully to sprinkle Asgard with African-Americans, Japanese and so on. Anyway, as well as being king-in-waiting Thor is also none-too-bright, severely up himself, and keen to start a war with the inhabitants of another planet, the unimaginatively-named Frost Giants, with whom the Asgardians have a truce. Eventually having caused a bucket-load of trouble, Thor's dad Odin (Anthony Hopkins) exiles Thor by blasting him down to earth minus his superhero powers and tossing his magic hammer after him.

Thor finds himself rescued by divorced physicist Jane (Natalie Portman) who is trying to find a way to travel through wormholes. Still behaving like a twerp Thor is slow to learn that he really needs to get his act together. When he thinks Dad has died and finds his evil twin brother Loki has set him up for permanent exile and nicked the throne to boot, Thor's journey to mature saintly guardian of Earth begins.

Branagh has chosen his cast well, and spending half your life acting Shakespeare has at least shown him how to tell a story. Thor is something of mock-Shakespeare



meets *Rocky Horror* but instead of tragedy or comedy we get melodrama and camp, which is probably wise given the subject matter. Still, Branagh keeps things reasonably understated and the plot holes are not the size of Queensland as with most Hollywood epics. For example instead of setting the story in New York, the action switches between Asgard and a tiny New Mexico town and the plot seemingly conscious of its absurd premise (interstellar Vikings) is pretty straightforward. Hemsworth is very solid as Thor and gets good back up from Hopkins and Portman. If you're after a superhero film to reset your worldview after Mardi Grass, *Thor* will do it for you.

But I am so over 3-D films. Being charged twenty bucks to watch something that pays the barest lip service to 3-D sucks very hugely.

Reviews from the Crypt

by Stephen Wright

In 1977, when it seemed that punk couldn't possibly get any better, Ian Dury appeared on the scene. The antithesis of the rock god obsessed with his own pomaded image, Dury was short, weird-looking, had a severe polio-related disability and a very sharp wit. He rhymed about morning sex, deadbeats, drugs, backseat sex and uncool people like Gene Vincent. He reminded everyone that punk was about voices from the margins and the lead song from *New Boots and Panties* became instantly iconic. *Sex and Drugs and Rock and Roll* was a song in which Dury not only announced his priorities but also his way of thinking: "Every bit of clothing ought to make you pretty/I shall wear the clothing of Mr Walter Mitty."

Dury's rhymes became legendary. In the 1990's Andrew Lloyd-Webber, possibly under some kind of delusion that Dury was a peer of his, invited him to write the lyrics for his

new musical *Cats*, an invitation that Dury immediately and contemptuously declined. And after the shock of punk appeared to have passed, Dury still scandalised the world of radio airplay with the single *Spasticus Autisticus*, a sardonic comment on the world of 'disability', and the capacity of the un-disabled to stare. In his early fifties, Dury was diagnosed with a cancer that rapidly metastasized. In his final interviews he remained cheerful, morphined to the eyeballs, lamenting only that he wouldn't see his young children grow up.



New Boots and Panties: Ian Dury (1977)

Fear and Loathing in Las Vegas: Hunter S. Thompson (1972)

"Act your old age," wrote Hunter S. Thompson in his suicide note. "This won't hurt." A few days later his ashes were shot into the sky from a monster cannon paid for by Johnny Depp. It was an extreme end to an extreme life. "But after all," Thompson used to say repeatedly in one of his well-known catchphrases, "We are professionals."

While the other radical New Journalists of the sixties, Tom Wolfe, Joe Esterhaze and so on went on to become somewhat tendentious parodies of themselves, Thompson

continued to keep his guns pointed at the more fascist elements of the establishment. In his last years he was never funnier than when getting stuck into George W. Bush and his Faustian horde.

Fear and Loathing in Las Vegas, with its opening image of a red convertible scorching across the Nevada Desert with a demented drug-crazed Thompson at the wheel screaming at hallucinatory bats, has become an iconic image for the end of the Sixties, exploding in a series of violent drug and alcohol



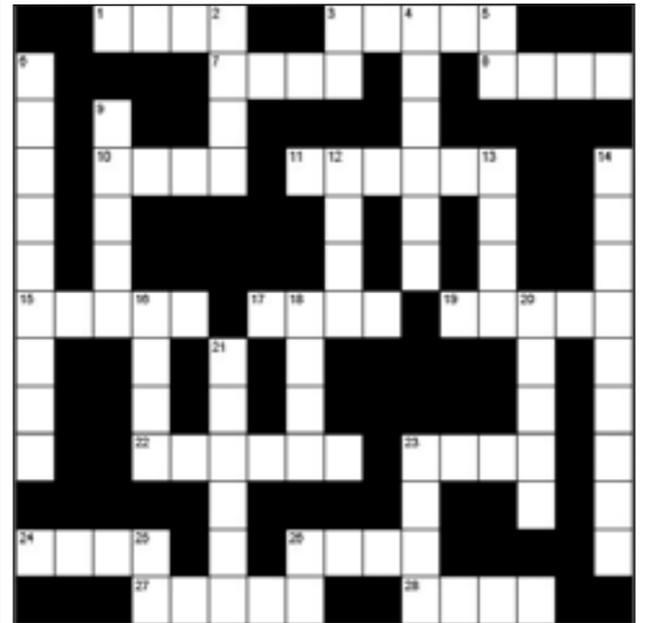
fuelled visions that only made sense as a kind of doom-laden high-velocity critique of the politics of life in the USA. America was so weird, Thompson seemed to be saying, that taking drugs was the only way to be able understand it, to get inside its manic, haunted and endemic corruption. And the task he set himself was to maintain his integrity in the middle of it all. He paid the

price of course, as he got older and his chemically-ravaged body began to pack up on him. But he left behind him some relentless prose that nobody has been able to duplicate.

Nimbin Crossword

2011-05

by 5ynic



Across

- Mind/body altering substance
- May you live in interesting times (Chinese)
- Eye flower
- Glitter rock?
- Bureaucratic scam? Work the system
- Put a stop to? Put the ___ on it
- Not signed with a major label
- Dish of ground corn beef
- Of the school of Hindu philosophy teaching physical and mental disciplines for attaining freedom from the material world
- Not a national chain of real estate agents – hubble bubble?
- US hard rock - late exponents of 8 across
- Play a record?

- Grass? Waste (money)
- Large breasted
- Minuscule amount

Down

- Surrounded (for example by sea)
- Teargas
- What the drug laws need
- For example (Latin init.)
- Mardi Grass exists until cannabis is _____.
- Liberated
- Bad points
- Saint's ring of light
- Drugs that aren't 6 down
- 25.4cm
- Greenish blue? Purified water
- A kind of plant – Bamboo for example
- Tips where new growth takes place.
- Giant chinese gooseberry
- Take note of this
- Next to

Solution Page 28

WALLERS BUS COMPANY

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	8:35	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	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	
Georgia - Lismore	7:43	7:51	8:00	8:20	8:35	8:40	8:52	
Mon - Fri								
Lismore - Georgia	3:25			3:35	3:43	3:50	4:19	
School days only								

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Busking with the King

by **Brendon Hanley**

I don't know whether Denis Aubrey would see himself as any kind of "King". "Smartarse Songwriter" is what it says on his business card ... and he certainly is that.

On the other hand he has been out there busking in the streets, malls, markets and festivals for over four decades. I remember him from Maleny days, Paddo Markets, Rundle Mall in Adelaide. In fact, while we were in Sydney in 1978 campaigning for legalised busking, Dennis was doing the same thing with some friends in Adelaide. He is in my opinion "The King of Buskers" in Oz. Like I said, it is not a title he would claim for himself, but in my seasoned opinion, he deserves it. Having spent the best part of a month with him recently, recording and busking and playing a lot of music, I feel even more strongly about the man and his place in our culture and society.

For a start he has a truly awesome repertoire of songs, mainly taken from the "Golden Age" of music ... the early rock era ... through the Global British Pop Invasion and Oz Rock's finest days. In three weeks of solid four-hour busking sessions I only saw him get stumped once or twice by a request for a song he didn't know. He stops passers-by with a set of well-tryed questions that hook them in and in no time he's asked them for a request which he'll usually play for them straight up. He'll forge ahead into the song while I'm attempting to determine the key he's in, where to capo my

modal banjo ... and what harmony to sing ... if I only knew the words!

We played in the Sydney streets, up around Broadway and at Paddo markets where he and friend Peter ("The Somethings") hold the weekly resident band position ... playing to an ever-changing audience of people from all over the world who sit at tables under umbrellas, amongst the tempting International food stalls. One of Sydney's great busking venues no doubt, and a privileged place for musoes to be playing and collecting a bit of cash from appreciative locals and travellers alike.

"What's the baby's name Madam?" ... "Let's see what's on your T shirt mate!" ... "Where are you from sir?" ... "Has anyone got a song they'd like to hear?"

The 8 year old boy comes forward with a cheeky grin on his face. "Highway to Hell!" he says to Dennis. Within seconds the familiar Acca Dacca riff is bouncing around the market ... coming from one of his ukuleles ... of which he is quite an exponent. Five minutes later we'll be singing "Twinkle Twinkle Little Star" to four little girls dressed in various shades of pink, who are sitting in a line on the ground out in front of us ... our own mini fan club!

Beatles songs by the dozen, Stones, Kinks, Monkees and Neil Diamond even ... Dylan, Cohen, Simon ... rock and blues and folk and reggae ... it's all the same to these guys ... it's music ... it makes people happy ... and it pays for strings and things!

One couple came over to us and said they would like Dennis to play at their wedding on the following Friday ... and would he bring the banjo player along (that's me!)



Denis and Mookx

Sure enough a week later there we were in this beautiful harbourside park in Vaucluse, playing non-stop old hits under a classic big shade tree, while bride, groom and guests cavorted around the grounds and down by the water where boats and yachts sailed by. Dennis' handling of the choice of material and playing order was admirable ... people sang along to almost every song ... even the "shoop shoop" bits were covered by someone in the party. And we got paid!

Anyway check Dennis and Peter out singing Dylan's "Subterranean Homesick Blues" as filmed at Paddo by two 16 year old girls on their I-Phone. And stay tuned for the release of the Mookx and Dennis CD ... more on that later.

<http://www.youtube.com/watch?v=SHtvNsRYi70>

My Mother is a Crazy Dog Lady

by **Beau**, as told to Caroline Ladewig

Peppie

A volunteer from ARRG dropped off a little dog called Peppie. He had been found wandering the streets of Casino and was taken to the pound. Peppie was one of the lucky ones that ARRG was able to save from euthanasia by rescuing him from Casino pound before kill day.

Peppie was a Chihuahua X and about my age.

He could easily squeeze through the fence so he got to spend all day up the gym with my mums. I wasn't very impressed about this special treatment. He also got to go out in the car wherever my mums went. I was feeling a bit neglected because Peppie got even more special attention than me!

I don't think Peppie had done much walking in the past. When Mumma C took us all for a walk Peppie would only last about 10 minutes then Mumma C would have carry him the rest of the way. I think Peppie hated that time of day when Mumma C brought out the leads!

Eventhough Jackson was now officially part of our family he seemed a bit put out with the new addition to the family. I don't know what he was worried about. I have had to put up with hundreds of these strays in my home, including him. Peppie



was half his size but Jackson liked to pick on him a bit. I was having to constantly reprimand him about his inappropriate behavior. My mums weren't happy at all because they kept telling me to stop barking- if only they know I was just telling Jackson how to behave!

After what seemed like months, but Mumma told me was only a week, Peppie found his new forever home with a kind old man who would not make him go for long walks everyday, but would just give him all the love and attention that he needs.

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

Traminer - The Real Thing

Fruit of the Vine
by **Terry Beltrane**



Traminer never really took off in Australia - probably because it was often labelled under the European (Alsace, France) nomenclature of Gewurztraminer, meaning "spicy" Traminer. I think it was just too much of a mouthful, so to speak, for most people to either remember or pronounce. It's a shame, because when made well the variety produces wines relatively viscous and oily in texture with a pronounced and intense aroma and flavour of musk and rose petal - one of the few wines ideally suited to hot and spicy food styles. That's the wine, now here's a story about the 'real' thing.

Many years ago while I was contract wine making for a bloke, who'll remain unnamed, he asked me to make some extra Traminer for him using Shiraz grapes. He'd established a clientele for his Traminer labelled wine and couldn't get enough grapes. So I organised for some Shiraz (abundant at the

time) to be harvested at less than the normal sugar levels so that the resulting wine would finish around 12% alcohol.

After crushing the fruit, I immediately ran off the free run juice so as to minimise colour/flavour extraction from the skins and chilled the juice to stop any spontaneous fermentation ie. "Just sit tight and don't give me any dramas". Later that day I had a load of the scarce Traminer grapes delivered to the winery of which I drained off the free run juice but kept the skins and pulp in the drainer tank (which had a capacity for 10 tonnes of crushed fruit). The juice went to a stainless steel tank where I gave it the 'normal' white wine treatment to make a Traminer.

In the meantime I pumped the chilled (8 degrees C) Shiraz juice back into the holding drainer with all the Traminer skins and pulp and left the juice "steeping" in the skins for 8 hours so that the Shiraz juice absorbed the flavour from the skins in the drainer/tank. Then I drained off all the juice, which had a very faint pink tinge in colour, to a separate tank and 'treated' it as I'd normally do for a white wine (refrigerated/cool fermentation temperatures). During fermentation, I added a small amount of carbon, in powdered form, totally inert and legal, to remove the tinge of pink colouring.

The Traminer skins in the drainer were pressed out and the highly flavoured, but phenolic (coarse and a little bitter) juice was kept separate and treated with all due respect. I now had three separate batches of "Traminer" on the go from two different grape varieties.

I watched over them like a parent does over a newborn (wine makers can't help it; all their wines are precious) until they'd finished fermentation. Then I began blending the three different wines until I felt that I'd gotten the best from the individual wines. The final blend was 8% Traminer pressings, 80% Shiraz free run and 12% Traminer free run. Now, labelling laws dictate that a wine must be made from a minimum of 80% of the variety listed on the label, and in reality this "Traminer" was 80% Shiraz.

The 'boss' was happy with the results and, while not 'real', he had something to sell that he labelled "Traminer" because that is exactly what the wine tasted like - and given that it was his liability he could call it whatever he wants. It had all the flavour nuances of Traminer and was even a bit more delicate because of the way it was made.

On completion of my contract I returned to SA for another vintage with my permanent employer and, unbeknownst to me, my former 'contractor' thought his "Traminer" was so good that he entered the wine into the Royal Sydney Wine Show in the "Light Bodied, Aromatic Dry White Wine Class, Less Than One Year Old, Variety: Traminer", where it won a gold medal.

Would you as a wine drinker buy a Shiraz that looks and tastes like a white wine? As a white wine drinker, would you buy a bottle of wine labelled 'Shiraz'? Is it the 'real' thing?

For wine info: terryb88@tpg.com.au

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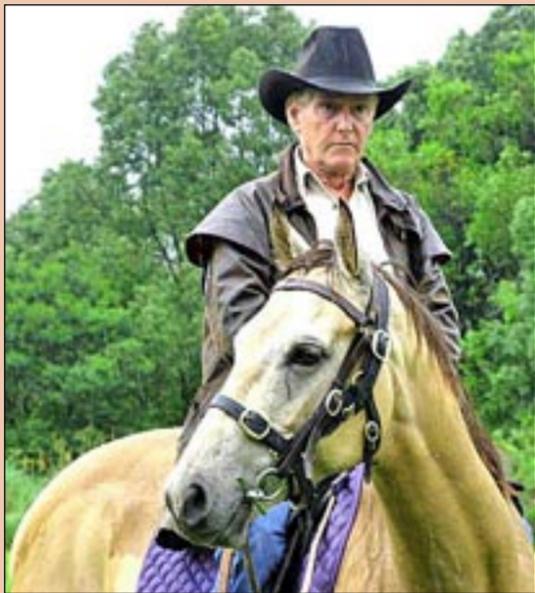
The photo was taken at the last clinic John did here in Nimbin. This mare, Blossom had suffered some major traumas in the past and was totally unfloatable, and very highly strung and anxious about anything to do with floats.

Within the weekend clinic John spent two hours each day with this horse, using his techniques and by the end of the last session Blossom was walking on and off a float with no stress or anxiety, totally relaxed and confident with John. The picture says it all.

This clinic gives you a rare and unique opportunity to work with your own horse under the guidance of John, learning, using and practicing his techniques and seeing positive results that you can take away with you and use everyday with your horse.

The next John Chatterton Natural Horsemanship Clinic will be held 4th and 5th June at Nimbin Showgrounds. Bookings and deposit are essential as numbers are limited. Camping available/horses must be stalled when not in clinic. Fence sitters welcome. \$30/day or \$50/weekend.

Contact Laurelli on 0447-891-119.



On Fingal Head



by Len Martin, Secretary Nimbin Bushwalkers Club Inc.

Our final walk of March, across the rocky slopes of Mount Jerusalem (reported in last month's issue of *The Nimbin GoodTimes*) was led by David Holston. David regularly leads the club into the most wonderful and spectacular places – places that often are not particularly easy to access and may also be somewhat challenging to deal with when you get there (particularly when you get to my age). So it was something of a surprise when David suggested that our first April walk should be a 4hr circuit around Fingal Heads. "Bit suburban," I thought. Well, yes it is – houses and sub-divisions everywhere – but there are, as we discovered, many hidden beauties remaining. Turns out David grew up in Fingal before it became suburbanised, so he was able to lead a group of eight on a circuit for a good four hours that were never boring. We parked in the shiny new car-park at First Boat Harbour, to enjoy fine views across the Tweed, and close-quarter views of numerous jet-skis (were they quieter than I remembered – or was I going deaf?). A few steps across the road and we were into a much quieter world - a pocket of littoral rainforest - seemingly a hundred kilometres from the nearest human habitation - such was the lack of rubbish, weeds or evidence of vandalism - and Ron Ronan spotted a couple of endangered species. As we wandered through we came across the rainforest carers' nursery and then an extensive area of regeneration plantings. I thank those carers for their efforts and congratulate them on the results. Thence through pleasant well-treed streets to the remains of the

Fingal Head basalt quarry that provided so much rock to the Tweed Estuary and foreshores. We wandered through pleasant weed-free bush across the inner slopes of Fingal Head, past the surf-club and caravan park to visit the historic cemetery which records the graves of many of the Aboriginal families who lived at Fingal. A few hundred yards more and around the mangrove clad edge of the brackish lagoon to the edge of the Tweed proper. We retraced our steps, then found a way through the scrub (no longer weed free) to the ocean beach and grand, distant views to Fingal Head and Cook Island. A fine, mild sunny day as we sauntered along the beach and onto Fingal Head for lunch in the shade of a spreading Pandanus. Then off to view and photograph the spectacular columnar basalt of the headland, before descending to the beach and trekking south to a track through the rainforest to our cars. The weather was not quite as bright as six of us met up with Don Durrant at Victoria Park for our final excursion of April - a gentle wander on a boardwalk through a wonderfully diverse rainforest remnant – but at least it didn't rain, and rain, and rain, like it has for the week preceding the writing of this report – though the mosquitoes were numerous and ravenous. Lots of stopping and chatting, examining trees, photographing spiders and so forth, before Don led us off in the cars to a nearby waterfall, and a spectacular one at that, where three intrepid young chaps were hurling themselves off the high cliff face into the waters below. But for us, a quiet enjoyable lunch amidst positive meadows of clubmoss. Just hope that the weather gets better in May, cause we've got some great walks coming up.

Walks Program for May

Saturday 7th May

Broken Head to Whites Beach

Leader Michael Smith (6689-9291)

Grade 4 difficult walking and rock hopping on and off track, 3hr (4km) Features rugged, spectacular coastal views, beaches and sea birds Meet Nimbin car park, 9am or Broken Head Caravan Park, off Byron Bay Road, Suffolk Park 10.30am Bring water, lunch and swimmers.

Sunday 15th May

North Chowan Rd Mt Jerusalem N.P.

Leader David Holston (6672-507, after dark)

Grade 3 disused 4WD track and trail-bike trails, easy to moderate gradients, 4hr (7km) Features old logged forest now Eucalypts & Grass Trees, return trip with variations by following trail-bike trails over adjacent knolls with views over Tweed and Burringbar Valleys to the sea - lunch Stop on the edge of a cliff. It is possible to visit Mt Chowan Trig (no views) via a steep track. Meet 9am Nimbin car park or 10am Junction Smiths Creek Road and North Chowan Road (about 5km from Uki on road to Stokers Siding).

Sunday 22nd May

Uralba Nature Reserve

Leader Ron Ronan (6633-7207, after dark)

Grade 3 (mainly due to slippery track) narrow, mountain bike track, moderate gradients, 2.5hr (5km) Features a large selection of dry and wet forest plant species; orchids and Christmas bush, creeks, cliffs and views over sugar cane fields to the sea Meet 9am Nimbin car park, or 10.15am end of Forest Road, off Uralba Road, Uralba (east of Alstonville).

Future events

Because of Easter, ANZAC Day and Nimbin Mardi Grass, we moved our final April walk to May 7th, giving us three weekend walks in May and rather too tight a schedule to fit in a mid-week walk. However, such will return in June – any suggestions?

Some of us are interested in doing a Sunday to Sunday Moreton Island trip in August this year. Same arrangements as for last year's trip, with cost per head (ferry, National park fees, shared 4WD expenses) in region of \$200. The exact date is to be fixed, but expressions of interest to the secretary please.

Don Durrant has booked a NSW National Parks hut in Boonoo Boonoo NP for Fri Sept 23rd to Sun Sept 25th. Hut is \$66/night, shared cost/head will depend on numbers. Don has paid \$100 deposit. There is room for tents etc if numbers exceed hut-beds; many may wish to arrive early/ leave later by camping nearby. Members only both trips.

Membership \$15/head to Treasurer Kay Martin PO Box 61 Nimbin, 2480 (Tel. 66 890 254).
2011 MEMBERSHIP FEES ARE NOW DUE
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NIMBIN HEADERS

by Simone

The news of the month for the Headers is our women's team. Myfanwy Stirling and Jo Andreasen have done a fabulous job pulling together an exciting team of new members for 2011. It is made up of women mostly between 30 and 50 years, many of whom have watched soccer for years but never played. They are proving to be our most dedicated team training when and where ever possible, including member's homes. Bruce Hatfield is coach and whilst he admits there is not a lot of game experience there is bag loads of enthusiasm.

Their first game was against Pottsville at



Front row L-R: Deb, Ruby, Hartje, Tamlin, Myfanwy, Nicky. Mid row L-R: Penny, Terece. Back row L-R: Damian (manager), Anna, Summer, Carol, Bruce (coach), Maddy, Vanessa.

Pottsville a couple of weeks ago. This game was the first ever for many of the players. It was also the first time they had run on a full sized pitch as a team and played a 90 minutes of soccer. Rain has been playing havoc with training! They put in a stirring effort. Terece Moore was outstanding as goalie. Ruby Grabovsky was clearly one of the more experienced players and did a wonderful job as sweeper.

The Pottsville team, younger and apparently fitter than our team, were kept in check until mid-second half, when they were lucky to score 2 quick goals. The Headers didn't give up though and succeeded in holding the score at 2 nil. Whilst we didn't win according to the scoreboard our women were ecstatic with their achievements. There was a great team spirit, everyone playing right to the final whistle. This is going to be an interesting team to watch throughout the year. They will improve out-of-sight over the next few games and their

Go the Mighty Headers

enthusiasm and sheer enjoyment is infectious. They are a wonderful addition to the club.

As well as our women's team the club also has 2 senior mens teams, and 7 junior teams: U15, U14, U12, U10, U9, U8 and U6. We have 129 players and over 65 families. This is nearly double last years numbers and makes for a real community spirit down at the field on training nights.

Of course the rain has made training and games challenging. In an effort to overcome some of these difficulties we have negotiated with Nimbin Central School to use their hall for training when our fields are closed.

Hopefully this will help us maintain some momentum despite the rain. We are very grateful to them for agreeing to give us a go

We are able to use the hall on Thursday afternoons during school term when our grounds are closed. As part of this agreement the school asks that players do not hang around the school grounds outside their scheduled training times and that players 12 and under have a supervising adult with them. Teams have been allocated the following hall times: 3:30 - 4:00 U6 & U8; 4:00 - 4:30 U9 & U10, 4:30 - 5:00 U12, 5:00 - 5:30 U14, 5:30 - 6:15 U15, 6:15 - 7:00 Women, 7:00 - 7:45 Men.

Remember our wet weather phone number is 0409-608-664.

All junior teams are hoping to have their first game this Mardigrass weekend however the rain continues to bucket down as I'm writing so fingers crossed it will ease and perhaps even dry a little before Saturday!



Photos and text by Gil Schilling

Tweed Riverside Garden

Entering through the gates of 'Silveroakes', the home and garden of Elizabeth Rix and Ray Thorpe, is an enchanting experience for any visitor. First one is first greeted by a clutch of enthusiastic, friendly dogs and perhaps a cat or two, before taking in the unique stone and cement home with its enormous carved wooden doors, set in a large informally shaped sunken courtyard, paved with countless natural stones in the form of mosaics and patterns, while the courtyard itself is surrounded by lush green and multi-coloured subtropical trees, palms, shrubs, and ground covers. And this is only the beginning.

The remaining parts of this exotic 9.5 acre garden laid out along the southern bank of the Tweed river, include a tranquil tree shaded enclosure for a donkey and Shetland pony, an orchard, a re-cycling and composting area, a succulent collection, a billabong and small pond featuring numerous bold statues and other artistic ornamentation. There are nymphs, a teddy in a tree, wandering peacocks and hens, ducks, geese, guinea fowls, an ostrich, giant toadstools, dancing cranes, brologas, carved stone heads and much more.

However, it is the evident shared passion of Elizabeth and Ray for the uplifting medicinal qualities of their rare and more unusual exotic species that provides the unifying theme to this garden. Among the many plantings of interest are a number of Central American cacti, various Datura species, and the highly regarded Kratom (*Mitragyna speciosa*) from South East Asia.

As usual there was no shortage of sweet and savoury goodies, as well as fruit etc to have with afternoon tea. A good amount of cuttings and seedlings were also brought along for the swap table.

Club Bus Trip

Club Treasurer, Denise Braidwood is organizing a visit to the Murwillumbah area for Saturday 18th June. The scheduled first stop will be the Uki garden of Don Casper (Don is president of the Uki Garden Club) - this stop will include morning tea. Next stop will be the 2 acre tropical garden of Sandra and Tony King at Nunderi near Murwillumbah - for more information about this garden go to <http://www.abc.net.au/local/stories/2011/3/10/2841318.htm>.

Lunch has been organised at the Condong Bowling Club with a fixed price menu (chicken schnitzel or fish, chips and salad, desert and tea/coffee) for \$15 per head. After lunch there will be a visit to a local garden specializing in Heliconias, before dropping in on the magnificently situated Tweed River Art Gallery (<http://www.tweed.nsw.gov.au/artgallery/>). Time

allowing, a nursery visit will be squeezed in on the return journey to Nimbin. The cost for the day is \$18, which doesn't include lunch.

As numbers for this visit are limited, and bookings are filling fast, Nimbin club members and friends wishing to take part are advised to contact Denise (6689-9324) asap to book their seat on the bus. The absolute last day for payment is 28th May.

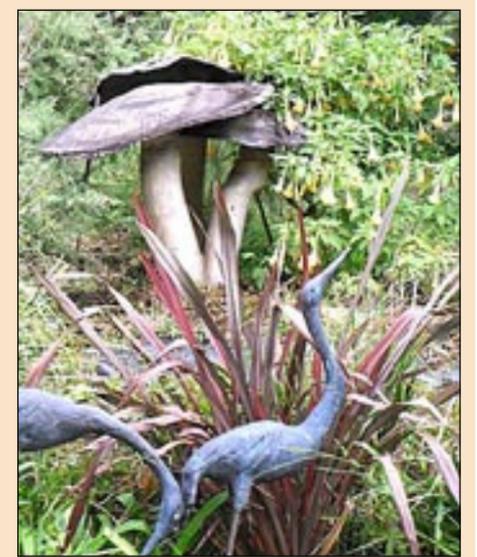
May Meeting

The next club meeting will be a visit to Mark Worrell's property on the Jarlanbah Community. One member has described Mark's garden as follows:

'At first glance this is an established ornamental garden with fruit trees scattered among the diverse array of plants. However, more careful inspection reveals it has been carefully designed to provide summer shade and winter sun, to deflect destructive winds and provide privacy from neighbours. Mark also has considerable interest in caring for the common land of the community, propagating trees in a nursery he built and working on re-vegetation and management across the wider landscape of Jarlanbah.'

As usual, the visit will take place from 2pm on the third Saturday of the month (21st May), The entrance to Jarlanbah is adjacent to Djanbung Gardens, to the left off Cecil Street. Just follow the signs to Mark's place. Please observe the Jarlanbah speed signs and ensure vehicle parking does not affect other community residents.

As usual, members are requested to bring a fold-up chair, a mug and a small plate of something tasty to share. A swap table will also operate for members to bring along something surplus from their garden, such as potted seedlings, bulbs, cuttings or home made produce. New members and visitors are most welcome to just turn up on the day. For further information please contact Michael Vaughan (6689-7193) or Den Braidwood (6689-9324).



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Nimbin Crossword Solution

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