

## Order and Chaos

by Daniel Keszler

Dear reader, we are already approaching the end of the year 2011, it feels a bit like time is speeding up. I want to draw attention to a phenomena of polarity which we can observe, but have often a hard time accepting. I am talking about chaos, when things seem to go wrong, when one gets sick, when a system doesn't cope anymore with its environment.

The other side of this polarity is order, when one is organized, when the environment and the organisms of it and in it are in harmony.

Both of these qualities are observable everywhere and one could see them as intrinsic to the whole universe and everything within it. Actually, the amount of chaos is larger than the amount of order, according to scientists. Then how is it, that order continues to emerge out of chaos? I believe that chaos looks like chaos only from a limited perspective.

Imagine you had the ability to understand and use many more dimensions, you had the full quantum overview. This is hard to imagine with a mind which is occupied most of the day with linear thinking, reasoning, logic and conceptualization.

For any system to perform a quantum leap, (meaning that it goes from one form of organization and complexity to a form of increased organization and complexity), it is necessary for the system to release its no longer capable structure and to go into a temporary chaos state, a flux, a suspended state. This is where the intrinsic compassionate intelligence of the original energy of



the universe creates most likely a completely new system, capable to process its environment with higher complexity. A new order has been established through chaos. For me, this is evolution.

Now, there is a possibility of a system not coping within its environment, going into chaos and actually disintegrating, dissipating all its energy into its environment. In other words, systems die, but this is only one of infinite possible outcomes of a process, so there is a good chance of survival.

If I accept and appreciate that both, order and chaos are an intrinsic and necessary part of my life, my growth and all other life and growth, I learn to live with both these aspects in peace, (I perceive the world as peaceful). This, for me is compassion.

I hope you enjoyed this excursion into order and chaos, one of many polarities I like to explore further in future columns. After all, we are polarity beings, living in polarity, barely static, mostly in flux. Again and again I marvel about the incomprehensible mystery called life.

Please see me for remedial, assessment based massages, corrections (yes, I do corrections, structural and functional), energy work with strong quantum leap potential, musculo-skeletal acupuncture, or intuitive work including dialogue.

I am looking forward to working together with each one of you individually.

## Vegan Love Bites

by Nettie LoveJoy

*"There are three steps in the history of a great discovery. First, its opponents say that the discoverer is crazy; later that he is sane but that his discovery is of no real importance; and last, that the discovery is important but everybody has known it right along." – Sigmund Freud*

At this time more than ever before there seems to be a far greater interest in vegetarianism/veganism. Cafes and Restaurants are starting to accommodate this clientele without too much fuss. The discovery of a healthier lifestyle has been noticed at last. So a diet that once was hippie, fringe and difficult to attain is now becoming sensible, trendy and easy. It has been proven that a veg diet increases mental and physical health, with so many famous elite like Jesus, Socrates, Leonardo da Vinci, Einstein etc, but for some reason, it still isn't important enough for mainstream. But the change is imminent.

This month, I went to a free seminar on the health and environmental benefits of the vegan lifestyle held by friends Amanda Rootsey (Hodgkin's Lymphoma survivor) and David Rafter (Earth Hour nominee). They started a website [www.vegnera.com](http://www.vegnera.com) filled with amazing recipes, environmental information, vegan clothes, jewellery. It's truly encouraging to see this passionate couple devoting their young lives to this worthy cause. I would like to share something with you from their website.

The owner and founder of Apple, Steve Jobs was in most part, living on a fruitarian diet in the 70's. He could be described as a hippie genius. Mr Jobs was a vegan most of his adult life. He was very passionate about animal rights and protecting their right to life.

Another fact that might have skipped past you about this beautiful man was his involvement in Pixar films who bought animals to life. His ingenious work made people sympathize with the pain and suffering that animals go through highlighting the similarities between humans and animals.

PETA praised Jobs for his support of animals through the "Pixar film studio [that] created heartwarming and thought-provoking movies



about unlikely animal heroes." They said of Jobs, "If his movies or his lifestyle inspired even one person to become a vegetarian, he no doubt saved hundreds of animals' lives, for that we thank him."

OK, we've been cheesy for a while, now here is some real tasty cheese you can sink your teeth into. Experiment and add your own flavours/spices/herbs.



### Almond Dill Cheese

#### Ingredients:

1 1/2 cups raw almonds, soaked 12 hours/rinsed  
1 1/2 cups water  
3 tbsps hummus  
1 tbsps coconut oil  
Juice 1-2 medium lemons  
1 tbsps dill weed  
1-2 tsp sea salt (or more to taste)  
1/4 – 1/2 tsp pure garlic granules

#### Method:

Blend thoroughly almonds with 1 1/2 cups spring water on high for 3-4 minutes. Add remaining ingredients and blend until very smooth (additional 3-5 mins)

Open and place sprout bag/cotton cloth or clean white pillowcase in a large bowl.

Pour the almond cheese mixture into the bag and close with rubber band, twist tie. Place bag of mixture in pitcher/bowl so that it will drip and strain for 12 hours. Place draining cheese in refrigerator for 12-24hrs. You can also let mixture ferment slightly by allowing cheese to strain on the counter for six hours and then moving it to refrigerator to strain for remaining time period.

When the cheese is ready, serve chilled with gluten free crackers, carrots and celery. Enjoy!

Store cheese in a tightly sealed container in the refrigerator for up to 5 days. Just be aware... it's addictive.

Be Veg, Go Green, Save The Planet – Oceans of Love, Nettie.

## Homeopathics and personality types

by Tarang Bates

Perched on the rim of the terracotta pot, she sips around the water plants, the emerald sheen of her feathers glinting in the morning sun. She glances around and catches my eye between the veranda railings, cocks her head to the side and lingers for a little while before leaving – the fluttering maidenhair fern, the only sign she was there.

Sitting on the railing, he watches through the window as we prepare the breakfast. Even as I light the kettle he pricks up his ears – he is not actually a dog, but if he were he would prick up his ears! Today, he fluffed his black and white feathers and broke into song... from across the paddock I heard his mate answering. This bird is high pressure, has perfected the art of looking longingly and will knock things over in his quest for a crumb or two – flying off with a whole piece of toast if given half a chance... he has guaranteed me amnesty from the dive bombing for the season... hope he has spread the word!

This one might as well be wearing a watch, pacing up and down the pathway... it's Sunday morning for goodness sake... so what if the chooks get fed half an hour later! But no – he starts running around and if we don't respond, brings out his other weapon – his voice! This noise is not conducive to Sunday morning relaxation – he also uses it to do in the chooks if he thinks they are doing the wrong thing.

These three birds have very different characters, shy, brash and bossy. Personality types have an important part to play when choosing a homeopathic remedy. First aid remedies are valid and widely used for all personality types, however when working with more specific problems the individuals traits are one of the main considerations. Colouring, build, likes and dislikes, factors that aggravate or ease the symptoms, preferences for



different types of food and drink, environments, temperatures and so on are all taken into account.

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**BARYTA CARB:** is a remedy suited to people who are shy, perhaps oversensitive and feel the cold. Dyslexia, poor concentration and stubbornness can be a problem with these types. Swollen glands and sweaty, smelly feet are a couple of the problems they may encounter.

**PHOSPHORUS:** suits people with a natural spontaneity and bubbly personality. They can be quite gullible and prone to exaggeration and irresponsibility. It is useful in treating excessive bleeding – you might find that with these types, even small cuts bleed more than you would expect. Pneumonia and Jaundice can respond to this remedy.

**NUX VOMICA:** is a well-known first aid remedy for overindulgence and hangovers. It is also useful in a constitutional sense for people who are self-confident, determined, irritable and authoritarian. They may consider themselves to be rulers and have quite fiery temperaments. Digestive upsets, constipation and vertigo are often problems for Nux personalities.

These are brief summaries of some of the symptoms which may be helped when matched with particular personality types. For more information consult Tarang at NIMBIN HOMEOPATHICS on 02 6689-1453 or email [tarangbates@yahoo.com.au](mailto:tarangbates@yahoo.com.au) Nimbin Homeopathics will be closed from 17th Dec – 10th Jan, consultations and supplies will be available on a limited basis during this time.

This will be Tarang's last column in the Nimbin GoodTimes for a while – Ed.



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## Rainbow Living Expo



Nimbin's Rainbow Living Health Expo held in October was a great success, and is being considered as a model for other regions to follow.

Some 15 health services were represented at the expo, which was expanded this year to include new venues.

The expo provided health checks and information for the community, as well as giving the opportunity for health care professionals to acquaint themselves with others in related fields.

## Decision Fatigue and Bowen Therapy

by Tonia Haynes

Dip Bowen Therapy, Cert Remedial Massage, Advanced Pranic Healer, Advanced Cell Ectrology Kinesiology.

Recently I was called to the Sunshine Coast for a supposed Rest and Rec holiday with my siblings and their offspring.

Being that they mostly live in New Zealand and were faced with no more than a drive from the airport to their prospective holiday residence, they had no consideration for the battles one from Northern New South Wales must endure, when embarking on a journey to Queensland.

It is true the Sunshine Coast abides with relaxing and beautiful views, but I now suspect that they are strategically placed in order to curb the potential insanity of us from other realities, who are brave enough to want to visit there.

I am finally convinced that Queenslanders, as they have always maintained, are different to the rest of us mere mortals.

They obviously have the ability to find where they are going by standing on one leg and turning their head until their nose tingles and their heart beats out the tune "Gee it's good to be back home again."

Whatever the reasons for their intuitive magic, they definitely don't need street signs or clear directions on how to get from one place to the next.

Wanting to head north from Mooloolaba, two lots of helpful directions from two different people led me in a frustrated circle around the narrow and busy streets of Mooloolaba CBD, twice.

Finally, I found a practical soul who instructed, "You want to go north? 'Go down to Harvey Normans, do a uee and you will be heading the right way."

I never did find Harvey Normans. Perhaps it was hiding behind the Big Snooze or Starbucks, but I did find a permissible U-turn which I grabbed at with panicked fervour and many exhausted prayers of thanks.

The relief was short lived. I went north as the woman

had promised, but ended up 15kms further north than desired, with no merciful opportunities along the way for changes of mind.

I suppose looking at it in hindsight, now that I'm back in the safety of N.S.W. where they treat us like children by giving us more signage than we think we need, I did pretty well.

Only ran one red light. Fortunately, the junction was without cameras, thank Ganesh.

Not that I meant to be a criminal. The stress of a correct, or incorrect decision for the tenth time in five minutes, as to the right way to go, can do funny things to the mind; including turning green arrows into large, green, go buttons.

And you can disagree with that theory all you like.

I suppose they don't think they need localised cameras up there. Out of towners are probably rare because usually, they don't know how to get across the Gateway Bridges without it costing them a fine that's large enough to build the first pylon of a third bridge, and everyone else apparently knows where they are going.

The second heart pounding fauxpaus happened at, the car park at Mooroochydore Shopping centre, which is bigger than the Nullabor Plain. Due to the adventure of running the red light, I forgot where I parked the car.

The security people, I must admit, were very patient and careful not to show their sniggers of derision and I did return home, eventually.

Not to say that the inner voice wasn't playing good cop, bad cop as I muddled my way through an enjoyable but stressful weekend.

"You need to limit your boundaries, you're getting too old for this," said Miss Prim, polishing her bifocals while hitching up pink bloomers and observing the practical brogues that traveled no further than the local shop.

"Bugger off!" I snarled, firmly. "I'm suffering from decision fatigue. It can happen to anyone. Too many decisions to make in a short time causes lack of glucose to the brain and I didn't eat a proper breakfast." I'll be



better after the treatment.'

And I was. Drove back from the Sunshine Coast to my home in Nimbin, calm, detached and alert.

I am blessed to know many alternative therapists. This one was the reason I needed to go north from Mooloolaba.

Within an hour of putting me on the massage table and working her gentle magic, I was once again sane and capable of making grownup decisions.

We are faced with a multitude of decisions every day. As well as the trials of a normal life we have computers to negotiate, financial decisions to consider and the worry of an unpredictable world, which can make for unpredictable relatives and friends.

Decision fatigue shuts down our mental processes and when physical pain is also present, our ability to live a quality life lessens considerably.

Bodywork, which has the intention of soothing the mind as well as eliminating discomfort from the body, can work wonders with decision fatigue.

People often say to me after a Bowen Treatment, accompanied by some appropriate massage and kinesiology, 'I feel human again.'

Eating a healthy diet, particularly a good breakfast and I don't mean sugar pops, plus nanna naps, can also assist in deterring decision fatigue,

One final word of advice for a stress-less life. Passes for the Gateway Bridge are available at BP service stations. Woo hoo! Bring on the wikileaks, at last, the secret is out there.

Until next time, love, light and laughter.

I am in clinic in Nimbin at  
1/ 80 Cullen Street, on  
Tuesday and Saturday. Phone  
02 6689-0240, Mobile:  
0439-794-420

## Local authors at book signing

A book signing will be held at Nimbin Markets, Sunday 20th November, by two local authors.

Rita Carter's book *The Wayward Child* is a wryly-observed memoir of growing up in Red Hill, near Tumut, during World War Two. She wrote the book some 60 years later, publishing it in March this year. It is her first book, and has been hailed by reviewers as "a remarkable achievement."



Tamaso Lonsdale's book, *The Missus* is the second book in a trilogy that follows the development of a woman's sexuality, from childhood ignorance to teenage shame and through thirty years of faithful marriage until leaving the marriage and blossoming into

an independent life of freedom. It was first published in 2010. Both books will be available for sale at the markets, and make excellent Xmas gifts.



## Cook's corner with Carolyne

### Japanese-Style Beef Parcels

Resembles a stir fry but is cooked on a barbie. This is a wonderful dish for outdoor summer dining.

#### Ingredients

750g lean paper thin sliced eye of silverside or eye fillet  
1 tblsp cornflour  
¼ cup of sherry  
½ cup of oyster sauce  
1 tblsp sesame oil  
1 tblsp freshly crushed garlic  
1 tblsp freshly chopped ginger  
½ tsp sugar  
¼ tsp black pepper  
2 cups of dried Chinese mushrooms  
1 carrot, thinly sliced  
230g can sliced bamboo shoots, drained  
4-6 lettuce cups / asparagus / salad vegetables  
4-6 pita bread

#### Method

1. Marinate meat in combined cornflour,



sherry, oyster sauce, sesame oil garlic, sugar and pepper for 10 to 15 minutes.  
2. Soak dried mushrooms in boiling water for 10 minutes. Drain, remove stalks and slice.  
3. Preheat barbeque to medium or high heat.

- Place meat onto 4 to 6 foil sheets.
- Top with mushrooms, carrot and bamboo shoots, wrap to form a parcel.
- Cook parcels on barbeque, 8 to 10 minutes.
- Prepare a salad.
- Serve meat in lettuce cups with salad, asparagus and pita bread.

**Note:** To cut meat into paper thin slices, partially freeze first to make it easier.

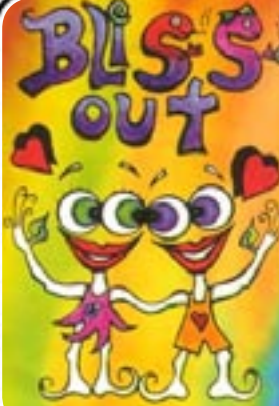
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# What is a simple?

by Rebecca Ryall

A simple, is a therapeutic preparation of an individual herb, as opposed to a formula, which is a therapeutic preparation of a mixture of herbs. Using herbs as simples allows a more immediate and direct experience of the individual character of that herb, a difficult prospect if mixtures are used.

Additionally, most herbs exhibit nature's beautiful quality of synergy – the cooperative interaction of different constituents, creating a combined enhanced effect. The majority of plants constitute a medicine chest in their own right. For example, last month in this column we learnt about the therapeutic applications of nettles. The nettle is not only an exceptionally nutritious herb, it is also a blood tonic, diuretic and lactation normaliser, among other things.

The amateur herbalist is advised to introduce themselves to, and get to know, herbs on an individual basis, gaining an understanding of the qualities of each, before moving into formulae. The herbal formula is designed to use multiple herbs to address myriad issues in the patient. We will look more at this next month.

## MARSHMALLOW (*Althea Officinalis*)

The flowers, leaves and root of the marshmallow plant are the parts used medicinally. The root is high in mucilage, making it a demulcent suitable for use on irritated and inflamed mucus membranes in the bladder, stomach, small and large intestines.

Conditions such as gastritis, peptic ulcers, gastroesophageal reflux, inflammatory bowel disease and ulcerative colitis will be relieved through the use of a decoction made from marshmallow root. It can be used to treat mild constipation, as well as diarrhoea. In addition to its demulcent effect, marshmallow is also a diuretic. These two qualities make this herb useful in the treatment of kidney and urinary tract infections, such as cystitis, nephritis and urethritis. Some books suggest that the leaves are most useful for respiratory and urinary complaints, whilst the root has value in treatment of gastrointestinal complaints.

Given the high mucilage content of the root, I would suggest that this part of the plant would benefit conditions of inflamed mucus membranes anywhere in the body meaning it is a valuable addition to any treatment for upper respiratory tract infections such as dry cough, bronchitis and laryngitis.

Typically, a decoction of marshmallow root makes a wonderful ointment for drawing boils and abscesses, as either an ointment, or a poultice. A wash will also relieve the itch and sting of insect bites and help to draw toxins out of wounds.

Marshmallow is also of value in a spiritual and emotional sense, softening fixed attitudes and for helping to connect with one's emotions. As it soothes and comforts the physical body, so it provides these qualities to the mental and emotional plane. In this respect, it would make a lovely addition to prescriptions for children suffering upheaval in their lives.



*The TEA MEDICA dispensary is once again open, every Tuesday and Thursday, usually between 10.30 and 4pm. Tea tastings are taking a break for awhile, though I am happy to provide*

*private tastings, or catering for your event or fundraiser. Contact me by phone on 6689-7227 or 0423-596-368, drop me a line via [info@teamedica.com.au](mailto:info@teamedica.com.au) or come in and see me at the Nimbin Community Centre on a dispensary day.*



Marshmallow

# ASTRO FORECASTS BY TINA MEWS

YOUR MONTHLY REVIEW OF WHAT'S HAPPENING IN THE HEAVENS

## November

By now, we have entered the mystery realm of Scorpio, the sign most associated with emotional intensity and personal power. People born under its influence are known (and feared!) for digging into the depth of any issue or person to find out what is going on under the surface. They have the ability to pursue their goals in a very focused manner, however, in the process they can lose sight of everything else. The challenge is to break free again in due time. After all, Scorpio is the sign of regeneration and, since ancient times, its destiny has been associated with the cyclic process of death, rebirth and renewal. Scorpions are said to have the power to rise out of the ashes of the past with increased wisdom and understanding.

At this critical moment in time it is essential for every individual to break free from outdated concepts that are unsustainable and simply untrue. For example, think about the myth of 'exponential growth' or consider the madness that things have to be done because of economic reasons even when it is hugely destructive and damaging to any form of life! Let's use the sensible energies of this Full Moon in Taurus (Nov 11) to get in touch with our basic needs and most essential values – such as clean water, clean air, a sacred Earth- the things money cannot buy and which we are in danger of losing at a rapid speed. Mercury and Venus, the planetary energy fields symbolizing communication and socializing are traveling together through outgoing and truth-loving Sagittarius (Nov 2 – Nov 18), encouraging us to take greater risk in expressing our heart-felt beliefs and to choose the path that is for the good of all. On a different note, on Nov 11 (11/11/11) individuals all over the planet join for group meditations and practice of unity consciousness. It is a date of great numerological significance representing spiritual initiation and mass awakening.

The New Moon of the month is a partial Solar Eclipse (Nov 25). During a solar eclipse, the Moon blocks the light transmitted by the Sun to the Earth. They often accompanied by unexpected events. Eclipses on the Sagittarius-Gemini axis suggest that important communication is hidden or concealed. At the same time, subconscious forces are increased and our intuitive forces are sensitized guiding us to the next level of understanding. Let's trust our inner wisdom and allow ourselves to be liberated from unhelpful thinking patterns and old fears that keep us living in the past. A worried mind is trapped and unable to think creatively!

On Nov 24, Mercury enters its 3rd and last 3-week retrograde period of the year (until Dec 14), one day before the eclipse. Like always, we have to be especially cautious with travel plans, contracts and every kind of communication. On a different note, we can make use of the current transformative energies by reflecting upon our own individual and collective part of the evolutionary process.



### Aries

Right now you feel ready to take off towards a more enlightened future. Nevertheless, it is essential for the success of your endeavors to work through emotional residues and resentments from the past. Consider the bigger picture; how do you want to grow and expand? Take good care of your health!

### Taurus

At the moment you might have to look at your relationship dynamics. Identify areas where you (or both of you) are stuck in unhelpful patterns. Reflect deeply on your values and open up towards a more expansive view of your union. Know its true potential and explore different possibilities.

### Gemini

Right now you might be seeking the contact of exciting and open-minded people (especially women). Allow these influences to affect and transform your everyday reality – including your perception of how things have to be. You might notice that personal and/or business relationships are changing.

### Cancer

According to the Law of Association, your emotional responses are based on previous experiences, which determine the way you judge yourself and the world that you are living in. You can change your reality by changing your self-talk. New outlets for your creative energy are already manifesting.

### Leo

What are the things that make you feel worthy and special? Relationships with your children might be stirred up or changing at a fundamental level. Be extra attentive during November 6-12. You might gain important insights about yourself and your deepest needs and desires.

### Virgo

You are known for your high work ethics and workaholic tendencies. Mars, the cosmic energiser enters your sun sign on Nov 11 and will remain until July 2012. Health and work related issues will be especially important. Keep an open mind and pace your energy. Allow yourself to engage in fun things that nurture your soul.

### Libra

While Venus and Mercury are journeying together (until Nov 18), opportunities for travel and/or education might open up for you. Make good use of the favorite vibes and work on improving your skill level. On the other hand, communication with loved ones can be very good right now and you could establish a new level of understanding.

### Scorpio

Draw on the high frequency energies of this month's Full Moon and focus on your highest goals; send your good intentions out into the world. The time is perfect for establishing new perspectives; trust your own resourcefulness and work on the big picture. Group projects that serve humanity might become really important.

### Sagittarius

Right now, you might have reached an important turning point in your life. You might find that your identity is changing and that your need for independence has increased. Flashes of insight and unexpected opportunities are entering your life and awaken you to new possibilities.

### Capricorn

Right now it is essential for your evolutionary journey to set extra time aside for the exploration of your inner worlds. The focus for you is on spiritual growth and psychological development. Observe the interdependency of all life and acknowledge the bond that unites you with the rest of humanity.

### Aquarius

For you born humanitarians the focus is naturally on society and group interests. Your soul grows immensely by developing kindness and practising compassion. Perceive yourself as a healer who uses willpower for transformative purposes only.

### Pisces

At the moment, you might experience a sense of urgency to follow your life's calling and are determined to advance your goals. It seems to be of high importance to gain some tangible rewards and recognition from your efforts. However, try not to arouse opposition in others, just respect and understand their point of view.

"Medical Astrology – the Astrology of Healing" starts 19th October on Wednesdays 10am-1pm, at Lillifield Community Centre. In this course you will explore signs, houses and planets in relation to health issues. You will study planetary aspects as they represent the flow of energy among the various parts of the body and consider the emotional underlay to dis-ease indicated in the cosmic patterns. Booking is essential! For enquiries, Personal Readings, Transits and Life cycles contact me on 6689-7413, mobile 0457-903-957 email [star-loom@hotmail.com](mailto:star-loom@hotmail.com) or visit my web page: <http://nimbin-starloom.com.au/>

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# Film Review : ROCKY HORROR PICTURE SHOW

Reviewed by Stephen Wright

Fortunately for me, if bizarrely, *Rocky Horror Show* was playing in Lismore this week. I presume it was playing for Halloween. Either way it saved me from several unpleasant fates; one of them being Gwyneth Paltrow, the other Hugh Jackman. And for this redemption I am eternally grateful.

*Rocky Horror* is in fact still in limited release around the world, which is something amazing. The film was first released in 1975 after a successful stage show, but was very slow to take off. Eventually it found its audience in midnight screenings to a gay sub-culture on the eve of discovering punk and goth, and has never looked back.

For those who came in late, to whom *Rocky Horror* is ancient history, its plot revolves around two young lovers, clean-cut Brad and Janet, (Barry

Bostwyck and a very young Susan Sarandon) who become lost on a spooky highway and seek refuge in an old castle. The castle is in fact a spaceship inhabited by depraved transgender alien types who think, and sing, a lot about sex.

*Rocky Horror* took its inspiration from the B-grade sci-fi movies of the 50's and transplants that ethos into a pre-punk world of gender politics. No-one would have ever predicted that a musical about gay sex and transgender role reversal would have been the epic hit it was. Which just goes to show that the infogurus who rule our world know sweet F.A. about what people are really thinking about. In the 1975 world of big hair, macho rockstar posturing, and guitars as penis extensions *Rocky Horror* was a huge breath of fresh air. It looks like it was made on a shoestring budget, like the films it paid homage too, and that was part of its



very wide appeal.

It's hard to imagine how outrageous and challenging *Rocky Horror* was. The song *Time Warp*, with its line about pelvic thrusting, is a song that primary school children now learn. In 1975 only daring radio stations played it. *Rocky Horror* still works as entertainment, but the politics has lost its shock value, which is just as well. If we were still challenged by *Rocky Horror* we'd be in an even sadder state than we are.

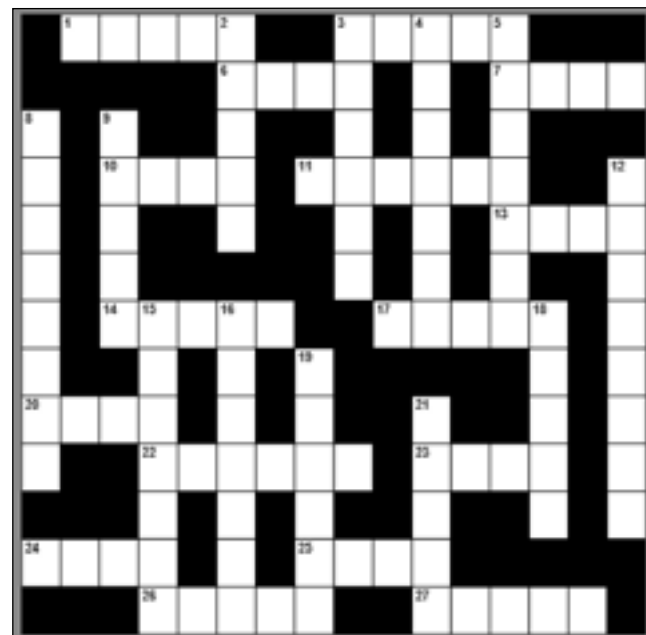
But as well as the cool gender politics, it is Richard O'Brien's songs that made *Rocky Horror* such a massive hit. They are both camp and poppy and

funny and pathetic all at the same time and incredibly catchy and brilliantly delivered and performed. *Rocky Horror* made a huge star of Tim Curry and he still steals the show as well he should, single-handedly making the homo-erotic and fishnets something to aspire too. *Rocky Horror* also introduced us to Meatloaf, now mostly at the bottom of a pit in the blazing sun career-wise, and a youthful Susan Sarandon who knew, unbelievably, how to groove.

In fact, *The Rocky Horror Picture Show* is the greatest B-grade movie of all time, and knows it.

# Nimbin Crossword

2011-10  
by 5ynic



### Across

- Wake from slumber
- (And 23 across) New board riding amenity
- City of 9 million people, central China
- Bigfoot
- Club may refuse entry? Brisbane soccer team
- Mythical Greek, flew too high
- Largest Hawaiian island
- Isaac Hayes blaxploitation theme
- Thin membrane, thought to indicate virginity
- Help (criminal accomplice?)
- Some nice things given? Gives medical help
- See 3 down.
- Syndrome caused by

untreated HIV infection

- At all times
- Muscular, trim
- (Give?) form

### Down

- Additional (gum?)
- Small meals
- Stateless, autonomous community
- Black eye? Ugly thing
- (4,4) chewable plant part - light stimulant
- Long lived plants
- (5,3) Edible araucaria
- Most attractive?
- Probably the job that is actually 15 down
- Informants
- Faced bowlers
- Rigid parts of rigging

Solution Page 27

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# Reviews from the Crypt

by Stephen Wright

## Innervisions (1973) Stevie Wonder

It seems like Stevie Wonder has always been something of an institution, one that also appears to age extremely slowly. Stevie Wonder has been around so long that it seems like he should be about ninety by now. In fact he's just pushed past sixty.

*Innervisions* was released when Stevie was 23, and was his sixteenth album. It built on the huge success of the single *Superstition* that was released the year prior to *Innervisions*.

*Innervisions* spun out three hit singles, *Higher Ground*, *Living for the City* and *Don't You Worry 'Bout A Thing*. Stevie played almost all the instruments on



*Innervisions*, building all the songs around his use of the ARP synthesiser, which was then his instrument of choice, and in which he was a pioneer.

Three days after *Innervisions* was released, Stevie Wonder was almost

killed in a car accident in which a logging truck lost its load. He was in a coma for several days with severe head injuries and his survival changed his outlook on life and contributed even further to his legendary status.

*Innervisions* was a massive influence on mainstream African-American music and has left its mark on the music of many artists. It surveyed the landscape of life for urban black Americans in songs of considerable insight and pathos. If you go to YouTube there's a video of Stevie Wonder playing *Supersitition* live on *Sesame Street* in 1973, before an audience of Hispanic and African American children, shortly before *Innervisions* was released. It's a ripper of a performance.

## The Wapshot Chronicle (1957) John Cheever

John Cheever (pictured) was a deeply unhappy man who blamed his long-suffering wife for all his problems, and was alcoholic, controlling, tormented and bisexual. These days a personality profile like that is a publicist's dream. In the USA of the 1950's Cheever's unhappiness and guilt-ridden sexuality was a secret that could never get out.

In the Wapshot family, eccentric and quarrelsome residents of New England a New England that is like a sort of Nimbin without the drugs, Cheever created the perfect vehicle for his mordant and acidic sense of humour. Sorrows fall like rain, small cruelties are enacted one after another and Cheever wanders through it all commenting like a Greek chorus on the bizarre circumstances that create our lives. He was a chorus who took a delight in commenting on the more



unsavoury aspects of daily life, pointing out that it's just as likely that these will decide our destinies rather than the sparkly stuff.

Cheever is justly celebrated as a writer of exceedingly elegant prose, and seems to take a great enjoyment in stringing his readers along with beautifully constructed sentences, before dropping in a little epiphany of shattering grief and humiliation.

It's probably fair to say that Cheever's sympathies lie more with his male characters than his female ones, and his own obvious love for some of own creations, as though they were his own spoiled children, gets a little tedious at times. But whatever Cheever's faults, his humour leavens everything, which is not a bad achievement for a novel over fifty years old.



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