

The Body-Self and Martial Art

by Daniel Kestzler

In this month's column, I want to draw attention to our connection with the physical body and promote martial art as a means to increase awareness.

The physical body is the very basis of our existence. I would not be able to act or express myself without my body. I can speculate about an existence of a soul or spirit, while I am in the body, but these are only mental concepts, most likely fantasies, which I can only express through the body, writing it down or speaking the words. Without the body, I have no means to express, act, react, move, exist... In other words, if I am not embodied, incarnated, I am not.

The life energy which animates this body may be eternal, I have no means or need to prove that and while I am embodied, I may make use of the body as being part of myself. Many people seem to see the body as separate from their perceived or defined self and identify more with a mental construct of self identity. We don't even have a word to directly identify with the body, like "I-body" and yet it is the only part of ourselves which is intimately ours from conception to its dissolution after death.

The body keeps us connected to the present, There are no bodies to be found in the past or the future, and in the present, I am here now through this body being here now. As this body, I am able to feel what is happening, within me and within the environment. No amount of mental exercise can quench your body's need for water and it is your body feeling thirsty, moving to the water and ingesting it, assimilating it and feeling satisfied.

The body is always telling us what is happening, yet we learned to disassociate with

it often from early childhood, as a means to deal with a hostile environment, often as a means to get away from pain. By doing this, we lost one of our most exquisite aspects of ourselves. All our mental processes are reflected in the body, tension, restriction, unresolved issues, posture, the way we move down to self-harm. The body-mind-I is inseparable, and If we learn to notice what our body wants, needs and shows us, we have an excellent system of staying in the present, in the real, embodied, whole.

I have been practising Martial Arts for about 19 years and have come to understand this practice as a way of self realization. As I learned how to deal with obstacles or forces coming "I-body" way, my mind got trained in the same way. As I learned to be in healthy posture and stay relaxed, so did my mind. As I increased my awareness in the body, so increased my awareness in the mind. I never ended up deluding "I-body", the body can do it or not, it shows, it is always in the real. My mind has gone on many fantastic trips and way beyond the real. "I-body" keeps me real.

I believe the body is a great undeniable part of ourselves and if we allow ourselves to be aware of what is happening in our bodies and attend to its needs in an appropriate way, we can find a way of life which promotes our awareness and harmonic being in this world. Happy exploring! I am available for sessions which may include such explorations, by giving you space to talk, move, have supported awareness, bodywork or simple touch with highest ethical standard and integrity.

I am also starting a Martial Arts Class from the 9th of September at the Coffee Camp Hall. The classes will be held every Friday from 10am-12pm. For enquiries phone 6689-9249.



by Nettie LoveJoy

Hullo readers, another month already, talk about the quickening. Time is running out, and I mean literally running. We have to save this planet. We cannot build another one, like we can a house.

When I was asked to contribute to my local paper, I thought I could help in some way. I could show my community of friends and other readers, information about the mass global destruction that is happening. There is no bigger moral crisis than the yearly slaughtering of billions of beautiful, innocent living beings for our own pleasure, especially when there is another choice.

It was never meant to be this way. Animals were not put on this earth for our consumption. The bible says, "I make them to befriend you and be your helpers." Imagine our planet without animals. Just about every species is declining and at a rapid rate. How would our lives be abundant with their heroism, beauty and innocence gone? What would we think about ourselves knowing we were the cause of their demise? We could and should be sharing this beautiful planet with every being that dwells on it, not just take another being's life when our palette needs a quick fix, truly it is another form of addiction.

I will admit. I was an addict too, to the taste of meat and other animal food products eg dairy foods. I loved it, until the day I was shown how I was thoughtlessly adding to the loss of lives. I had cows in my back paddock. I fed them to my children. They were our friends. I still cringe at the thought I ate my friends. I made my children eat them, thinking I knew best with what little knowledge I had at that time. I have now made peace with myself, knowing I could make a change and followed my heart and acted on it. Boy was that a wake-up call. One that I am so glad I

Energy Nut Slice

2 cups brown flaxseed meal, 1 cup of each – macadamia, almond, cashew nuts, apricots and dates (cut in pieces), cranberries, sunflower seeds, pepitos, 1 1/2 cups of rice malt, 1 cup of tahini. Mix all together. Lightly oil lamington tray. Press mixture very firmly in tray. Bake slowly in oven for 1 hr at 80°C. Cut into slices.

was shown. Please understand me, I want you to have the same opportunity to know the truth about our animal's plight. If you know me, you surely know that's all I have ever wanted to be – a truly, honest, loving friend, that wants only the best for you.

Look up on the computer about animal cruelty, there are too many to choose from. 'Earthlings' narrated by Joaqim Phoenix and 'A Delicate Balance' by Aaron Scheibner are interesting. The awareness of a plant-based diet for health, environmental, compassion and spiritual change is slowly starting to move all over the world. But slow is not an option anymore. We have to help our Mother – Earth. She is suffering, big time, as is seen daily with environmental catastrophes. "Livestock (is) one of the most significant contributors to today's most serious environmental problems," according to Dr. H. Steinfeld, Chief of Livestock Information at the UN's Food and Agriculture Organisation. This is proven in too many ways and by too many scientists and experts to ignore anymore.

We can't be ignorant like this and still expect growth of any kind in human nature. This is truly the best way to restore our environment and ensure the highest degree of peace. Be veg, Go Green, Save The Planet.

Oceans of love – Nettie.

RITUALS... CULTURE... HOMEOPATHICS, AND NITS

by Tarang Bates

Collecting nuts, hunting for mushrooms, picking up kindling for the fire that keeps us cosy every night...these are a few of my favourite things. Amongst the pine needles grow the Slippery Jack, slimy, earthy, deep orange fungi - delicious - they do need to sit on the bench for a few days before using...dries them out a little and gets rid of the slime.

The pecans and macadamia's have been sparse on the ground due to the high rainfall in the flowering season, however we have scavenged enough - which we roast on the fire - for a small feed every few days and our midden is growing. We have a rock covered in moss, with just the right cracks and crevices to sit our roasted nuts and a rock that fits snugly in the hand, for a cracking tool. My granddaughter and I each have our own crevice and we take turns with the tool. She is a neat-freak and commented on the growing pile of shells surrounding the rock - I told her it's our midden, maybe in hundreds of year's time, someone will unearth it and they would know that we sat here and cracked nuts - she liked that! As a child in Africa, we used to play in a lagoon at the beach. There, a shell midden was found which is thought to have either Bushman or Arabic heritage, dating back to the 6th century. The surrounding forest is one of the few primeval forests left in southern Africa.

We honour and respect ancient rituals - it is important to recognise that we are creating our own rituals, which are also worthy of honouring as we live our lives through the generations. Our markets and festivals are synonymous with our particular culture and lifestyle. The rituals we are creating for our births, deaths and marriages are different to those practiced by "ordinary decent" Australians. Yes us "extraordinary indecent" folk are creating a culture rich with ritual and meaning, which will one day be respected by wider society. We do not need that recognition to honour our own culture.

There are everyday rituals which we create for ourselves...I find that being a writer and a list maker...the papers and notebooks become overwhelming. Recently I discovered that using different shape and size notebooks for particular places around the house solved a dilemma - the long thin notebook sits on the left hand side of my desk, the fat square notebook sits on the kitchen bench and so on. This solves the problem of notebooks being moved around, pages being turned and information lost.



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HEADLICE PREVENTION AND TREATMENT:

One ritual worth mentioning at this time of the year, is brushing in a head lice prevention spray before school. I make an aromatic oil mix, used in a spray bottle with water and vinegar for this purpose, with good feedback. If your child does have head lice, one of the best remedies is conditioner with tea tree and eucalyptus oil thickly applied to dry hair, wrap the hair in glad wrap for 30min and comb out with an efficient metal nit comb. The combination of conditioner and oil kills any live lice and dislodges the cement with which the eggs are attached to the hair. I supply sulphate free conditioner with these oils mixed.

The Homeopaths:

There are a number of homeopathic remedies which combined, may be useful for continual head lice infestation. Just as there are remedies for thread worm infestation - CINA and parasites - ANT Tart. These remedies need to be combined with other external

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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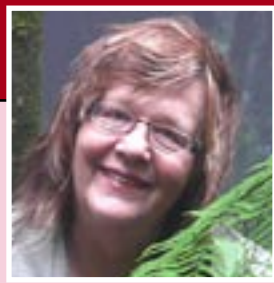
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Sue's Preserves

Beetroot and Orange Chutney

When it is beetroot season, this is a beautiful chutney to make. It has a great red colour and is gorgeous with biscuits and cheese or cold meat and fresh bread – or with salads. It is very popular with some of my customers at the local Blue Knob Farmers Market.

Ingredients

350g beetroot, peeled and cut into 1cm dice
350g Granny Smith apples, peeled, cored and cut into 1cm dice
300ml apple cider vinegar
200g raw sugar
225g onion finely chopped
2 garlic cloves crushed
Finely grated rind and juice of 2 large oranges
½ tsp each of ground nutmeg and cinnamon
To vary the recipe, replace the nutmeg with ½ tsp cloves and ½ tsp of coriander seeds.

Method

Gently heat the vinegar and sugar, stirring occasionally until the sugar dissolves.

Add the remaining ingredients and bring to the boil. Reduce the heat and let the mixture simmer for 40 minutes with the lid on.

Increase the heat and boil for 10 minutes or until the chutney is thick with no remaining liquid on its surface. Stir frequently to prevent the chutney sticking.

Decant to warm sterilised jars, seal and store somewhere dark and cool for at least two weeks before using.

The chutney will keep for up to six months sealed. Refrigerate once opened and use within one month

NGT wishes Carolynne a speedy recovery and look forward to seeing her back next month.

Bowen Therapy and Eyes

by Tonia Haynes

Dip Bowen Therapy, Cert Remedial Massage, Advanced Pranic Healer

The eyes have it. Or as they say, 'are the mirrors of the soul'. If that is the case I suppose I should be a little concerned about the state of my soul, because for the past twenty years friends have been glaring at me concernedly over the top of their bifocals and telling me I need glasses. I refused to listen. As long as I could see the numbers in the phone book by using huge amounts of concentration and the positive affirmation 'I will see this' I wasn't getting no glasses. No way!

supplements.

Last week, it was with some trepidation that I went to renew the driver's license.

With great relief I read the letters on the eyesight test easily, but when she gazed at me sternly from her plastic bubble and said firmly, 'we have a problem here,' I frantically stared at the eyesight test again, blood cold with panic. Had I got it wrong? Was my infirmity to be exposed to those who, in their grasp on reality, reject the beauty of a rose coloured existence?



I was passionately drawn to the bodywork I do now, was a desire to improve my own physical failings and along the way, with assistance from those I have treated, I was forced to extend my knowledge of skeletal and muscular function.

I've learnt a little. Enough

to know that a crook neck can make one's eyes foggy if one is used to good vision and a dirty liver can also dirty the mirror of the soul,



When the fives, sixes and eights numbers became impossible to differentiate, even in the brilliant light of the blessings of Ra the Sun God and it began costing me bucks in wrong phone numbers, I finally surrendered to reading glasses

The optician experts, while attempting to persuade us as to the joy we will feel from hooks continuously embracing our ears, omit to say that glasses with their invisible legs are of a promiscuous nature. A nature that encourages them to wander for ever into new horizons and in their guilty desire for freedom, hide from their eye harmony perfect partner, when ever possible.

I tried strapping them loosely to my chest, a gentle training discipline for the potentially wayward beast, but found it interfered with my need for spontaneous hugs of affection from anyone who felt so inclined and my occasional need to dress or undress.

Eventually, I had to admit that reading glasses have a strong mind of their own and these days accept that forever more, I will spend half my life searching far and wide for a rebellious entity, which, during its temporary entrapment, allows me to phone my friends and read the small print on eyesight improving health

I don't mind that a piece of scrap paper looks like a gorgeous blue butterfly until I'm ten feet away, or that the stick in the paddock is the largest brown snake I have ever seen. It makes life more exciting and potentially romantic.

It worries me not that my friends accuse me of not seeing them in the street; hence their demands that I get glasses. My mind is elsewhere, like. Hmm, cute butt! Or in those finer moments. How does one make a tactile hologram?

Fortunately, as the woman in the bubble continued speaking, with her criticism only slightly veiled, I realized the problem had nothing to do with my eyesight.

My shoulders sagged as the breath I was holding expelled a release. and I danced back into the sunlight, gratefully grasping at the remnants of freedom I still have available in my latter years.

You see, unlike those brave beings, whose lessons in life on earth have demanded they wear glasses from an early age, I was born with twenty twenty vision; as were many of us.

As the years passed I have acquired, probably partially due to a determined attitude to life, (in other words, pigheaded and stubborn) a neck that has the flexibility of a brick.

One of the main reasons

the eyes.

Ask anyone who has done a body cleanse and they will often say, 'for some reason, after that detox, my eyesight is better'.

I don't specialize in body cleanses, that is a job for a naturopath and where I live, there are one or two good ones, who are just as passionate about assisting humanity to feel better as I am.

I can help with the crook neck. Realigning those neck, face and jaw muscles and releasing the nerves in the neck can assist the eyes to improve in their function. It depends how long the nerves that run from the neck to the eyes have been impinged.

Even if one's eyes still appear to see life clearly without imaginary blue butterflies to colour one's day, a crook neck is no fun. Aside from the referring limitation of movement, it hurts and potentially makes one foggy in the head, if not the eyes.

Often, the problem can be eliminated with a few Bowen treatments, supporting, relaxing massage and bit of muscular and spinal realignment.

So make an appointment now. I would love to help you.

In the meantime, 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

My mother is a Crazy Dog Lady

by Beau, as told to Caroline Ladewig

Despite being told she shouldn't foster any more dogs, Mumma C picked up Max from ARR.G. She told us all that this would be the last foster dog as she wanted to take Sharon's advice and do the right thing by Jackson.

Max was a little Foxie X. He was 12 weeks old so still annoyingly playful. Max also liked to chew. He chewed the couch, cushions, and his all time favourite, electrical cords. My mums were not happy with the destruction of the house. Max had done more damage in two days than all the foster dogs pout together had done in two years. He was a challenge!

Mumma C tried keeping him up in the gym so that he didn't have much time unsupervised. Unfortunately there are lots of electrical cords in the gym so that wasn't a huge success.

Mumma A said he should be left outside but Mumma C said it wouldn't be fair for him to be outside while Jackson and I were living it up in the house sleeping on the couch. They did as best they could to puppy-proof the house.

A friend of my mums asked if they could babysit their puppy for a weekend. My mums thought it would be no problem having an extra, and now that the house was reasonably puppy-proof it would be all fun and games.

What they didn't realise was that Max was bully. The new puppy, Jasper, was tiny. He was only 10 weeks old but also a very small breed. I know I sometimes beat up on the new dogs and so does Jackson, but Max was like a pit bull in the ring. My mums were shocked and scared. So much for a fun weekend of puppy playtime!

The weekend was a stressful one, with



Max with Jackson behind

Jasper confined to one end of the house and Max to the other. There were no fun outings for any of us, as my mums were too busy trying to keep the peace and ensure that Jasper made it home alive.

Mumma C was starting to think the animal communicator may have cursed her lucky run of wonderful foster dogs!

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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Laugh your way to health



Yoga is a laughing matter at Blue Knob Hall on Wednesday and Saturday mornings from 8.30 to 9.30am.

Laughing is now being prescribed as the best medicine for wellness. It is an aerobic exercise, a stress buster, a pain killer, helps fight ageing and depression, and improves wellbeing and self-confidence.

It stimulates heart and blood circulation, and reduces the levels of stress hormones, strengthens the immune system and nourishes the skin. Studies have validated the efficacy of laughter and its therapeutic power.

Besides healing the mind and mitigating emotional pain, laughter even alleviates physical pain due to injury and

disease and helps in speedy recovery.

Laughter is most effectively used in Laughter Yoga, the fastest growing health and fitness exercise routine.

Thousands of practitioners around the world have reported remarkable improvement in health conditions. Based on unconditional laughter, it does not rely on humour or comedy, which makes it the easiest and simplest exercise to rejuvenate the body-mind system.

Laugh your way to health for a gold coin donation. Wear comfortable clothes.

View a John Cleese video of the benefits of Laughter Yoga at <http://celebrationgoddess.wordpress.com/2010/11/18/laughter-yoga/>



Astrology Alive returns to Lillifield Community Centre on the 21st September, from 9.30am to 5pm.

The first Astrodrama day was held three months ago, where about 20 participants dressed up and acted out the various characters that comprise a person's "planetary family".

Astrodrama resolves unconscious issues between our different "voices", as people witness themselves and their relationships with each other as actors play them out.

There is no need for detailed astrological knowledge, because Maggie Kerr, one of Australia's best-known astrologers, will be on hand.

She will introduce participants to the specifics of their role.

The process is powerful and deep as well as entertaining and fun, and allows a new way to self-knowledge.

Participation is not compulsory, but people often feel an urge to get involved. Some hats, masks, capes and other props are provided, and other props and astological charts are welcome, as several will be enacted during the workshop.

Bookings, information and directions: Tina 6689-7413 or 0457-903-957 e-mail star-loom@hotmail.com Bookings are essential. Full price \$70, concession \$60. BYO lunch, tea and coffee provided.

ASTRO FORECASTS BY TINA MEWS

YOUR MONTHLY REVIEW OF WHAT'S HAPPENING IN THE HEAVENS

September

We have entered the earthy and pragmatic realm of Virgo in our yearly cycle around the zodiac.

Virgo is the sign most concerned with ordering, sorting and perfecting. Virgo energy is excellent at distinguishing between what is essential and necessary, and what has lost its purpose. Let's use this time for clearing out-of-date feelings, thoughts and habits, or for starting a new health regime. In medical astrology, Virgo rules digestion. Not only food has to be broken down into smaller parts for the body to be assimilated properly, also our thoughts and emotions need appropriate handling. Too much accumulation and not enough elimination lead to trouble and imbalance on every level of human existence!

Jupiter, the largest planet of our solar system, entered its 4-month yearly retrograde cycle on August 30. We are asked to gain a more wholistic perspective on life now, by searching within for truth and contentment, after much outward growth during the recent months. On a collective as well as personal level, we might have to curb expenses and become more considerate with the use of resources. However, savings in the wrong areas (such as slashing social programs) will heat up people's anger about corporate greed and insensitive governments. As mentioned before in earlier editions, the stressful Uranus/Pluto alignment will be active until 2015, which is a powerful indicator for ongoing social unrest.

This month's Full Moon in imaginative and ego-surrendering Pisces reminds us that the attainment of unity consciousness is our evolutionary goal. Therefore, let's be practical about our ideals and trust that we are at the right place at the right time.

The Equinox on September 23 marks another turning point of the year, when the Sun enters the sign of Libra. Relationship issues will be back at the centre of our attention, the making - or even breaking - of alliances. The days between September 25 and 29 could bring some surprises, as unstable personal, professional and political unions might fall apart. Our way of thinking might be sensitized towards what is fair and what is unjust, possibly leading to feelings of doubt and disappointment with current arrangements. The task is to combine our forces by redefining our mutual goals, and bring into being another more inclusive level of reality.



Aries

It can be very exciting indeed to be impulsed with a whole range of new ideas. On the other hand, it can also be exhausting. Decide what direction to take and which opportunities to follow and perfect. Pay attention to your gut feeling, but remain open to constructive criticism.

Taurus

After periods of growth follow periods of consolidation. Contemplate on your heart's desire and perfect your game accordingly. Have faith in your own vision and let material concerns not override your spiritual goals. Everything you need is already there.

Gemini

Use the Virgo energy to sort out your life, but avoid getting pulled down by mental worrying. Instead, pay attention to your dreams and let your subconscious speak to you. Own your feelings, and observe the direction in which the universe wants to take you right now.

Cancer

Pay particular attention to your train of thought right now. What is popping up in your mind again and again? Which goals are most important to you? Try to resolve pending emotional issues and exchange your insights with others to keep things in perspective.

Leo

Right now you might be in the process of reassessing your values. What are the areas in your life right now that need most of your strength and determination? Concentrate your forces and honour your duties. Mars enters Leo on the 19th and will bring new energy and enthusiasm.

Virgo

Contemplate on your philosophy of living and dare to break a few of your self-imposed taboos. Indulge in the arts of positive thinking, optimism and far-sightedness; balance this with your love for details.

Libra

Spend time connecting with your

core essence. Notice the areas of your life, where you truly feel empowered to live your authentic self. You might need to re-negotiate your contracts wherever you are out of touch. Be vigilant during Sept 25 - 29, because sudden changes in circumstances might disturb your order.

Scorpio

There are things in your life over which you do not have any control and you might have to clear the decks for a new start later on. On the other hand, you might soon be called to take on a leading role. If this is the case, think about ways how to bring out the best in people.

Sagittarius

Right now it is essential to pay particular attention to your life's direction. What is the most important project for which you would like to be remembered? Coherence and constancy will lead to success, if you apply the necessary discipline. Carry out your daily duties with gratitude!

Capricorn

What are the things that you are most skeptical about? Revisit your convictions and use this time to deepen your understanding of the world, others and yourself. This increase in wisdom will give you greater freedom of self-expression that can be applied practically in your creative work.

Aquarius

At the moment, you might be searching for closeness and human warmth. However, kindness and nurture is not received through the head but through the heart. An attitude of generosity will lead to cooperation and unity with others.

Pisces

Use this time to reflect on old thought patterns and attitudes that you have adopted unconsciously. Keep in mind that your views towards the world have broadened and you are able to consider things differently now. Say what is on your mind and trust that others will understand you.

For Personal Readings, Transits and Life cycles contact me on 6689-7413, mobile 0457903957, e-mail star-loom@hotmail.com or visit my web page: <http://nimbin-starloom.com.au/> Astrology Classes: Wednesdays 10 am - 1pm, Lillifield Community Centre.; Techniques of chart reading; Thursdays 9.30 am - 11 am, Nimbin Community School; The 12 signs of the zodiac and their archetypes; ring 66891477; Australian Bushflower Essences Course, Part 1, 8 weeks, Fridays 10 am - 12 pm, Lillifield Community Center, starts 14 October; info and bookings 66897413. Astrodrama workshop: 21 September Lillifield Community Centre; booking is essential!

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Film Review:

Reviewed by Stephen Wright



The director of *Cowboys and Aliens*, Jon Favreau, also directed the moderately promising *Iron Man* and its sequel the heap of festering regurgitated dog food that was *Iron Man 2*.

Cowboys and Aliens stars Daniel Craig as a lone cowboy who wakes up in the middle of the mesa with no shoes, no memory, a stomach wound and a mysterious and chunky manacle on his left wrist. Finding his way to the nearest one horse town, he learns that he has a mean temper, is quick on the draw and is actually a wanted outlaw called Jake Lonergan. Before too long he also finds himself on the wrong side of the local cattle baron, Colonel Dolarhyde (Harrison Ford). Things look grim. Then the spaceships arrive.

Much of the supporting cast of *Cowboys and Aliens* is taken from a raft of dark and murderous westerns, notably the HBO TV series' *Deadwood* and *Carnivale* and the Paul Thomas Anderson film *There Will Be Blood*. This would have worked beautifully if *Cowboys and Aliens* had actually been a dark and murderous film itself. It takes all the conventions of the Western, the mysterious gunman with the dark

past, the tyrannical cattleman, the one-horse town with its assortment of crusty and eccentric characters plus a feisty and mysterious heroine and a Native American sidekick and sets them up for the traditional conflict. Then the aliens turn up.

Craig and Ford would have done a fine turn as dark multi-dimensional characters in a kind of *Deadwood* with aliens with some *Carnivale*-type mystery thrown in, but they do well enough in this fairly cool version of *Cowboys and Aliens*. Craig is reliably reliable as a taciturn action hero, and in *Cowboys and Aliens* he is basically James Bond in a Stetson. Three sociopathic heavily-armed thugs corner you when you're empty handed, concussed and barefoot? No problem. Ford is excellent as the cattleman Dolarhyde and has several decades experience now with crummy and stilted dialogue dating back to his days as Han Solo. If he'd come out with "I've got a bad feeling about this" in *Cowboys and Aliens*, I wouldn't have been surprised. If you're stuck with a ridiculous plot, improbable spaceships, crap dialogue, a squillion-dollar budget

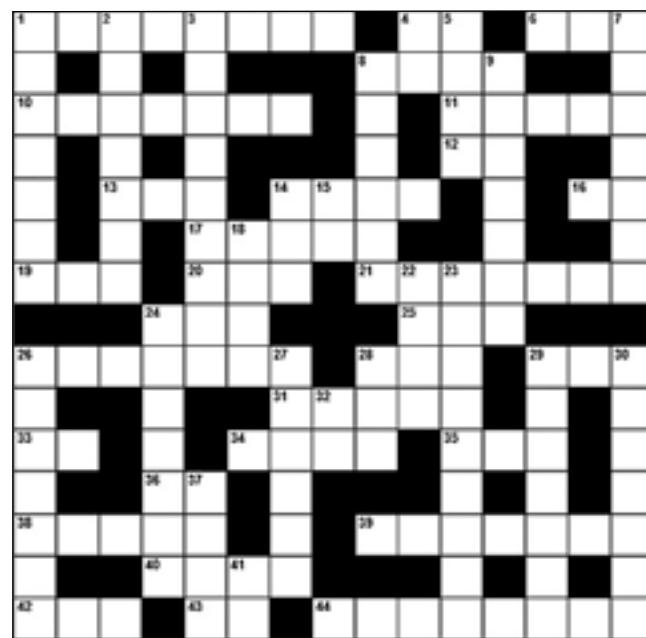
and need your ass saved then Harrison Ford is your man every time.

Cowboys and Aliens isn't ridiculous, but it isn't dark and murderous either, so it has to try its hand at humour, action and some sentimental earnestness. It leaves irony alone which is somewhat ironic as the film abounds with opportunities for irony, and a title like *Cowboys and Aliens* screams for it. But American film-makers understand as much about irony as I understand about astrophysics. Toward the end of the film Ford and Craig's characters team up with a tribe of Native Americans (played for once by actual Native Americans). Any director with a sense of the ironic might have sketched an equation that makes some deft links between the colonisation of the planet by aliens and the colonisation of the West by white settlers and the fact that the settlers have to team up with the oppressed natives to succeed. But this kind of thinking is industrial-strength philosophical work as far as Hollywood is concerned. Irony? Woah, dude. That's heavy. It's really freaking me out.

Anyway, as far as Hollywood blockbusters go *Cowboys and Aliens* is far better than most, certainly better than most of the Hollywood bilge around at the moment. Recommended for a lazy afternoon's viewing and for watching Harrison Ford work his Fordian wonders with cartoon dialogue.

Nimbin Crossword

2011-08
by 5ynic



Across

- Garden diagram of light and shade
- Quentin Bryce
- Donkey
- Father (Stallion)
- Remixed word
- Whingeing pom? Emigrant
- Loo
- Imitate? Monkey
- Sharp tasting? Small cake
- Myself
- (Holy?) mission
- Vehicle licensing
- Mistreat?
- Flower power decade
- Be located? Untruth
- Colouring agent
- Relies
- Finless fish
- 5th tone of the diatonic scale
- Raw chocolate
- Memory card (e.g. for a camera)
- Extinct bird
- Animal grope?
- Exists
- In the country
- Hot? Consuming ganja
- Fabled boatbuilder

- Mend (bone)
- Pardon?
- Japonica shrub

Down

- Clearer
- Falls on Canadian border
- London rugby side
- Index of carbohydrate metabolism speed? Government issue
- Got bigger
- People paid to watch your house. Or baby.
- Intelligence
- Expel
- Holds a gold ball
- Given that
- Second hand
- Concept
- Glockenspiel
- Gay woman
- (Just?) what you have earned
- Foil? Whisky
- Environmental (prefix?)
- Gungas road lumber and rural supplies
- Layered pasta
- Publicity
- Sour plum
- The dentist says to say

Reviews from the Crypt

by Stephen Wright

Refried Ectoplasm: Switched On, Volume 2 Stereolab (1993)

Stereolab are a band who are so cool that they never even bothered to be really famous. If there were any justice in the world Stereolab would be even bigger than Radiohead. But if they were as big as Radiohead the planet's Cool Radar would have to be a lot more sophisticated than it currently is, and then we would all be so cool that there would be no point in anybody being cool at all.

Refried Ectoplasm was a collection of Stereolab obscurities but it is a wonderful introduction to their work and contains the great song *John Cage Bubblegum*, which should be in everyone's dance mix. Stereolab's music is almost impossible to categorise, except perhaps under 'Amazing.' They mixed lounge-music, krautrock, 60's French crooning, power pop and any experimental idea they could get their



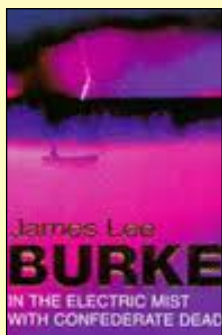
hands on, no matter how cacophonous or un-hip, and not infrequently used 70's vintage keyboards such as the Moog synthesiser in their music. Their political orientation was Marxist and the composition of the group eclectic. For a long time the core of Stereolab was Tim Gane (English),

Laetitia Sadier (French) and Mary Hansen (Australian). Hansen died in a car accident in 2003, and is probably the most famous Australian musician you've never heard of. Stereolab's first post-Hansen album *Margerine Eclipse* is beautiful and one of their high-points, and a reminder that you will never find a band so unpredictable, so unassuming and so unimpressed by what anyone else thinks.

In the Electric Mist with Confederate Dead

James Lee Burke (1993)

In the Electric Mist was the sixth of James Lee Burke's Dave Robicheaux novels, novels that currently number eighteen. Robicheaux is a Louisiana plainclothes cop, a recovering alcoholic and a Vietnam veteran, prone to depression, occasional fits of violence and so on. What makes the Robicheaux books worth investigating is Burke's strong sense of social justice, his memorable characters and his wonderful descriptions of landscape. The Robicheaux novels are set in and around the city of New Orleans and



the bayous of its neighbours such as New Iberia. Robicheaux's Louisiana is a place steeped in racism and corruption, where to be poor means to be in a state of permanent serfdom, where generations have come to accept a level of poverty and alienation that seems inescapable and where oil companies have been routinely trashing the Gulf for decades. The Robicheaux novels written after Hurricane Katrina are almost incandescent with rage

at the mix of corporate rapacity and government neglect that have destroyed a huge swathe of the US coastline and devastated the lives of millions. This complex, once beautiful and now terminally-damaged world is one that Dave Robicheaux navigates, frequently transgressing ethical norms in his attempts to maintain some kind of moral equilibrium.

I have never been to Louisiana but thanks to Dave Robicheaux I would feel quite confident about going into some New Iberian greasy spoon and ordering a po'boy while dropping a few remarks about the local Nutria problem. With one or two "Y'all's" and a copy of *In the Electric Mist* in my pocket for reference, I might even pass for a native.

Solution Page 31



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QUICK QUIZ

trivia@bowlo

Devised by The
Nimbin Bowlo Quizmaster
Martin Gill

Round 1 – Pot Pourri

Questions

1. What would you do with a knobkerry?
2. Who was the first American in space?
3. Who directed the movie Apocalypse Now
4. Who is the premier of Queensland?
5. In which African country are supporters of the president elect fight to oust the president who lost the last election?
6. Who created Harry Potter?
7. What is Elvis Costello's real name?
8. Who was the Roman god of love?
9. Where would you find the Rialto Bridge?
10. Did the Roman Empire flourish in the Bronze Age or the Iron Age?

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.

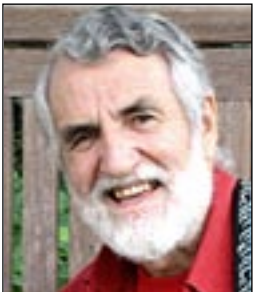
The winners get a chance at the jackpot question which increases by \$50 each week until it goes off.

As at the start of September, the jackpot stands at \$200.

And there's a Courtesy Bus...

- Answers**
1. Hit something or someone. It's a weapon
 2. Alan Shepard.
 3. Francis Ford Coppola
 4. Anna Bligh
 5. Ivory Coast
 6. J. K. Rowling
 7. Declan McManus
 8. Cupid
 9. Venice.
 10. Iron Age

UKE 'EM, NOT NUKE 'EM!



**Mookxamitosis by
Brendan (Mookx) Hanley**

For several years I was the front man for the monthly meets of Byron Bay's "North Coast Ukulele Collective". I would arrive early at the venue, set up a PA, and play host/comper to a bunch of ukulele-wielding people who, months or weeks before had in the main, never played a musical instrument in their lives... or even dreamed of it. Since then, highly successful and popular clubs have sprung up everywhere, including Lismore, Mullumbimby, and now rumours of a new one coming to Nimbin.

Such is the magic of the world's smallest stringed instrument. Anyone can play it. I've had six year old students playing songs perfectly after a few weekly lessons, even performing onstage with me at professional standard.

Check this clip out :
www.youtube.com/user/mookshan#p/u/11/DicWbLMhuig

There is a proliferation of uke groups globally. Music shops that might once have carried a token uke or two have walls full of them now, and the makers are way behind in supplying new stock. What's it all about?

Well it's not the first time ukes have been popular. During the 1920s and 30s, particularly in America, a bloke couldn't go crooning or spooning under the moon in June unless properly attired in a striped blazer, straw boater hat and ukulele in hand. There was a uke boom, similar to what happens periodically with yo-yos and hula hoops. All of a sudden everybody was into it.

Ukes were tuned by ear to the phrase "My Dog Has Fleas". This never made sense to me because none of the letters in that phrase correspond to the notes involved as do "Every Good Boy Deserves Fruit" and "FACE" when you're learning to read music. The uke notes are GCEA, or "Good Cows Eat Alfalfa". These days when tuning the little buggers, you don't have to rely on your untrained ear or dogs with fleas, you use an inexpensive digital tuner which you get from the same shop as the uke ... and accurately tune up visually with fool-proof meters and LEDs. Everyone is in concert pitch and therefore communal music is possible.

To my mind, this is the success secret to the current widespread burst in uke popularity which eclipses the earlier craze exponentially. Prior to this, tuning a uke, especially one with friction pegs, was a freaking nightmare, and something that would daunt even the most long-term stringed instrument players. So teaching a kid the uke meant first up, trying to teach the parent to tune the thing ... an almost impossible task. A week later at the next lesson it was tune-up time again on a uke that was unable to be used for practice all week because it sounded so bad. Not much progress was possible.

Nowadays everybody and their dog (with or without fleas) can tune up and whack out their favourite songs, utilising three or four simple chords that can be taught in one easy lesson. It's a fact that most popular songs can be played with such a basic chord repertoire. At our monthly meet people would perform all sorts of stuff from "You Are My Sunshine" to "Walk on the Wild Side". One of my personal preferences is "Honky Tonk Woman". It's amazing how good rock'n'roll sounds on the mini instrument.

Added to this there are dozens of google-able websites with huge collections of songs in all



genres ... often set in keys appropriate to the uke for ease of playing. One such site "www.chordie.com" has a massive library of songs filed under title or songwriter, and you get the option of what key it's in, plus a choice of chord diagrams for the full range of stringed instruments, including guitar, banjo, mandolin and of course the ubiquitous ukulele.

So if you get the chance, buy a uke (they start under \$100). There are four sizes. Soprano, Concert, Tenor and Baritone so you can easily get one to suit your fingers. Then go join a local club and let's "Uke 'Em Not Nuke 'Em!"

Lock 'em Up?



**Fruit of the vine
by Terry Beltrane**

Young wines are a bit like young people – maybe a little brash, forthright, demonstrative and, sometimes, aggressive in a firm expressiveness (my compliments to younger readers). With age, these same wines may become softer, more gentle to the senses, more complex in flavour and more 'approachable'. Wine is a living thing and as such it changes with time; just like we do.

Most wine drinkers don't often get a chance to drink older well matured wines – they are difficult to come by and generally significantly more expensive than current vintages. So it's no surprise that when they get their hands on a glass of older matured wine, they often don't fully like/appreciate or understand the attributes that come with age.

There are many white wines that, with age, blossom into a magnificence that can best be described by the pleasure of tasting them. Wines become deeper in colour and in addition to the fresh primary fruit flavours of youth, buttered toast, honeysuckle and citrus peel are some of the flavours that evolve with bottle ageing in conjunction with a softer, more velvety mouth feel. Try a slice of smoked salmon with a dab of horseradish on toast with a glass of 5 year old Riesling and you'll get my drift. Red wines also become softer and rounder on the palate with developed flavours of cedar and leather while the colour attains a slight amber tinge. All these changes result from complex changes in the chemical

composition of the wine due mostly to the presence of dissolved oxygen in the wine. The ideal conditions for cellaring wine are constant cool temperatures in a dark and vibration free environment – the warmer the temperature, the more rapidly the wine will mature/age.

The vast majority of cellars have varying degrees of changes in temperature and humidity as seasons change and the use of cork as a 'stopper' increases the rapidity of these changes. As the wine warms it expands in the bottle 'pushing' the head space (that small amount of air in the neck of the bottle) against the cork and out through the sides of the cork and bottle neck (contrary to common belief, cork does not 'breathe'). When the wine begins to cool in winter, the wine contracts and draws a minuscule amount of air back into the bottle exposing the wine to more oxygen. The greater the range of temperature in the cellar, the more rapidly the wine will mature/develop – that's why it's so important to have as constant a temperature as possible.

And then along comes metal screw caps (Stelvin). These were a dismal failure when first introduced by Yalumba Wines back in the early 1970's when consumers related screw caps with cheap fortified wines. We've since become more accepting of 'Stelvin', especially with the increasing incidence of 'mouldy cork taint' ("corked") flavour in wine. There's been more than one bottle of expensive wine I've had ruined by cork taint; a musty, mouldy aroma and flavour. Preventing the 'ingress/egress' of air, metal closures facilitate extended maturation periods without excessive oxidation, helping to retain more of the primary fruit flavours. They are also free of 'cork' contamination and, you don't need a corkscrew. Put a couple of bottles of your favourite red in the coolest place in your home and give them a couple of years before you drink them – it's a treat.

Wine info: terryb88@tpg.com.au

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It's not the weather, it's the dreaded lurgy

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

Alas, as my ninth decade fast approaches I have become a fairweather walker - unlike our intrepid (younger) President who will venture into the wilderness no matter what the conditions. Despite fine weather for our first walk, I was laid low by a lurgy. The weather on the morning of our second walk was atrocious so - I am grateful to President Michael for the following learned accounts. As to being intrepid - he and Joy are currently enjoying (?) the fleshpots and flashpoints of England.

"Ron Ronan's walk to the East Koonyum Range attracted 12 starters, with 5 visitors putting us on our best behavior. ('Koonyum' - Aboriginal - possibly derived from Gidabal 'gunyin' meaning anus). In the bush we tend to talk a lot, more so when there are new people in our midst. It can be both absorbing and distracting, the world of conversation often being somewhere else. About us, the bush was showing the full vigour of the first flush of Spring. Flowers of all shapes and hues were peeping through the green background. And they were not the only life forms to notice the post-solstice warming. Out there in the fantastic Aussie bush, the little marsupial mice were having their annual orgy, ending with the death of all the males. Many years ago I had a permit to live capture native animals. We would capture both male and female Antechinus until about August 12th. Then there would be only females, then females with just-born young. Going back the gestation period you could establish the day of conception, and the start of the 2 week period when the males would sicken and die. It was happening the very day of our walk. In



the coming weeks thousands of dead Antechinus would be scattered along the walking trails. It is an interesting survival strategy that humans may have to adopt, if we are silly enough to overpopulate the earth. We spent 4 hours wandering fire trails, rainforest, lagoons, lookouts and waterfalls. Boogarem Falls (the highlight of our walk) was shown on the wrong creek on both the maps we had, resulting in a trip down the wrong watercourse. We got it right eventually. Good weather, great country to live in.

Our second walk was a stroll through the small, but fully wondrous Goonengerry National Park. Sandwiched between Coopers Creek and Wilsons River, it was once freehold land owned by the Banana Growers Federation in the 1940's. They used the timber for cases until cardboard cartons were introduced. The Forestry Commission bought it in 1985 and dedicated it as a National Park in 1986. What is in a name? None of you are likely to believe this so I direct you to the Geographical Names Board for the official meaning. 'Goonengerry' - Aboriginal, from 'gunang' meaning 'excrement', and 'gerry' meaning 'like to'. With this in mind, consider also that it had blown 30 knots of wind overnight and 45mm of rain had fallen. It was foggy and rain threatened. Nevertheless 9 people turned up, five of them visitors, to spend 4 hours in the bush. We wandered through spring wildflowers lining the now-closed fire trails. Dave, who knows lots of stuff, showed us special places and things, which we cannot now speak of. Dear reader, you will only ever get part of the story. Join us, and if we think you can be trusted, gems, marvels and secrets will be revealed. We lunched at the top of a waterfall overlooking Wanganui Gorge. Below, Coopers Creek rushed through the Bangalow Palm rain forest. Surging over the cliffs opposite were vigorous, ephemeral, waterfalls. We followed the cliffs above the gorge to another waterfall. Here, one brave-yet-timid lass laid face down at the cliff edge to peer over, into the sickening vertigo, all the while a friend holding her ankles. The weather was good, just a few stimulating spits to keep us alert. It wasn't crappy at all."

Thanks Michael. The lurgy had left me and the weather was fine as 10 of us (4 visitors - 2 from Europe) strode off from Cadell Road, up the slopes of Mebbin towards the legendary Mebbin Lagoons: our leader, the intrepid Ron Ronan. Along an open track, then some patches of lantana, before



entering into the cathedral-like spaces under tall rainforest canopy where the lawyer vines are easily avoided. This particular patch of World Heritage listed rainforest has many spectacular trees - some incredibly knobbly: huge, straight, silver trunked emergent gum-barked Eucalypts, reminiscent of the Mountain Ash giants of Gippsland - and seemingly as tall - matched by massive rain-forest species loaded with epiphytes and with spectacular buttresses. A plethora of so-called Strangler Figs in all stages of development (I like to think of them as symbionts - Mother Nature's Zimmer Frames for other trees as they reach senescence). We wended our way through luxurious palm groves to the first lagoon where we were greeted by a gigantic, beautiful pink-foliaged Lilly Pilly. Despite recent rains the lagoon had only shallow water and we easily circumnavigated it to make our way to the second lagoon for a brief lunch break seated on a fallen paperbark. Then a few hundred metres on to a gigantic fig which, alas had recently lost its head - a massive wrecked giant. We retraced our steps with slight diversions to enjoy arboreal delights missed on the way in - notably a beautiful Yellow Carabeen with spectacular buttressing spreading many metres out from the trunk. This neck of the woods is definitely a tree-huggers' paradise - just watch out for the splinters - and the leeches.

Walks Program for August

Saturday 10th September

East Koonyum Range, Mt Jerusalem NP

Leader Ron Ronan (6633-7207, at night)

Grade 3, mainly due to narrow slippery track, moderate gradients. **Time** 2.5hr (5km)

Features a large selection of dry & wet forest plant species; creeks, cliffs and views over sugar cane fields to the sea.

Meet 9am Nimbin car park, or 10.15am end of Forest Road, off Uralba Road, Uralba (east of Alstonville).

Tuesday 13th September

Mt. Matheson Circuit

Leader Ron Ronan (6633-7207, at night)

Grade 2 Easy walking on a formed track. Plenty of birds, rainforest shade and leeches. This was the first walk the Club did 3 km return.

Meet 8.30am Nimbin car park or 9am Mt Nardi.

Bring morning snacks and water. Could take more than 1 hr as we enjoy the beauties of nature.

Fri 23rd Sept – Sun 25th Sept

Weekend walks (various grades)

Boonoo Boonoo NP (members only)

Leader Don Durrant (66 333 138 at night). Don has booked a NP hut in Boonoo Boonoo NP. Hut has: 1 queen sized bed, 1 bunk bed and 1 king sized single bed all with pillows, 1 double sofa with fold-out bed; wood heater (wood supplied); kitchen with fridge, stove, oven, cookware, crockery, cutlery; bathroom, shower, toilet, basin; generator (fuel supplied); nearby picnic tables and wood barbecue.

Need to Bring food, linen, towels, pillow cases, blankets/doona (including warm items at any time of year, insect repellent). Hut costs \$66/night - cost/person will depend on numbers. Some may wish to arrive early/ leave later by camping at Bald Rock NP or some-such. *It is essential that members proposing to come on this weekend contact Don to confirm. their booking*

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 & Len Martin (66 890 254). 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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Third time lucky!



Despite the weather, the John Chatterton Natural Horsemanship clinic went ahead last weekend. Postponed twice before due to the wet grounds, everyone was very keen for the clinic to go ahead despite the weather. Although numbers were low, the people who were there, with or without

a horse, dodging rain, wind and chilly conditions, got a lot out of the clinic.

Due to the rain, the riding component of the clinic, which was scheduled for Sunday couldn't go ahead, again.

So, there are plans for a one-day riding clinic with John hopefully before Christmas, those interested should contact



Laurelli Anderson on 0447-891-119.

There was a variety of horses including a Gypsy Cob stallion, a Shetland pony and two Clydesdales X amongst others, all behaving well.

For the next clinic, organisers are hoping for a warm, sunny day, which John has not seen in Nimbin yet.

Rugby try-out for Chris



by Christopher Riley

Earlier this year, I was selected to play in the North Coast Rugby Union Regional team.

This meant a trip to Parkes that is about 900 km away from Nimbin.

I had to play rugby for three days (16th-18th August), seven games all up. Unfortunately we did not make the finals but I had a great time at the state championships.

I met new friends, caught up with friends from last year and even managed to score my first try at rep level.

I would really like to thank my coach and manager – Kevin and Ted, my school Coffee Camp for their kind donation and giving me the opportunity to try out.

I would also really like to thank all the community members in Nimbin who supported me by buying raffle tickets. Oh and thanks to mum and dad too!



ANNUAL LADIES BOWLS GALA DAY

The green was full for the annual Ladies Bowls Gala Day at the Nimbin Bowlo.

Showery weather did not spoil the day, though it did cause some breaks in play for the large number of visiting women from clubs from around the region.

Thanks to Viola Asi and the Nimbin women's bowls committee for a very successful and enjoyable event.

Members are given notice that 8th and 9th October will see the annual visit of the Capalaba Club. Another great day!

Nimbin Garden Club Notes



Text & photos by Gil Schilling



Colourful bromeliads, day lilies and orchids were also much in evidence throughout, complemented by some interesting smaller shrubs. In addition to her chosen plantings, Den's own unique mosaics and other garden ornamentation lend this garden a welcoming, quirky and outgoing style; much like its creator really.

Fortunately the weather held and the sun even shone, allowing for a pleasant stroll around the garden before all present gathered in Den's shed for convivial conversation, afternoon tea and a rummage through the swap table to conclude the afternoon.



Hooray, Winter's over, Spring has sprung, and its time to get back to growing things before the onset of yet another 'too-hot-to-care' Nimbin Summer. Perhaps the erratic rainfall patterns we have been experiencing for the last couple of years will return to normal, that would be nice. I'll keep watch for flying pigs.

'Paradise Plateau' Garden

Given foreboding grey skies and a high likelihood of afternoon rain showers, last month's club visit and meeting at Den Braidwood's Koonorigan Ridge garden was very well attended by about thirty members and guests. Den's mature and compact house garden is primarily structured around prolific plantings of palm species as well as other tropical and sub-tropical trees – many of which feature epiphytic elkhorn and staghorn ferns.



Bees, Honey and loads of productive fruit trees

The next meeting of the garden club will be held at James Creagh and Philip's wonderful property, 4148 Kyogle Rd, Lillian Rock at 2pm on Saturday 17th September. If you are travelling along Lillian Rock Road, turn right at the 'T' intersection and proceed on Kyogle Road past Williams Road and look for the first driveway on the left. There will be garden club signs.

Over the past 10 years James and Philip have developed an orchard comprising many varieties of tropical, sub-tropical and temperate fruit and nut trees. Yellow sapote, jack fruit, mamee sapote, green sapote, canastil, wampi, olives, peach, plumcot, citrus,



senatol, white sapote, Malabar chestnut, governor's plum and many more species are grown.

In addition, there are vegetable gardens and productive beehives. Organic farming practices incorporating biodynamics and permaculture techniques allow this small farm to operate as sustainably as possible. This will be a visit not to be missed.

Visitors and prospective new members are most welcome to just turn up on the day. As usual, members are requested to bring a folding chair, a mug, and a plate of something to share for afternoon tea. The swap table will also be in place for members to share seedlings, bulbs, cuttings and excess produce from their own gardens.

For further information, please contact Den Braidwood (6689 9324) or Michael Vaughan (6689 7193).



Christopher Riley from Coffee Camp School on the ball

Weave and Mend Festival

Nimbin Central School grounds
23rd-24th-25th September

Weaving workshops, music, camping...



Our first and last games at home



Match Report

by Gary Whisker and Simone Rutley

Saturday 13th August was the start of a special weekend for the Headers. It was our first (and last!) full round of games at home. All the juniors teams loved playing at home. For some of them it was their first time and they all rose to the occasion. The U'12s are our junior team of the season. They finished 2nd on the ladder and, at the time of writing, are preparing to play a home semi-final for a place in the final.

The men's 5th division played a thrilling game against Dunoon. After winning their first match of the season the previous weekend, the lads were fired up and eager to deliver for the vocal home crowd. Dunoon took the lead, but after sustained pressure, we were awarded a penalty. Up steps Oscar, playing his final game as a Header before he moves to the coast, and coolly strokes home the spot kick. The entire Nimbin community will all miss him on so many levels, and we wish him and his family the very best for the future. Just as it was looking like ending in a draw, Jake scores a great goal to win it! Smiles all round.

Next up were the 3rd's. After sealing a spot in the semi's with a win last Saturday, we were seeking revenge against a Shores United team that spanked us 6-1 on the opening day of the season. The match started at a blistering pace, and both sides looked in the mood. Mid-way into the first half, Shores took the lead. Almost immediately, Golden boot winner Phil looped the ball over their keepers head to make it 1-1. Just before half time Shores slotted another to go into half-time 2-1 up. The second half was all Headers, wave after wave of attacks resulting in narrow misses. With only a couple of minutes remaining, we won a free kick on the edge of the penalty area. A curling strike from Gary found the bottom far corner. Goal! 2-2. Shortly after, the full-time whistle



3rd Division. Back row: Gordy Mid-row: Sundar, James, Tom, Dean, Gary, Zac, Reuben. Front row: Phil, Huon, Chris

blew and the spoils were shared. The end of a fantastic day for the mighty Headers!

On Sunday the Women's 4th Division played their final game of the season. This fantastic team has grown in stature over the last few weeks, and went into the game against table-topping Lennox Head boasting 5 wins from their last 5 games! The last time these 2 teams met Lennox won 13-1! The first 15 mins were pretty even, until Myfvanwy hit a sweet shot from way outside the box that found the top corner! What a goal!! The women were obviously enjoying playing in front of a large, loud and supportive crowd. Lennox showed why they are the top side in the comp by scoring 2 quick goals to go in at the interval 2-1 up. The introduction of Summer in the second half lifted the team and they were playing fantastically. Lennox again showed their class by scoring a third goal, but we hit straight back, with Ruby latching onto a pass from

Summer to coolly stroke the ball past their keeper. 3-2 to Lennox and game on!! With so many skillful, fast young players on display, it was no surprise Lennox again found the net. 4-2. With time running out, our star striker Ruby went on a blistering run and crashed the ball home to make it 4-3. As the full-time whistle blew, the crowd erupted and the girls celebrated the end of a wonderful season. The Lennox coach said that was the closest his team had come to losing all season. The future looks very bright for Women's soccer in Nimbin!

As the season draws to a close our enthusiastic women's team are endeavouring to organise a summer, 7 aside comp. It is still in the planning but look out for more information and start to think about getting together a team.

As everyone is aware, pitch drainage has been a major issue this season. We have received some funding to

address the problem and are still waiting to hear about other submissions. One way or another something will happen during the off season to improve drainage. There may be a call for help in the next couple of months.

The usual format for our annual presentation has undergone a change. Rainbow and Melissa are organising a party at the field for Saturday, 24th of September. It will include junior and senior trophy presentations, AGM, food and music. The idea is to begin late in the afternoon so as not to clash with the Nimbin Show, and go into the evening. It is going to be a lot of fun, so bring your friends to celebrate the mighty HEADERS.

Match report

by P.A Chaplin

Saturday 3rd September Nimbin Headers versus Shores United

Grade 12 Elimination Final. Headers after drawing 2 all at Lismore Thistles last week with Thistles going into the Grand Final as they came first by a point at the end of the regular season. And as Headers came second on the points score table they have the home game, Shores United coming third. So to today's game the Headers scored early on after the 10am kick off, and the game was end to end stuff. Headers having more of the possession, and 2 minutes before half time at 10.28 scored their second goal. So 2-0 to the Headers at half time.

In the second half Shores United had most of the ball and clawed their way back into the game by scoring 2 goals, so at full time it was all square at 2 all.

Extra time is 10 minute's each way and Shores United were playing with their tails up. The Headers did well to keep them out, still 2 all at half time. And so with ten minutes for both teams to get a winner to take them to the Grand Final.

Shores United get a free kick about five metres outside the penalty. The boy taking



Just past the post from Zac in the Grade 12 Final



Grade 11 Headers team 2011

the free kick hits it sweetly over everybody and into the right hand side of the net, 3-2 to Shores United.

With time running out Nimbin Headers had wave after wave in attack, it flew over the bar, it was just past the post, and I thought we would run out of time. But with about three minute's left in the match Headers came through mid field down the right hand side, and one of the forwards picked up the ball and dribbled around a couple of defenders and fired a shot that went past a couple more defenders and the goalie and into the left hand corner of the goal.

Full time in extra-time Nimbin Headers 3 Shores United 3 and the Headers go into the Grand Final as they came second on the point score table.

So lets get as many supporters at Crozer Oval in Lismore next Saturday morning 10th September at 8.30am to try and help them win the Grand Final.

Fundraiser - how many jelly beans in a jar

Well the competition has closed, results have been tallied, beans counted and one lucky winner notified.

A big thankyou to everyone

who had a go, together we have raised over \$200.

I'm sure this is more than enough for a decent plank of wood to cross the creek (between town and soccer fields) or hopefully to set in motion a chain of events culminating in the beautiful stone arch bridge that I dreamt of at the start. That's for the various sub-committees to decide. I'm sure this project could attract a grant or two.

Oh yeah, there were 790 jelly beans in the jar and it was won by Suscha with an exact guess (controversial I know but that's how the cookie crumbled)

Thanks again,
Sam Dowsett

Nimbin Crossword Solution See Page 27



Brinn, Jack and Zac in the Grade 12 Final

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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
		Nimbin - Main St. (Park)	Lismore Transit Centre
		7.30am	8.00am
		9.00am	9.35am
		4.25pm	5.00pm
		6.05pm	6.35pm
		Leaving	Arriving
		Nimbin - Main St. (Park)	Lismore Transit Centre
		7.52am	8.50am
		9.00am	9.35am
		12.45pm	1.15pm*
		3.25pm	4.10pm
		4.25pm	5.00pm
		6.05pm	6.35pm

* Mondays & Thursdays Only

No Public Holiday Service
Town Service - Wheelchair access available upon request, 24 Hour notice required
Some Buses connect in Nimbin for Operators to Murwillumbah

Back to winter snapper



Joel & snapper



The team: Tuffy, Cal, Duey, Scotty & Baz



Joel & amberjack

by Pixie, Fishing reporter

After fishing the warm waters off Fraser Island, it's time to come back to local reality and fish the local cold waters of the Northern Rivers for Winter snapper.

At the moment, the seas are around 3-5 metres, with 35km winds, so it was a bit of good luck for us that we picked a better time last week, and managed a day of near-perfect conditions to fish.

A Nimbin Heads Fishing Team of eight blokes got together to fish for snapper off Woolli, with Duey, Cal, Pix, Barry, Simon, Scotty, Joel and Tuffy going out to sea on a Sunday, which just happened to be Barry's birthday. I remember celebrating a toast to Baz turning 50 at 11pm Saturday night with a bottle of Drambuie, which can be a bit of a worry when you're getting up at 5am to go to sea.

But it's all good, and the seas are flat with a

light breeze, and just getting better as the day goes on. We started the morning fishing about 18 clicks out, and it started with Simon and Cal landing a couple of nice trag before we started to hook up to some nice 2kg snapper, with Joel on only his third trip out to sea, showing a bit of good fishing form. Then Baz got onto a nice amberjack and a good snapper, and he was smiling, he called it 'birthday fishing'.

We then pulled anchor and moved out a bit wider, about 25 clicks, and drifted around a small reef, and the snapper got bigger. We also now started to hook up some pearl perch. The skipper started to throw some soft plastics, and got bigger snapper, around 4kg. Joel, Pix and Cal were becoming the fishermen of the day, with more than their share of good hook-ups, and plenty of good snapper.

And it's all good, go the mighty Tigers into the finals!
Tight lines, guys.

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