

More traditional foods skills courses coming up



by Jenny Creasy

Haloumi Workshop

This is the last opportunity for the year to learn to make cheese. Haloumi is a cheese from Cyprus, traditionally eaten pan-fried for breakfast.

Any milk, cow, goat or sheep, can be used to make haloumi. I have been making some haloumi from my goats recently, it's great as a summer cheese as it doesn't need to be aged (our weather gets a bit too hot and humid for aging cheese in the cupboard in the summer), just salted in a brine.

This workshop will be held at Blue Knob farmers market workshop space on Saturday 5th November, 9.30am – 4.30pm. Cost \$75.

The Basics of Preparing Nourishing Meals

Traditional or indigenous people first and foremost prepared and ate foods that retained or increased in nutrient content from the raw ingredients. They didn't process or prepare food that denatured the food. They did use processing techniques to make available nutrients that wouldn't be available without processing.

So that all sounds quite complicated, but it's not. And the most fun way to explore these ideas and techniques is to do it. So I have designed a workshop where we will look at nourishing food preparation and make a meal for ourselves to understand why and how to do it.

We will cover making bone broths, an important source of calcium; sauces, an often forgotten source of nutrients

and digestive aid, selecting the highest quality foods, not necessarily the most expensive, often some of the highest nutrient foods are the cheapest as they seen as poor man's food. And for those who are game we will prepare some organ meats.

So if you have wanted to explore and taste some these nutrient rich foods and discuss how to fit into your life, come along on Saturday 12th November, 9.30am - 4pm at the Blue Knob farmers market workshop space. Numbers are limited for this workshop. Cost \$75

Grain Preparation and Sourdough

With grains forming a key part of many peoples diets, it is important to know how to prepare grain, seeds, nuts and legumes in way that it they are easily digestible.

All traditional cultures had special methods preparing these foods, it is only recently that these methods have been dropped in favour of methods that favour shelf life, and profitability (for the corporation).

We will explore differently methods of preparing grains, seeds, nuts and legumes, including flours that maximise digestion and nutrient availability. Use of a grain mill. And an easy to make at home sourdough starter and sourdough bread (which you get to take home).

This workshop will be held on Saturday 26th November, 9.30am – 4.30pm at the Blue Knob farmers market workshop space. Cost \$75

Vegan Love Bites

by Nettie LoveJoy

Hullo readers,

Who can blame her. I'm sure this year she must feel is she on the right planet, or is she early or late? Us humans have such faith in the fact that the sun will rise every morning and it will set every night, that the seasons know what they are doing and will continue to do so. Such amazing blind faith we have in this.

I wonder at what time did we lose this blind faith in our creator? Why were we created in the first place? Did we expect everything to be given without any return on our part? Did we truly, as souls come into human bodies expecting to not take part in any of our spiritual evolution while we were so called having a human experience. Why do we continue to slumber and ignore the urgency to help ourselves and the Mother Earth and her seasons, who is our generous host. As always she gives us so much amazing beauty and bounty.

But I feel she can no longer give unconditionally unless we wake up and help preserve her gift of life and wonderment. Maybe we could all make a little more effort. When we decide to take an active part in our spiritual evolution, a shift happens deep within, a calm voice says, "Finally, I can help, if you listen to my quiet voice of reason and truth."

Common sense must always prevail, and it just stands to reason that we must maintain the house we live in and the earth it stands on. When I felt no longer able to slumber in ignorance, I thought there was not much I could do to help Mother Earth. But then I found out that the vegan diet was definitely the most ecological, peaceful, noble, economical, compassionate, healthiest and easiest way to helping restore the delicate balance of life on this planet. It is something we all can do.

"A difficult choice to make, give up my meat, fish and dairy," you might say. Sure I agree with you, it was challenging for me too at first. But it was not impossible. Now I have the most amazing array of foods in my diet that I never dreamed possible. So how about helping in your own way too? All things are connected. Whatever befalls



the earth befalls the sons of the earth. Man did not weave the web of life, he is merely a strand in it. Whatever he does to the web, he does to himself.

Save yourself, your soul and Mother Earth. Go Veg. Be Green. Save the Planet.

Oceans of love, Nettie

Chocolate Coconut Mousse

Ingredients

2x400ml tins coconut cream, 250gr Lindt dark chocolate grated or chopped finely, 4 heaped tbsps cocoa, 1½ teaspoons concentrated Stevia powder (white), 3 tbsps Whitewings gluten free cornflour, 1½ tbsps vanilla bean paste with vanilla seeds (Queen brand, found in cooking section Coles/Woolworths)

Method

Mix cornflower with ½ cup of coconut cream. Set aside.

Heat up remaining coconut cream, add grated chocolate, cocoa, vanilla paste and stevia. Stir continually 'til chocolate melts and smooth texture, take off heat.

Add cornflour mixture. Mix in thoroughly and put back on heat. Keep stirring, so mixture does not get lumpy.

Take off heat when it is thickened and stays away from side of pot.

I serve this with fresh strawberries and passionfruit mixed with a little icing sugar to sweeten and coconut cream drizzled over, some chocolate and halva shavings sprinkled over top to pretty it up. I use this mousse to ice chocolate mud cake with. Also I freeze it mixed with berries for a yummy ice cream, using fresh or frozen strawberries, blueberries, cranberries or bottled berries (without juice).

Homeopathics..Humanity loves with destruction

by Tarang Bates

Orchids that look like birds, birds that look like orchids... scarlet honeyeaters, fireflies... trees dripping with mulberries, what's your favourite, white or red? So many colours and songs, giant creaking bamboo – I love that sound. Wind chimes, snake skins, lightening skies at night.

Rainbows arc across the valley where the wallabies play and the koalas move quietly across the land, only to surprise us in the dark of night... grunting and groaning in the top of the gums. The light of the moon rising over the mountains, bathes the bush and the creatures, the houses, the gardens and the creeks – tumbling over rocks and logs, the silken ribbons threading through our lives.

I don't take the magnificence of this land for granted. Of course there are countless locations around the world equally as amazing. Travelling in the early 70's, I encountered many of them.

One of my favourites was Patong Beach in Thailand. When I saw the footage of the Tsunami hitting the coast at this point, I couldn't believe my eyes, I thought it couldn't possibly be the same beach! Well yes it was. I haven't been back, so I can't be too accurate but the whole bay seemed lined with tourist hotels, resorts, bars and brothels. I have to take responsibility for being part of the early trickle of foreigners to venture into this bay.

There was only one shack; we lived on the beach with a couple of other backpackers, washing from a well and drinking freshly made, creamy soymilk (that tastes nothing like the tetra pack variety). The water was clean and the local family cooked us exotic feasts from their little shack. Now it seems as though Patong beach has been "loved" to the point of no return. What is it with us humans that we will push ourselves onto a place, to the point that we ruin the very thing that we loved in the first place?

How is it possible that there are still so many people unwilling to sacrifice just a smidgen of their self created



"eco system" if not to care for the planet, at least for future humanity. There are people who believe their saviour will come and take them up and provide them with another planet – once they have done this one over... all I can say is... please go now and leave this one for us to repair and maintain, before it's too late.

They are working hard to discredit anything which might resemble a step in the right direction... fear... fear... fear,

they might have to sacrifice a few of their power guzzling devices, might have to fork out a few extra dollars for a carbon tax – if it was beer, a new pair of shoes, a footy game, a leg wax, or the pokies, they wouldn't think twice. You would find that even turning off your computer and TV at the wall, covers any extra dollars you might have to fork out to take steps toward reining in overconsumption and pollution. Just stop bleating and give it a go.

Homeopathics

KALI CARB: This homeopathic remedy suits people who are slow to trust new ideas and have a fear of stepping out and defying convention. They may be ruthless, obsessive, sceptical and rigid. Physical security is very important... and a kali person will be prudent with money.

SILICA: These people possess a high degree of integrity with an innate sense of right and wrong. They tend to be principled people without being rigid or moralistic. Sensitive and loyal, warm and spontaneous, the Silica individual has a combination of subtlety, lightness and depth.

For more information on these remedies and treatments.

Contact Tarang at Nimbin Homeopathics 6689-1452 or email: tarangbates@yahoo.com.au

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Cook's corner with Carolayne

Cinnamon Apple Sour Cream Cake

Ingredients

- 125g butter
- 2/3 cup caster sugar (superfine)
- 2 tspns ground cinnamon
- 2 eggs
- 2/3 cup sour cream
- 1 1/2 cups self-raising flour

Topping

- 3 tblspns plain (all purpose) flour
- 3 tblspns demerara sugar
- 3 tblspns almond meal (ground almonds)
- 1 tspn ground cinnamon
- 2 green apples, peeled, cored and thinly sliced

Method

1. Preheat oven to 180c (350F).
2. Place the butter sugar and cinnamon in the bowl of an electric mixer and beat until light and creamy.
3. Add the eggs and beat well.
4. Fold the sour cream through the mixture and then sift the flour over.



5. Fold through until combined.
6. Spoon the cake mixture into a greased 23cm round spring form pan.

Topping

1. Mix together the flour, demerara sugar, almond and cinnamon and toss the apples in the mixture.

2. Arrange the apples on top of the cake and sprinkle with any remaining topping.
3. Bake for 1 hour or until the cake is cooked when tested with a skewer.
4. Serve warm or cool in wedges with thick cream.

With apples in season, this is a beautiful way to serve this fruit. 'Til next month, enjoy!

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

Last month's Beetroot and Orange Chutney recipe won a first prize at the Nimbin Show.

Bowen Therapy and Minerals



by Tonia Haynes

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

Hi all, it's that time of year again.

Youthful warm weather gently heralds in a time of optimistic bliss for the serious gardener, who blithely discounts the accompanying blood, sweat and ticks in their joy of creating a better tomorrow.

Simultaneously, the inveterate party animal is feeling the first tingling of a bad case of unassailability, which they optimistically hope will last until the end of summer, considering the accompanying symptoms of severe dehydration and lack of restful sleep.

Yep. It's spring.

I was in a local shop the other day being served by a lass wearing brand new fingernails. Proudly, she observed the miracles of science; ten, pristine white, precise right angle rectangles, extending from the ends of her small hands.

'I had them done because I'm going to the Spring Cup and I'm not used to them yet, I can't grow my own, they always look bitten.' She explained in a matter of fact sort of voice.

As she unabashedly punched the cash register keys with her elbow and awkwardly pushed my goods across the counter with fingers carefully pointed skyward, my heart softened from criticism of the egocentricities of youth, to true empathy for her plight.

Until ten years ago, when I began taking colloidal mineral supplements, my finger nails too, always looked bitten.

Not for me the seductive talons the adverts maintained would cause him to breathe heavily as he slathered champagne and diamonds. My fingernails always looked as though a severe case of mental depression was just one stress away.

Three days on colloidal minerals and unbelievably, my finger nails began to grow and look like real ones.

I shared this information

with the young lady. Did she listen? Of course not! She sneered quietly at my mangled index finger with its sad stump of keratin, ignored the healthy looking nails beside it and sniffed quietly.

I sneered right back. Unlike her, poor unidentifiable human that she was, if they ever found my decomposed remains in a ditch they would know it was me straight away. 'The claw' makes for an immediate tag of identity

The 'claw was a gift from the rat divas when I attempted to put a bush rat out of its misery with a very large rock, while my finger was underneath it.

It was the first killing trap I have ever set. And the last.

Bush rats are one of my 'let's live in the country', dilemmas. They're really cute! If they only wore nappies and kept to their own dinner table, life would be much easier for all.

Unfortunately, in spite of my vanity and secret desires for champagne, if not diamonds, the colloidal minerals have never straightened 'the claw', but these days the rest of my finger nails look reasonably normal and actually have the ability to turn the screw in the jug cord without breaking into shreds of tissue paper.

Alternative therapists believe that what shows without is a mirror of what is within. Healthy hair, nails and teeth insinuate healthy bones and muscle. Smooth flexible skin insinuates healthy, flexible, internal organs and tissue.

A body that contains a balance of minerals and trace elements works more efficiently in its absorption of vitamins, protein and carbohydrates and that in turn 'feels good.'

Minerals make the body strong and energetic and therefore, often a return to good health can happen with grace and ease, making my work of Bowen therapy, kinesiology, spinal realignment and remedial massage more enjoyable, because of the positive results I see within one or two sessions.

Unfortunately, because we are all still evolving toward

the perfection of hedonism, without the associated punishment, emotional and physical stress, sweating and party habits, can burn up minerals and their support mechanism, trace elements, post haste.

And as I have said a zillion times, Oz soil does lack some minerals and trace elements and if they aren't placed in the soil where we grow our food, including our organic food, the resultant fodder lacks minerals.

That's why farmers in this country give their stock a mineral licking block.

So I would suggest for all gardeners, party animals and others this spring and summer, do yourself, as well as your moon, or social calendar, a favour. Make colloidal mineral, liquid part of your daily diet.

It is easily obtainable at health food shops and some chemists.

Just make sure the shop assistant knows the difference between colloidal minerals and colloidal silver. Colloidal simply means easy absorption from the blood into the cells of the body.

The body actually has difficulty absorbing minerals that have not already been metabolised by plants, hence the statement, mineral supplements make for very expensive urine.

Colloidal minerals are those which have been broken down by plants grown in a high content mineral and trace element soil. The result is a liquid, plant juice which tastes a little like salty water.

Take it in juice if you like, I guarantee within a week you will feel the difference in your energy levels and within three weeks you will be cutting glass with a thumb nail.

Not quite, but you get the idea.

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

My mother is a Crazy Dog Lady



Jackson and Beau

by Beau, as told to Caroline Ladewig

Max had been with us for nearly two months when my mum's decided they couldn't do it any more. I am not sure what tipped them over the edge as Mumma C seemed very fond of Max, although she does seem to throw her love around a lot with these strays she brings home! Mumma C called ARRГ to arrange an alternative foster carer.

My mums decided that Sharon, the animal communicator was right, and that they should stop fostering....well for now anyway.

Mumma C was sad that she couldn't be a part of giving dogs a second chance anymore, but she wanted to do the right thing and devote more time to me and Jackson. Jackson was pretty happy about getting some extra attention- not that I felt he ever missed out! I think he is just particularly needy.

Now that our home was free of strays for

the time being, Mumma C has decided she should focus on spreading the word about supporting our local animal rescue groups like ARRГ and NRAS, encouraging people to rescue a dog instead of buying a dog, and most importantly to put an end to puppy farming and back yard breeders through supporting groups like Oscar's Law.

So for now I will enjoy some peace and quiet in our home, and even though I have often complained about Jackson and his issues, it is pretty nice to have a permanent brother!

(This will be Beau's last article. Thank you for reading the stories. Hopefully it has helped raised some local support for the great work of ARRГ.

Kind Regards, Caroline Ladewig)

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

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Tonia Haynes
20 years healing experience

Types Of Herbal Preparations

by Rebecca Ryall

Last month I introduced the use of fresh or dried herbs in an infusion, which is the appropriate and easiest way of preparing tea using the aerial (or above ground) portions of the herb, such as the leaves, stems, flowers, berries and fruits. When using other parts of the plant, such as bark, roots, rhizomes or woody stems, however, a different method is applied. Known as a decoction, this is prepared by cutting or blending the plant parts as finely as possible, and then simmering, at a ratio of about 10g dried herb per cup of water. This will reduce during simmering by about a third. The decoction can be left simmering for up to one hour, though don't forget about it! Once prepared, the decoction can be drunk as a tea, used as a wash, or for preparing a poultice or compress.



Nettle tea

Tea of the Month – Nettles

Nettles (*Urtica dioica*) have a rich tradition of use in North American and European herbalism, and remain a highly valued and nutritious food stuff in many northern European countries. The fresh plant has serrated leaves and both leaves and stems are covered in fine hairs. If the plants are touched, these fine hairs can sting the skin, causing pain, redness and itching. The sting goes out of them, however, once they are washed.

Nettle leaves are incredibly nutrient rich, containing high levels of protein, vitamins A, B complex, C, D, E and K; and minerals, iron (41.8mg per 100 g), calcium (2,900mg), magnesium (860mg), potassium (1,750mg); chromium, iodine, silica, silicon, selenium and sulphur. Nettle contains histamine, melatonin, and serotonin, and is also a rich source of chlorophyll, making it a valuable blood builder.

The diuretic action of nettle tea makes it a valuable kidney cleanser, as it increases the elimination of uric acid through the kidneys. This diuretic effect, however, means nettle should not be used to excess by those taking pharmaceutical medications to lower blood pressure.

The root of the nettle plant has been shown to reduce the symptoms of benign prostatic hyperplasia (BPH).

Nettle tea may be of benefit in the following conditions:

- Menstrual conditions such as PMS, heavy bleeding;
- Anaemia;
- Allergies – hayfever, asthma, sinusitis;
- Stress, fear, nervousness, depression, insomnia, and eating disorders;
- Chronic fatigue syndrome, seasonal affect disorder, depression and sleeplessness;
- Kidney conditions, including gout;
- Arthritis and joint pain;
- Water retention, and as an aid to weight loss.

I use nettle leaf extensively in my custom therapeutic blends as, in addition to its astonishing nutrient profile, it is a tonic herb. This means that it will generally invigorate and strengthen the whole system, making it of great benefit when recovering from illness, or at times of greater stress. It is extremely valuable (and safe) during pregnancy, and will also increase milk flow in the lactating mama. Drinking nettle leaf tea whilst breastfeeding means that your babe will gain the benefit of this nutrient rich wonder herb as well.

The Tea Medica dispensary, located at the Nimbin Community Centre at 81 Cullen St, is open each Tuesday and Thursday, between 10.30 and 4.30, with Tea Tastings conducted each Tuesday between 3 and 4pm. Browse the display of herbs and tea ware, or discuss your own custom blend. You can phone Rebecca on 6689-7227 or 0423-596-368, or visit the website at www.teamedica.com.au Enjoy your cuppa!

ASTRO FORECASTS BY TINA MEWS

YOUR MONTHLY REVIEW OF WHAT'S HAPPENING IN THE HEAVENS

October

We entered the sign of the Scales at the last Equinox (Sept 23) in our yearly cycle around the zodiac. Libra is a relatively new sign reflecting the emergence of our reasoning faculty in late antiquity, about 2,200 years ago. We moved from an instinctive sense of justice – 'an eye for an eye' – to thinking objectively and co-operatively. The move from 'me first' to 'we' requires the ability and willingness to put values and ideals above basic instincts and emotions. Librans set high ideals for themselves and others and like to be seen as civilized and refined human beings.

People with a strong Libran influence are even-minded and keep a cool head when all around them are losing theirs; they prefer to create harmony and peace with diplomacy and tact. The downside is indecisiveness because of endlessly weighing both sides of the scales. The zodiacal sign opposite to Libra is Aries, the sign of the pioneer and new beginnings. This month's Full Moon (October 12) will be in Aries, indicating that we collectively are heading towards new frontiers. We are reminded to integrate the courage of Aries with Libran ideals of justice and fairness while remaining in a state of inner peace. This might be easier said than done, because the planet of revolution and rebellion, Uranus, entered hot-blooded Aries in March and will remain until 2018. We have witnessed many spontaneous uprisings all over the planet during the last six months. The task of electric Uranus is to seed new ideas, a completely new vision of reality that breaks the mould of the status quo, including our most favorite expectations of how things 'should be'. Uranus is a Promethean archetype, and carries the desire for equality and humanitarian concerns. Prometheus did not fear punishment by the Gods, the mythological 'big bosses'. He followed his path as a liberator of humankind. Uranus rules spontaneous insights that can change our perception of life at the split of a second.

For most of this month, Venus will be in Scorpio (entering October 9), the sign of intense emotion and passion, while Mars is in Leo, the sign of enthusiasm and dramatic self-expression. Venus feels more intense when in Scorpio and Mars in Leo likes to have fun and play. There will be a lot of love energy around that needs to be released and expressed. It will be difficult at times to keep the balance and poise that Venus aspires to. Especially around the New Moon in Scorpio (October 27) energies might be coming to a head and we are warned not to make commitments that we cannot keep later on.

On a different note, this New Moon marks also the end of the Mayan Calendar, according to the version of Mayan expert Carl Johan Calleman. We have completed one huge cycle and are at the beginning of another. We can no longer look at life dualistically. The shift happens when we collectively move into unity consciousness and recognize ourselves as equal parts of a unified whole.



Aries

This important moment in time requires from you to full-heartedly embrace co-operation and equal partnerships with others. It is essential for you – as for everybody else – to shift to unity consciousness, even when you prefer to go your own way.

Taurus

Your favorite expectations might involve your workplace and field of application. You might wish for everybody to fulfill his or her duties according to plan while smoothly working together. However, be reminded of the infinite creative potential of the universe and leave space for the unexpected.

Gemini

Your creative potency increases according to your ability for networking and interacting with the collective consciousness. Do not expect your self to be the sole source of inspirational ideas; instead perceive yourself as part of the world rather than separate from it.

Cancer

"Feel as though your goal is accomplished and your prayer is already answered" (G. Braden). At this moment in time it is essential to let go of judgment instead imagine that your good intentions are already received at their destination.

Leo

At the moment, Mars - the cosmic energy booster - travels through your sun sign. Your need for grandeur, drama and creative projection might be greatly intensified. Share your vision of life with everybody those who are dear to your heart and recognize the promise that lies hidden in the little things.

Virgo

There is a limit to what can be achieved by being dutiful, practical and applied. Unite with others and stock up on resources, talents and inner faith. Lift your eyes above the routines of everyday life and recognize your hidden potential; there is more to you than meets the eye!

Libra

The physicist Albert Einstein once said that one cannot solve problems at the level of the problem; one has to go to a higher level to solve it. Align with your heartfelt truth and imagine the best solution possible for everybody involved. Then allow the shift to take place.

Scorpio

Spend time reflecting on the many forces in your world that influence your state of mind. Notice those energies that are limiting and that imprison your spirit. The worlds as you have known it, is in the process of changing. Enter the flow and let go of resistance.

Sagittarius

The universe is a rather impersonal place and does not make moral judgments about what is fair and just. When you drop your need of having to measure up to some kind of lofty ideal, you are free to live, and enjoy life fully.

Capricorn

The spiritual process of evolution requires that we find the perfect balance between head and heart, between giving and receiving, speaking and listening. Feel into your emotional responses to the world, while paying full attention to your thoughts.

Aquarius

Most Aquarians have a good scientific understanding and do not doubt that human ingenuity can transform nature and change the world. However, it is essential at this important moment in time to honour and align with your feelings and deepest needs. A quest for truth that lacks emotional qualities remains incomplete.

Pisces

You are the psychic sponges of the zodiac and easily absorb the vibes and thoughts of others. Therefore, it is essential to have filters in place that enable you to identify your own feelings and responses. Trust your intuitive powers and move accordingly.

"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 or visit my web page: <http://nimbin-starloom.com.au/>

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The Lion King 3D

Reviewed by Stephen Wright

It's amazing that Hollywood doesn't get called on its racism more often. Perhaps it's because the values of Hollywood are just assumed to transcend such things, in their quest to produce 'timeless classics.' Who knows? I've seen so many weird Hollywood blockbusters this year that it's amazing that my mind hasn't disappeared down a black hole of despair and madness.

The great Hayao Miyazaki, unquestionably the creator of the greatest children's films ever made, including *Howl's Moving Castle*, *Spirited Away*, *Porco Rosso*, *My Neighbour Totoro* and many other amazing animated films, once said that the problem with Disney is that it lies to children. That's a fair comment. *The Lion King* not only ripped off the 60's TV series *Kimba the White Lion* in an transparently cynical way, assuming correctly that puny Japanese animators would not have enough financial grunt to sue them, but grafted onto its script a whole slew of misogynist and racist values that Disney seems keen to inculcate into every new generation.

Anyway, now you can get your racism and bourgeois family values in 3D because Disney figures that we're still up for it. It's not a good look. The good guys in *The Lion*

King are born to rule, male and noble with it. And, says the sub-text, white. The bad guys are the scummy hyenas, who hang out in a gang and are dumb as well as vicious and are played by African Americans and Hispanics. Disney's use of talking animals enables them to get away with things they wouldn't dream of trying to get away with in live action (Born-to-rule whites and criminal, dumbed down blacks) and also means they can pass along the message that what they are portraying is part of a natural order, in fact the Circle of Life. It's enough to make you want to heave into your popcorn.

One shouldn't be distracted by the fact that the senior villain of the piece is played by Jeremy Irons. Hollywood has a strong history of using pommies with upper class accents as baddies, white Americans presumably not being able to generate the requisite aura of wickedness and in *The Lion King*, Irons' predictable posh histrionics serves to emphasise the born-to-rule ideology of Disney's version of the nuclear family. One must also remember that for Americans upper class Brits are always gay and therefore evil by default and not really masculine at all. If one of the political messages of *The Lion King* is that the poor should be locked up in ghettos and the subservient masses ruled by Great Leaders, another equally powerful sub-text is that gay men are double-dealing and scary and deserve to die.

The Disney worldview is like a soft-focus version of pre-Victorian England; paternalistic, authoritarian, exploitative, virulently heterosexual and assured of its own benevolence. Disney's wild Africa is strikingly like a white-bread American suburb that the nasty poor invade from time to time.

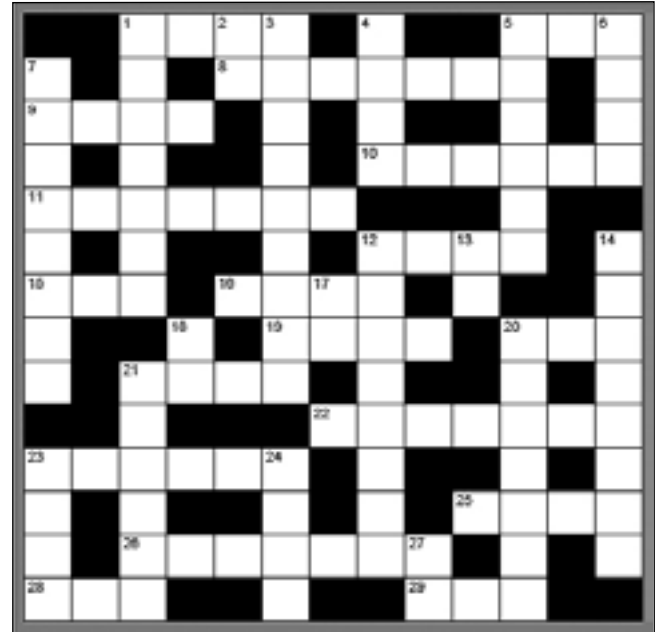
In 1994 when it was first released *The Lion King* presumably looked a little schmick, full of widescreen animation and hip environmental values. Nearly two decades later it's starting to look positively creepy. The continually smirking lions in their self-assured dominion – joyfully worshipped by the animals they eat for dinner – are particularly sinister. When the white boy, the lion cub Simba, the king-in-waiting and his compliant girlfriend (Disney women are always at heart submissive babymakers) wander off to the elephant's graveyard where the hyenas live, it's blindingly obvious that the elephant skeletons resemble the ruins of some burned out inner city suburb in LA trashed by Hispanic and African-American gangs.

It's not that Disney animators sit down and deliberately design this crap to pervert the minds of the young. It just comes naturally. It's wired into Disney's corporate ethos. Uncle Walt was after all a fan of the Nazis and I doubt very much if any white supremacist would have much to object to in *The Lion King*.

Oh yeah, and it's a musical too. As for the 3D – whatever.

Nimbin Crossword

2011-10
by 5ynic



Across

- Rip-off
- (Device to) make instruments louder
- Terrorists (or B52s) who blow things up
- Volcano in Sicily
- Greatest(?) Persian emperor
- Inebriated
- Correct (e.g. spelling, grammar)
- Original(?) wrongdoing
- Ruler
- The horses
- One billion years
- Protinaceous bean
- Islamic law
- Cannabis, but not the kind you smoke
- Interrogate
- (Turkish) Hookah
- Reveal someone's sexuality?
- Cup match? Draw.

Down

- Beachside skin damage
- Blood group which can receive transfusions from any other group
- Help
- Under the sheets?
- Help? Pass leading to score!
- Positive
- Fullerene dome or structure
- Paint finish? Off white
- Part of the psyche – basic drives, instincts, pleasure principle?
- Libyan port city, liberated early by rebel forces.
- Not applicable (init.)
- Gold's periodic symbol
- A person with refined taste in food and drugs
- Genetically abnormal (individual)
- Where grain (and nuclear missiles) are stored
- A seaweed
- Alien (init.)

Solution Page 27



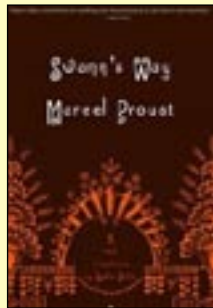
Reviews from the Crypt

by Stephen Wright

Swann's Way Marcel Proust (1913)

Swann's Way is the first volume of Proust's seven volume million-and-a-half word rant *In Search of Lost Time*. It's hard to imagine that anyone would want to write a million-and-a-half-words about the interior life of a pampered, wealthy mummy's boy with pretensions to being a writer, and on top of that make it interesting. Proust, who wrote his book lying in bed for nearly a decade, was trying to get his head around the nature of memory. Why does it fade so quickly? Why can it also seem to vivid and so real? How it possible to forget things and then remember them, and remember them involuntarily? Who are we if we can't even remember what has happened to us?

Swann's Way is famous for being a tale of a doomed love affair, and for the episode



of the Madeleine cake. Proust's narrator, enjoying a Madeleine cake – a small scallop-shaped sponge cake – is suddenly thrown back into the past by the associations that rush upon him when he tastes it, thus igniting one of the most famous passages in literature, the first of many of Proust's spiels on memory.

Proust can also be very funny, and his characterisations are ascerbic, detailed and brilliantly drawn. Proust through his naïve and obsessive narrator skewers the brittle and hypocritical nature of the elite of Parisian society, a society on the brink of destruction in the trenches

of the Somme. Proust's description of the pompous socialite Mme Villeparisis laughing so hard she dislocates her jaw while giving audience in her salon, is not an image one can forget easily. The upper echelons of Parisian social life, an arena that Proust knew intimately, is also a place where the rigid conventions of daily life mask a seething undertow of sexual hypocrisy and betrayal. Proust was one of the first Western writers to portray same-sex relationships realistically, situating them within a social context that covertly encouraged them, while maintaining a veneer of outrage and contempt.

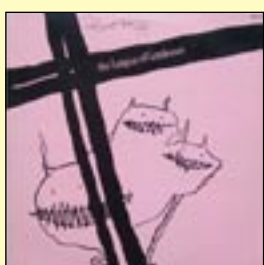
You might not be up for a million-and-a-half words, but if you have a bit of time and want to get a look at some of the longest sentences ever written, as well as being able to say you've read Proust, you can begin and end with *Swann's Way*.

The League of Gentlemen

Robert Fripp and The League of Gentlemen (1981)

Robert Fripp has done a lot of weird things in his time and as a guest guitarist and a musical collaborator made a lot of other musicians sound more avant-garde than they were; David Bowie, Andy Summers and Peter Gabriel come to mind. Fripp is also a hot-shot public speaker (speaking on such topics as Charisma), once composed music for Microsoft Vista, turned King Crimson from a prog-rock outfit to a real band, and is a smoking guitarist with a unique signature drawn from the fringes of jazz and from classical styles.

The League of Gentlemen (hereafter LoG) were a kind of post-punk ensemble that existed for less than a year, recording one album and playing 80 gigs. LoG's other members later



went on to, or came from, punk bands, notably Kevin Andrews who had recently exited XTC and Sara Lee who proceeded from LoG to the Gang of Four.

Fripp, who comes across in his speech as something of a shrewd and contemplative yokel (he's from Dorset) is a blistering guitar player with a demented style, a style that the LoG showed off to perfection. Hearing Fripp play on LoG it's as if some old time jazz guitarist, like Barney Kessell, has spent a year holed up in solitary with Hunter S. Thompson and a crate of LSD. Fripp goes really nuts on LoG, and intersperses each track with soundbites from the strangest interviews, including a sewer engineer, a philosopher and so on. The result is an album that situated itself on the very cusp of the post-punk shift – between (as it were) the Clash's *London Calling* and *Sandinista!* albums. For a short time, before New Romanticism took over the world there was a small window of remarkable opportunity where anything seemed possible, and in that space popped up Fripp and the LoG. Robert Fripp intersected with punk and something very interesting occurred, something that can still jolt your neurons, should you require it.

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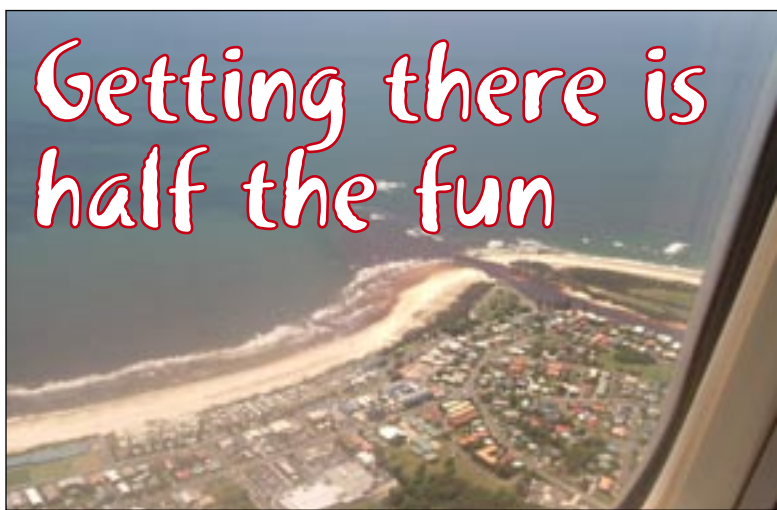
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Solutions for environmental challenges

Getting there is half the fun



Airports are enough to put anyone off travelling forever. Getting to an airport for say, an 8am International flight might seem like a reasonably easy sort of a quest. That is until you realise that you have to be there by 6am, and that's after a drive from home of anything up to two hours.

So you set the alarm for four, try to get to bed early and fail miserably due to all the last minute details that need to be attended to. Tickets, passports, luggage... "Am I over the baggage limit?" (The answer is

always "Yes!") Money, secret stash wallet, bum bag, camera, batteries, computer, USB stick, ukulele (mandatory these days), water, munchies, cheap novel, toothbrush, deodorant, glasses, mobile phone... it's a never-ending list of crap that we attach ourselves to in everyday life, and without which we are unable to sally forth into the world of Global travel comfortably.

Then there's the decision whether to try and eat or drink something before the ride to the airport by car, train or shuttle bus. It's way

too early for morning ablutions so it's out the door, then dash back in again to pick up some overlooked precious article, back out again, farewell familiar neighbourhood and here we come exotic wonderland.

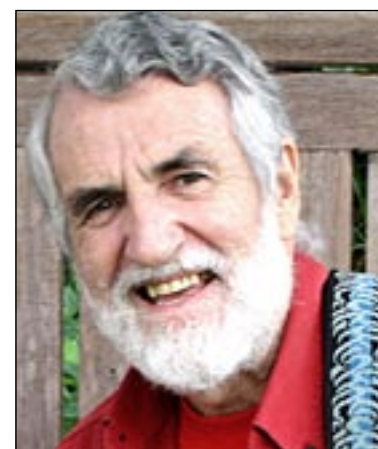
However, the airport will soon destroy one's romantic notions of sliver-winged flights of fancy in no uncertain terms. The moment you pull up outside the Departure area a herd of Airport Parking Mafia descends on your vehicle like dingoes on a wounded wallaby. You have approximately four and a half seconds to get out, grab all that riff-raff described above and hobble through the self opening doors, making absolutely sure that the driver never leaves the vehicle for a second, even if it's to help a ninety five year old paraplegic one-legged war veteran staggering under the weight of half a dozen overfilled travel cases.

Now you're on your own and at the mercy of the Airport Torture, Humiliation and Harassment Squad, whose first assault is to make you find out where you have to be and when. Boards with coloured lights blink at you from all directions while loudspeakers blare

unintelligible messages in urgent tones, dropping the odd semi-familiar destination, flight number, gate number and name that sounds a bit like yours, telling you that it's a final call and you better get your arse somewhere real soon or you're in deep doo-doo.

You finally find the right flight and gate numbers and join the first of a dozen mile-long queues where you are serially stripped and blipped, baggage x-rayed (twice nowadays), explosive-scanned, interrogated, forced to unpack everything and submit to searches, removal of dangerous objects like nail clippers (you might attack the pilot and force him to fly the plane into the BP head office building), water (so they can sell you some on the plane)... all the while presenting passport and boarding pass at every stop along the way.

You eventually get to Customs and Immigration after another half hour queue, only to find that you have forgotten to fill in the little green departure card and you have to go do it and queue all over again. You get your last clearance while they really are calling your name on the final call list, sending you



Mookxamitosis
by Brendan (Mookx) Hanley

scurrying nervously for the plane as your morning poo-pain kicks in. It's URGENT as all hell, but you know there's nothing you can do about it during the fifteen minute wait to get moving, the ten minute taxi to the runway and the half hour ascent during which time you are buckled into your seat in absolute agony as the kid in the seat in front of you begins practising the scream he is going to amuse himself with over the next eight hours of sheer horror. Up, up and away...

And you think our laws suck!

Australian wine laws are generally related to alcohol/tax revenue and what we're allowed to add to wine; the latter dictated by health regulations and climate considerations. There are currently moves afoot to change the regime of taxing wine by price of the container to the number of standard drinks in the container, ie. you will pay for the 'alcohol' as in the number of standard drinks. This will increase the price of a 4 litre cask to around \$35-\$40. Correspondingly, bottled wines will become less expensive. We will see.

Permissible additions made to wine are mostly for clarification purposes and these additions settle to the bottom of the tank before the wine is pumped off and then filtered, leaving the additions and sediment behind. These include bentonite (clay), issinglass (fishbones and scales) and egg whites to remove bitter compounds and protein (which can make the wine go cloudy). Because of our mostly warm/hot climate we are permitted to add acid (tartaric, citric, malic) to compensate for the lack of natural grape acidity and to add balance to the wine. But we are not allowed to add sugar as the powers that be reckon we can get enough of this naturally in the grape ripening process. But despite all this, if we have a great year we can sell any/all of our wine however we like. And we can make it however we like.

In France, by contrast, they are permitted to add sugar in poorer (read cooler/cold) years but are not permitted to add any acid, as it's deemed the latter is naturally produced in grapes and in sufficient concentration (sometimes in excess) for making balanced wines.. They are also allowed (we're not) to add glycerine (aka glycerol, a by product of alcoholic fermentation) in poorer years, which contributes to a more viscous, smoothly textured feel to the wine. As with many of the other European wine producing countries (Spain/Sherry, Portugal/Port, Italy/Chianti etc etc) France has stringent laws that determine not just how much wine can be labelled and



Fruit of the vine
by Terry Beltrane

sold from any given vineyard in any given year, but also how it's to be made.

Like diamonds which are restricted in supply regardless of stocks on hand, the premise of limited production of wine is to keep the price inflated through 'lack of supply' - just another marketing ploy; and a very successful one at that. So, if we take for example, the district of Champagne, and they have a ripper year of above average yields and excellent quality, they are prohibited by law to label all that good booze under their usual brands. They can sell a 'bit extra' but the balance has to be sold under a different name, thus protecting the 'integrity' and price of those established labels. I mean, how fucked is that?? On top of all this, the makers have to adhere to a stringent set of winemaking guidelines on how much juice you can extract from the fruit and then how that juice is going to be handled in the winery. Then, when the wine is finally made they are obligated, by law, as to how long the wine has to be matured in bottles before it's released for sale.

In the famous region of Oporto, Portugal, the grapes to be used in making Port are grown on steep terraces along the banks of the Duoro River. The elevation of the vines determine, by law, which are permitted to be used for 'Port'. Again, grape production is restricted for the top stuff, "Vintage Port". The vines must be trellised and pruned according to stipulated guidelines and all wines must be made according to established methodology. Only specified fortifying alcohol (brandy spirit) is allowed in making the wine and after the established maximum quotas for each winery (House) are met the balance of this 'top shelf stuff', no matter how good it is, must be allocated to second tier quality and is not permitted to be classified as "Vintage".

After a decade or more of booming wine exports and massive expansion of vineyard acreage, Australia is now faced with a considerable overproduction of grapes this coming vintage and we're looking at a 'lake' of unsold wine. Our relatively unregulated wine industry will be faced with a plethora of choice in the fruit they select from growers and what wine will go into what container/label. Things like "Grange" will always be in short supply, our winemakers having learnt some things about wine marketing from our European fraternity. But we can expect to see better quality in our less established labels owing to the fact wineries here have a relative free hand on how they make and sell their wines. All the better for us.

Wine info: terryb88@tpg.com.au

QUICK QUIZ

trivia@bowlo

Devised by the Nimbin Bowlo's Quizmaster, Marty

Questions

1. What is the name of the US general who has just been appointed to head the CIA?
2. In which US state is the Grand Canyon ?
3. What is hippopotomonstrosesquipedaliophobia the fear of?
4. What do recto and verso mean?
5. Who played Sherlock Holmes in the 2009 movie?
6. If something is going widdershins what is it doing?
7. Who named Mt Kosciuszko?
8. What is Limnology the study of?
9. Who wrote the SF classic 'Stranger in a Strange Land'?
10. Who lived in Gracelands?

These questions are all taken from a round of questions posed at the Bowling Club Trivia Night held each Saturday at 7pm. Entry is free, and cash prizes are paid of \$50 for first, \$20 for second and \$10 for third.

The winners get a chance at the jackpot question which increases by \$50 each week until it goes off.

As at the start of October, the jackpot stands at \$350.

And there's a Courtesy Bus...

- Answers**
1. Patraeus
 2. Arizona
 3. Long words
 4. Recto right hand page verso left
 5. Robert Downey Jr
 6. Turning anti clockwise
 7. Paul Edmund Strzelecki
 8. Inland waters
 9. Robert Heinen
 10. Elvis Presley

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Bushwalking Uralba, Mount Matheson, Boonoo Boonoo, Bald Rock and Basket Swamp



by Len Martin
with a little help from Michael Smith,
Secretary, Nimbin Bushwalkers Club Inc.

Ah, what names to conjure with. Alas, I missed Uralba having to help set up the Nimbin School of Arts for that evening's Blue Moon Cabaret. Fortunately the walk's intrepid leader Ron Ronan helped out with the following.

"On 10 September, with a freezing cold westerly wind, six of us started out on the exposed track to the Uralba Nature Reserve situated between Alstonville and Ballina. A delightful patch of nature with some unique features, it contains a mix of gum trees with rainforest trees. Plants sighted include Cabbage Tree Palms, NSW Christmas Bush and the minute White Fingers Orchid. Mountain bike riding is permitted and there are a number of discreetly placed jumps which show that Australian inventiveness is alive and well. Some of the jumps/ ride overs were fantastic. One had part of a large log moved onto another. We reckon that it would have taken quite a number of people to position them. The Brush Turkeys had also been busy building nesting mounds; a few were sighted. There are several vantage points from where you can see the Richmond River near Pimlico, the ocean and Ballina in the distance. I saved the "most" unique to last - the view overlooking the Pacific Highway with constant traffic and noise (only from this view point) - my fellow walkers were suitably "unimpressed". A good walk, we took 4hr to cover nearly the whole area. The wind was cold until we got in amongst the trees".

Only a few days later it was again the intrepid Ron Ronan who led nine of us around the Mt. Matheson Circuit. This is an extremely easy walk and National Parks have greatly improved the track - it is no longer easy to get lost. This is one of my favourite walks. It has top quality rainforest of great diversity - colourful young foliage, moss covered rocks, lichens galore, but not a lot of leeches - or, disappointingly, birds. As one approaches the northern edge there are massive Eucalypts and occasional glimpses of Mt Warning. The most intrepid of our group took the long way home, diverting to Wallace Road and

thence the Tunttable Falls community, taking a local virginal new club member with her. I gather he survived - just! We've done this walk many times and it's always enjoyable, always something different to see and so close to Nimbin. One doesn't even have to be a member of our club to venture around it.

Disappointingly, only 4 members and one visitor took the opportunity to enjoy magnificent walking in Boonoo Boonoo, Bald Rock and Basket Swamp National Parks, returning nightly to a luxuriously appointed hut that our leader Don Durrant had booked months ago. Yes I know it cost to use it, and it was a long drive, and there was much else on that weekend and... whatever. A small, intimate walking group can be so much nicer than a big noisy mob, so... Friday afternoon we explored the bush around the hut, a memorable event for me being a small swamp with huge numbers of tiny damsel flies with white wings - nothing like it in my dragonfly book. A profusion of wild flowers every where we went. Then to the nearby Morgan's Gully - historic gold panning site - wonderful pink granite, pristine waters, the colours and calm that precede the setting sun. Saturday, a short drive to Bald Rock, for a wild-flower walk to Little Bald Rock - taken very slowly because of age and infirmity and our leader looking painstakingly for orchids to photograph. The result, my carer Kay was on the way back - as I started to hobble up the final ascent of Little Bald Rock - telling me that she planned to do the ascent of (Big) Bald Rock - which she completed even before we got back. Don Durrant also shot off for a quick up and down of the BBR. Hell's Teeth, and I thought I was fit for my age!

Sunday saw us walk the new track beside the Boonoo Boonoo river, from the Platypus Pool to the main Falls picnic area, some 6km or so. I have never seen so many native Pattersonia iris - vast numbers every where, along with innumerable blue Glossodia orchids, and many different species of "pea-flowers". Then there were the rocks - balancing rocks galore- huge areas of river rapids running over pink granite, much of it wiped clean by the massive torrents that swept down the river at the time of



the Brisbane floods. Massive numbers of demolished trees - even in the side creek gullies - such were the torrents. Gawd, ain't nature wonderful. Finally we staggered into the picnic area to enjoy the splendour of the main falls - down, down, down into the valley below, with a Peregrine sitting on an overhanging branch some way below. Fortunately we'd organised a car shuttle with the Landy so we didn't have to walk all the way back.

Monday morning saw we remaining three "do" Basket Swamp NP and water fall. Many more wild flowers, including our second beautiful Grevillea of the trip, plus, thanks to Don's eagle eye, a spectacular "new" waterfall a way off the road above the main fall, which itself has the most remarkable rock formations and water spouts! And so forth and so on - you just should have been there. So sorry you missed out.

Walks Program for October

Sunday 9th October

Huonbrook to Nightcap NP

Leader Ron Ronan (6633-7207, at night)

Grade 3, 4 - 4.5 hr, 10 km. Walk starting at Huonbrook and walking 4km up North Rocks Road into Nightcap NP taking 2 hr and then another 1 km to start of Historic Nightcap Track taking about 30 min. Return trip downhill quicker. Features Mixed rainforest and gumtrees on walk, together with Bangalow Palms and tree ferns at start of walk. Meet 8am Nimbin car park or 9.25am intersection of Wilsons Creek Rd and Coolamon Scenic Drive near Mullumbimby. Bring lunch and water.

Tuesday 18th October

Three short walks (1) Lismore Rotary Park (2) Wilson Park Nature Reserve (3) Lismore Rainforest Botanic Gardens

Leader Ron Ronan (6633-7207, at night)

Grade 1, 2 & 1 Time say 3 hrs. Features walks 1 & 2 are through rainforest (1 with flying-foxes); walk 3 is checking out what has been done at the Lismore Rainforest Botanic Gardens. Meet 9am Nimbin car park or 9.45am at Lismore Rotary Park near the hospital. Bring lunch and water.

Saturday 22nd October

Rosewood Loop Walk, The Border Ranges NP

Leader Don Durrant (6633-3138 at night).

Grade 3, 3hrs (6km) Features Subtropical rainforest including Rosewood trees. Walk is along the same route as the Palm Forest walk. Meet 9am Nimbin car park or 9.45am at Kyogle Tourist Information Centre. Walk will start at 10.20am from the Sheepstation Creek camping area. Need to Bring lunch and water. Optional camping some (like the Martins, 6689-0254) may wish to go early and camp the Friday night and /or the Saturday night. The latter would allow an additional walk on the Sunday in the 15Ha Moore Park Nature Reserve - last remnant of Boyd's Scrub.

Advance Notice:

Sunday 6th Nov - 13th Nov
Camping/ walking on Moreton Island
(members only)

Many easy (grade 1-2) walks on sand and some more demanding (grade 3). Leaders Kay and Len Martin (6689-0254). Cost approximately \$200 per head, payable by 21st October, with \$50 deposit payable by end of September. Details booking forms will be available from leaders shortly - cost will cover shared transport, ferry to island, National Parks permits etc. and use of Moreton Experience camp facilities behind ocean foredunes near Blue Lagoon. No need for own tents as there are large canvas tents (shared accommodation with camp stretchers) toilets, cold showers, covered cooking area with tables, chairs, gas rings. Need to bring own bed linen, esky, food, drinks etc for the week. Trip may be available for limited number of people without 4WDs (first come first served).

Membership \$15/head to Treasurer Kay Martin, PO Box 61 Nimbin, 2480 (phone 6689-0254).
Secretary, Len Martin (pteropus42@smartchat.net.au)

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

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Nimbin Garden Club Notes



Tutti Frutti Farm Visit



by Gil Schilling

At the time of last month's club visit to James and Philip's inspiring farm, the all organic gardens were in full bloom and redolent of citrus blossom.

About 25 enthusiastic club members and friends descended on the farm for a thoroughly enjoyable afternoon. Located on a hill, with valleys and the spectacular pinnacles as a backdrop, Tutti Frutti farm is comprised of 4 hectares of a mixed fruit orchard and vegetable gardens. Numerous varieties of sapote as well as jack fruit, wampi, canastil, olives, peaches, plumcots, citrus, were just some of the fruits grown in the orchard, while vegetables included beans, peas, kale, cassava, yakon, carrots, beetroot, lettuce and much more. Fourteen beehives, from which honey is harvested, are also located on the farm.

James runs the farm with the occasional help of wwoofers and much of its excellent produce is available to the public at the Saturday morning Blue Knob farmers market. James

317 Koonorigan Road, Koonorigan. Gloria and Tom's garden consists of many lovely trees and shrubs, underplanted with many hundreds of different bromeliads collected over 36 years. Clivias as well as succulents and other uncommon plants are also to be found. Gloria advises that the clivias are currently having a wonderful season, with colours ranging from the 'palest of creams to apricot, peach and right through to deep red' – hope they last. Gloria will also have many plants for sale.

As usual, the visit will take place from 2pm on the third Saturday of the month (15th October), just look for the Nimbin Garden Club sign. 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 surplus plants, cuttings, produce or seedlings. New members and any interested persons are most welcome to just turn up on the day. For further information please contact Michael Vaughan (6689-7193) or Den Braidwood (6689-9324).

Photos: Michael Vaughan

also holds workshops on biodynamic farming, with the next workshop scheduled for the 3rd week in October. In addition, James plans to conduct a workshop on unusual fruit trees and vegetables at one of the Blue Knob markets during October.

(Thanks to Gill James for the Tutti Frutti Farm visit information.)

October meeting

The next club meeting will be a visit to Gloria and Tom Dunbar's garden at



Whoop, scoop, no droop

by Terry Beltrame

Well, Brewer's Corner at the Nimbin Show just keeps getting bigger and better every year. With more than 30 exhibits, the judges had

their work cut out at this year's show. Exhibitors from the Lismore, Ballina and Tweed shires entered their selected brews.

Mick Hurley took on the mantle of senior judge and

the other judges, Graham Ferguson and Terry Beltrame, struggled to keep up with him as he attacked the line-up searching for his post-tasting palate refresher.

There was a full range of beers from pilsner, lager, ale and stout to ginger beer, fruit wines and a flavoured vodka. Some exhibitors from years past were notably absent, which was a bit of a shame.

The champion brew was a vintage ale made by Rick Endres, who obviously knows as much about brewing as he does about chiropractic manipulation. It was a sensational, full-bodied beer brimming with sweet malty flavours and fragrant hops, superbly balanced by a rich, creamy textured palate with

the flavours lingering long after it was swallowed – not one to spit into the bucket. At 7.2% alcohol it was probably a good thing it was towards the end of the line-up.

Second place went to Mark LeBars for his really well balanced and aromatic pale ale that had perfect weight and a lovely lingering bitter after taste of quality hops. Mark also won a Highly Commended for his stout, the latter having a rich creamy texture and long length of flavour without the aniseed undertones often marring many home brew stouts.

Jillian Gulizia again received a Highly Commended for her classy lagers.

One of Ben Egan's ginger beers was terrific, with lifted



Out of the shadows

YOUNG RIDERS SHINE AT GRAFTON GYMKHANA

by Laurelli Anderson

Equestrians Nakita Anderson and Kathleen Longmuir competed in the Grafton Interschool Gymkhana over three days in September.

The Richmond River High School Year 12 students took on contenders from schools of the Mid North Coast and Northern Rivers – and came home with 14 ribbons between them.

The weekend's program included dressage, hacking, sporting, mounted games, team penning, fours, show jumping and a grand parade of more than 200 riders.

It was a hot and dusty weekend, but fun was had by all and it was a great way for the girls to finish their last year of school.

These girls have come along way from the early days of Nimbin Pony Club.

It takes a lot of time, dedication and love to be able to achieve this level of competition, and they did very well.

A big hug to Zac and Oscar for standing around for hours in the heat and dust and still giving their best every time they were called on.



Terry (right) confers with fellow judge Graham Ferguson

fresh ginger on the nose and palate, very clean in aroma and soft in texture with just a hint of ginger heat on the finish. This brew had that desirable creamy texture of fine frothy bubbles that some of the other conventional beers were lacking.

Sam from Eungella entered lemon and davidson plum wines but didn't score, the wines being too oxidised and acetic. Have another go next year, Sam.

Another Highly Commended went to Barton's lemon myrtle flavoured vodka, and though it lacked a bit of fresh aroma it was soft and smooth on the palate and finished clean and sweet, a sign of good quality spirit.

Most of the exhibitors received some award, thanks to sponsor Coopers Home Brew for the past four years.

Thanks to all, see you all again next year. Cheers.



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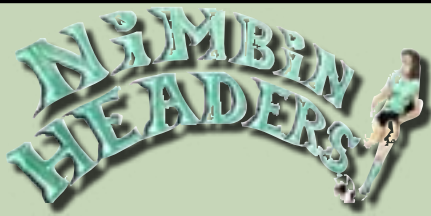
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Headers celebrate end of season



by Simone Rutley

Exciting games of soccer are not the reserve of 1st division, especially when our kids are playing. Making the Grand Final for the 2nd year straight, the Grade 12 Headers had fought out two sensational extra time preliminary semi-finals to get there. Thistles were the minor premiers and the team to beat. Our last game against them was a 2-2 draw after extra time.

The Headers started well and scored the first goal early in the first half. They looked the better team in the first half and took a 1-0 lead into half time. Thistles came out fighting in the 2nd half and managed to force an equaliser mid-way through the half. It was a nail biting 1-1 score line to end regulation time, with the Headers unlucky not to clinch the Grand Final in a late goal mouth scramble.

10 mins each way of extra time ensued with both teams vying for the upper hand. Thistles managed to get a couple of breakaway goals to put the game beyond reach - finishing up 3-1 after 70 mins of end to end football. Most who saw the



Ziggy Doherty, U'12 goalie, in action at the 2011 grand final

game would agree the final score did not reflect the closeness of the struggle.

The many parents and supporters who were there for the 8:30am kick off could be heard loudly cheering from the stands. A great aspect of Headers Football is the support we get both at home and away. Another great season again for the Grade 12's and we all look forward to next year and another chance to grab that elusive Grand Final win!!

Presentations

Club presentations were held on Saturday, 24th September. Rainbow, Mel and their crew put on a fun party with food and live music. In the senior teams, Jake Charles took home the golden boot and most improved for the 5th division. Steven Waddington was awarded best and fairest. In the 3rd division Phil Cortney won the golden boot, Sundar Wittar the best and fairest, and Zac Evine received the most improved player of the season.

For our women's team, Ruby Grabovsky took home the golden boot, Nicky Fitsimmons was voted the best and fairest, and as Bruce thought they had all improved so much over the season, he gave each of the women a trophy for the most improved. He hand made them himself from a single piece of wood. The club person of the year was awarded to Damian Macdonald for his tireless efforts, often doing the unseen thankless tasks of running a club.

Club AGM

The AGM was held on the same afternoon. The new committee executive are: Damian Macdonald - President, Hartje Hout - Vice-President, Rainbow Christian - Treasurer, Penny Wyne - Secretary, Bruce Hatfield - Assistant Secretary and licensee, and Grant Mercer -



Grade 12, Front row L-R: Jack, Jamal, Ziggy, Gully, Fin, Joe
Back row L-R: Brinn, Zac, Laura, Jiya, Oscar, Tyrone, Jonus.
Coach: Grant Mercer

Registra. Many thanks to Steve Waddington, the outgoing president.

Field Drainage

Soccer field drainage has been a major problem for the club this season. It meant we only had a couple of home games. Gordon King and Bruce Hatfield are in the process of scheduling work to sort the issue. It will take a crew of volunteers over a couple of October weekends. If you are interested in helping out give Simone a call and she will put you in touch with Bruce or Gordy.

Summer Soccer

Summer small sided soccer is gearing up for 4th term. The games will be played on Tuesday evenings, 7 aside, half field, 2 x 20 minute halves. Each team must have 2 women on the field at all times. It is intended to be an adult competition with U'14s and 15's eligible to play. Cost is \$40/team for the season. To sign up a team or ask questions phone Myfanwy, 6689-1512 or Simone, 6689-7142.

GO THE MIGHTY HEADERS

A hard day's fishing



Pix with 6kg snapper



Not much left of the 6kg snapper

by Pixie, Fishing reporter

The Nimbin Heads Fishing Team had a great team lined up this month, with the expectation of going out wide and jigging for kingfish and samson fish.

The weather and the seas had been real good all week, and there have been some good catches in the lead-up to us going to sea.

For the first time ever, not all the guys turned up

on the day, and we were down to only four. So, with Zac, Duey, Pix and Terry on board, we head out to sea with a bright red sun peeking over the horizon, and with only a gentle breeze.

It looked good, but the weatherman has predicted the winds to pick up as the day goes on, but we will see. He has been wrong before.

In the early morning

fishing session, Terry and Duey are hooking up on small snapper, mowong and silver trevally while bottom bouncing, meantime Zac and Pix are fishing big soft plastics with 3/4oz jig heads.

Your humble fishing reporter has taken out his brand new, you beaut lightweight Akuma polygrafite soft plastic rod, and on the first strike hooks a dirty old small

red harry (red rock cod), and the you beaut new rod snaps in half. What a great way to start the day.

Terry is still hooking up and having a good morning, but the wind is starting to pick up, and making fishing a bit more difficult. By mid-morning, the wind is blowing about 15 knots with white caps all over the ocean, and the fish have gone off the bite.

We have no chance of

going out wide to jig, so we make a move to find a big school of kingfish. We use baits, soft plastics and jigs, but nothing is happening - the fish aren't eating.

We make a few more move looking for some hungry fish, but they are hard to find, apart from some small snapper and plenty of dirty old red harrys.

By now, the winds are howling and the swell is getting bigger, and the boat is getting tossed around and it's real hard to fish.

Then late in the day, your humble fishing reporter, using a borrowed you beaut soft plastic lightweight polygrafite rod, lands the last fish of the day, a 6kg snapper, and all is not lost.

The fish was donated to the pub's footy tipping NRL grand final day, to be cooked whole on the barbie, and it's all good.

Tight lines, guys.

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Nimbin Crossword Solution
See Page 23



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8.00am	8.45am	8.00am	8.25am
12.00pm	12.35pm*	3.25pm	4.00pm
2.35pm	3.10pm	5.30pm	6.00pm
3.20pm	4.15pm		
5.30pm	6.00pm		
Leaving	Arriving	Leaving	Arriving
Nimbin - Main St. (Park)	Lismore Transit Centre	Nimbin - Main St. (Park)	Lismore Transit Centre
7.52am	8.50am	7.30am	8.00am
9.00am	9.35am	9.00am	9.35am
12.45pm	1.15pm*	4.25pm	5.00pm
3.25pm	4.10pm	6.05pm	6.35pm
4.25pm	5.00pm		
6.05pm	6.35pm		

* Mondays & Thursdays Only

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Some Buses connect in Nimbin for Operators to Murwillumbah

Nimbin Annual Country Show kicks off region's Show season in style



The Nimbin Annual Country Show in September was a well-attended and enjoyable event that went off without a hitch.

It showcased many of the impressive livestock, poultry and equestrian entries that will catch the judges' eyes at forthcoming Shows throughout the region over the coming weeks.

Outside the show rings and pavilions there was plenty to do too, with the Blue Knob farmers market stalls augmenting the array of

information stalls, displays and demonstrations.

The sustainability speakers tent, a new feature this year, remained full throughout the weekend.

Mayor Jenny Dowell said, "This is a great season opener, with great weather and a great crowd."

"Nimbin Show is a great example of a country Show, encompassing everything from cattlemen and poultry farmers through to bio-char demonstrations and industrial hemp," she said.

There was plenty of choice of tucker too, from the many food stalls, and the Show Society's canteen, staffed by volunteers, was also kept busy all weekend.

Committeeman Nevile Plush said, "The Show runs on volunteers, and we need to acknowledge them for the tremendous effort they put in, and we need to encourage more, especially people who have moved to the country."

There's a working bee at Nimbin Showground every Wednesday morning...



North Coast National gears up

The Grand Parade promises to be a highlight of this year's North Coast National, with producers of the entertainment program calling for the entire community to become involved.

Spokesperson Tracey Muir said, "Imagine the Grand Parade we could have at the Lismore Show if we were to truly represent the amazing cultural diversity of the Northern Rivers? Marching bands, Ganja Faeries, V7 Utes, Cattle, Dogs, Cats, Alpacas and fire-twirlers... literally everyone is welcome."

Dancers are also needed, of all ages, styles,

experience and genres, to be part of a 'dance experience', never before seen in the Northern Rivers - email to lisshow@bigpond.net.au

The North Coast National runs 20th-22nd October at the Lismore Showgrounds, with the Grand Parade taking place on Thursday 20th at 7pm.

Other features throughout the three days include the Regional Food Celebration, with master classes, demonstrations, talks and tastings, and a full line up of music Under the Tent, as well as the biggest country show on the North Coast.

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This project has been assisted by the New South Wales Government through its Environmental Trust!