

Timorese elections

by Warwick Fry

With 160 Australians among 600 international observers in East Timor for the General Assembly elections, it was inevitable that I would run into a few. Some I had known only by name; from phone interviews, articles, and in some cases their almost legendary reputations as activists for East Timor since the first declaration of independence in 1975, shortly before the Indonesian invasion. And even these kept low profiles. It was days before I learned that the bloke I had been sharing the back seat of a duel-cab with, while we bounced around the roads of Timor, had been the operator of the clandestine radio in Darwin - the short wave link that had been the Fretilin resistance guerrillas' only communications channel with the outside world for over two years during the 1970s: or that the quiet-spoken retired union official in the room next to mine, had helped organise the black ban on Indonesian ships and Garuda Airlines, when the invasion of East Timor took place.

There were a lot of tales to be told, reminiscences, and experiences to be shared at the end of the day, but the thumbs up went to the Timorese people for a smoothly run, efficient, trouble free, well-attended election. In the countryside, where Timorese trudged for hours along rudimentary roads to get to their polling booths, more than one observer described it as being like 'a social gathering'.

As the results flowed in it was apparent that the hoped for swing to Fretilin (the biggest party forced into opposition by the National Congress for Timorese Reconstruction (CNRT) coalition in 2007) was not happening. A gain of two seats and a 3% growth in the overall vote was not enough for Fretilin to form a government alone. Xanana Gusmao's CNRT on the other hand, surged ahead as it picked up an extra eight seats when four of the smaller parties dropped out by failing to make the 3% quota. Again, this was not enough for the CNRT to form a government in its own right, but with the two remaining small parties (just over 13% of the vote), it could form a coalition government.

Another option would have been to form a Government of National Unity with Fretilin, which was acceptable to Fretilin. The Fretilin leadership, as well as many international observers are concerned at the potential instability of another Gusmao led government, which has been marked by high levels of corruption. Four of Gusmao's ministers are under investigation or already facing trial for fraud and corruption. Massive (billion dollar) overspending on infrastructure projects over the last five years has had little to show for the

massive budget outlay, but for some five-star hotels, tourist facilities, and villas near Dili's beachfront, also causing ripples of concern. Gusmao's health is another issue. As a military leader his command-and-control style was part of his success. But he is said to have carried this over into a centralised top-down - and sometimes erratic - style of political control of his party. Many observers believe that if Gusmao's health fails, the whole show would fall apart leaving Timor Leste in the care of an extremely unstable and vulnerable government.

It was a week of negotiation, rumour and speculation. Fretilin leaders were more or less resigned to another five years in opposition, but still held out faint hopes for some kind of inclusion in the new government.

It came to a head on Sunday 15th July. CNRT took the unprecedented step of televising nation wide the Assembly which adopted the decision to exclude Fretilin from government. Unfortunately the rejection of a partnership with Fretilin was framed in terms extremely insulting and offensive to the party that had historically founded and led the Timorese

"Violence came from those who won, not those who had lost the Parliamentary elections."

resistance against the Indonesian occupation, made East Timor's first declaration of independence in

1975, and had been largely instrumental in framing the Constitution. Adding insult to injury was the fact that the most offensive statements were made by delegates of the CNRT who had favoured integration with Indonesia.

The outrage found its expression in some small groups of youths throwing rocks at cars (expensive looking ones) that was quickly quelled with a crackdown by police, and public appeals by the Fretilin leadership for calm.

Irresponsibly exaggerated public statements about the violence, with false claims that 60 cars had been destroyed and five homes torched by Fretilin supporters 'dissatisfied with having lost the elections and being excluded from government' did generate a false sense of tension for a few days, while Fretilin leaders called for retractions and apologies.

As the President, Taur Matan Ruak, is quoted as saying: "Sadly, the violence that took place on 15th July did not come from those who were unsuccessful in the parliamentary elections, but rather has come from those who won."

The one flashpoint where widespread serious violence could have been triggered and escalated was over the shooting, at close range, of a youth at a village some miles out of Dili. Police, who went to investigate disturbances at Hera, followed the youth as he walked into the house where he was staying, dragged him out into the street, and shot him twice at close range while



The polling queue at a remote location in the Province of Ermera

pushing him into the police wagon.

However the 'funeral' in the capital last Wednesday, when Armino Pereira Alves' body was escorted from the hospital morgue to be handed over to his family, was a peaceful demonstration despite a massive police presence and hundreds of people lining the route of the march. The family's statements were strong in their demands for explanations, but not inflammatory or vindictive. The head of the armed forces too, realising the gravity and potential reaction to the police behaviour, ordered that all police should be disarmed when dealing with civil disturbances.

It was the placid atmosphere and the transparency of the electoral process this year that was the determinant experience for the Timorese people. The elections of 2007 and the campaign leading up to them had been marked by massive violence and disruption that left the general population with traumatic memories. The Timorese this year have put that behind them.

The dignity of the funeral of Alves, the son of a FALINTIL commander who was killed in the mountains while fighting the Indonesian occupiers, bears witness to a rapid growth and development in political maturity that would be a welcome addition to the less stressed societies of more developed nations like Australia.



General Secretary of Fretilin, Mari Alkatiri



The SEARCH team (observers and video team) chatting with Mari Alkatiri
Photos by John Cleary

Bush Theatre screen previews

Reviewed by Belinda Green

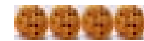
THE KING IS DEAD

Friday 10th Saturday 11th August 7.30pm \$10

Yuppie couple Max and Therese buy their dream house in the Aussie suburbs.

On one side is a friendly young family with an inquisitive girl. On the other side are the ocker neighbours from hell.

Directed by Rolf De Heer, this film is a black comedy with a distinctly Australian feel.



SIMPLE SIMON

Friday 18th Saturday 19th August 7.30pm \$10

Simple Simon is a quirky and delightful film about Simon, who has Asperger's Syndrome, and his quest to find a girlfriend for his older brother (and main carer).

The movie successfully weaves humour together with the challenging condition, and gives startling and hilarious insights.



BEAUTY

Friday 24th Saturday 25th August 7.30pm \$10

The winner of the Queer Palm at the Cannes Film Festival, BEAUTY is the powerful story of a middle-aged man in turmoil.

François is surprised when a chance encounter unravels his carefully constructed life. The trigger is 23 year old Christian, who makes him questions his life's choices.



ROCK THE GATE!

Sunday 12th August 3pm \$10

It's time to ROCK THE GATE! This emotional rollercoaster of a music movie celebrates the historic anti-CSG rally and concert which took place in Lismore in May.

The movie is a wondrous combination of people power, speakers and music. ROCK THE GATE! has been created to inspire action and ignite passion in people throughout our region to participate in the fight for our lives.

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"First, do no harm."

Vegan Lovebites

by Nettie Lovejoy

"The divine is not something high above us. It is in the heavens, it is in earth, it is inside us."

– Morihei Ueshiba

This would mean to me that the divine is in all animals as well. Sir Paul McCartney once said that if slaughterhouses had glass walls no one would eat meat.

That is all I am going to say in this article about flesh eating. I have pumpkins on my mind, no not literally, but for recipes this month. I love pumpkin. It is so versatile and easy to deal with once you get through that thick skin.

I live in the middle of a cow paddock with no power, and with all these amazing beautiful black cows, for most I have names (Midnight, Charcoal, Ebony) you get the picture. Anyway, last week two of these cows



died. One I sat with for a while before she had to be shot, as she was suffering from a bad fall. I felt like I was with a friend watching her last moments. It made no difference that she could not converse in my language. Just our eyes looking into each others was enough for me to know animals are one of our greatest assets in this world as they just love unconditionally without many wants, just friendship and loving back. We can do that easy, yes/no? How do

you love them?

Anyway, pumpkins, that's right. Here are some lovely recipes, one easy and one takes a little time to make but is well worth the effort.

Baked Nutmeg Pumpkin

Ingredients: pumpkin, nutmeg, salt and pepper, Nuttelex, syrup.

Method: Cut pumpkin into bite sized pieces (with clean skin on if you like)

Place in ovenproof dish evenly. Sprinkle nutmeg liberally, salt and pepper lightly. Drizzle syrup over this. Put little dobs of Nuttelex over this. Bake 'til cooked. How easy and yummy! My kids loved this. Serve hot with other veges, or cold with salads.

Fruit and Date Cake

Ingredients: 500 grams G/F flour, 4 heaped tblsp almond meal, 1/2 cup arrowroot, 1 dsp cinnamon, 4 tsp egg replacer, 1/2 cup shredded coconut

3 cups dates, 1 cup crushed cashews, 1/2 cup cranberries, 1/2 cup soaked apricots chopped, 1/2 cup peanut paste, 1 dsp vanilla paste, 1/2 cup soya milk (maybe more), 1/2 cup rice bran oil

Method: First put dates in pan with one and half cups water and cook slowly 'til mushy. Let cool. Take about 1/2 cup of mixture and reserve for top of cake.

Preheat oven to 180°C. In a mixing bowl, put all dry ingredients and mix well to stop dried fruit going to bottom of cake. Then mix in peanut paste. Now mix in lightly mushy dates, oil, vanilla paste. Now you can add soya milk til a nice thick cakelike consistency. Try not to over mix. Put mixture into loaf tin that has been greased with Nuttelex and coated with flour. (I use a little from the dry mixture before adding fluids – this puts a



little coconut and nuts on base which is always nice)

For the topping, spread out reserved date mixture, a little thicker towards the middle of cake. Now sprinkle a few crushed cashews and shredded coconut over top. Bake for about 30 minutes 'til nice and brown on top. I check cake is cooked by putting a bamboo skewer in centre of cake, if comes out

clean it's cooked. I serve this warm with G/F custard, some more sliced soaked apricots and a drizzle of syrup or caramel sauce.

This is a beautiful moist sweet cake. Sugar free, gluten free and vegan. One healthy snack.

Walk on the Light Side. Be Veg. Go Green. Save The Planet.

– Oceans of Love, Nettie.

Bowen Therapy meets Feldenkrais

by Tonia Haynes

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

Habits of posture can do funny things to our health, especially our spinal health.

At their worst, bent and squashed up bodies make for bent and squashed bones and muscles, which send bent and squashed nerve messages, to different parts of the body.

Habits of posture that do not serve the mechanics of a healthy body can potentially cause a myriad of health dilemmas and unfortunately, many of us suffer from bad posture habits.

Hunched or rounded shoulders, legs entwined around each other when we sit, standing unevenly etc. etc. all eventually take their toll on our bodies, causing back, limb and neck problems.

My personal habits of posture that do not serve the mechanics of my body, include walking with my nose in the air, in order to hide my inner insecurities. And how many of us unwittingly move in a way that hides our inner insecurities.

My excuse eventuates from the days when I went to places of sophistication, where strapless bras and jeans that only fitted correctly, if one lay on the floor to zip them closed, were fashionable.

One was literally forced to walk with ones nose in the air in order to appear detached and cool, because the vultures were watching, everywhere.

Conversely, at about the same time I had a darling who loved the bush and its challenges, so I learnt to walk with head

bent, looking at the ground, in order not to fall down a crevice and leave unwitting blood stains on the rocks of an aqua pristine waterfall.

These days I still have both habits and they have served the healthy mechanics of my body, not at all.

Way back when, I had a client who was an excellent dentist. She was also an excellent master of dressage riding and later performed in the Sydney Olympics.

Every week she had the same muscle spasm in the same place in her back and every week I would chase it away.

It was very frustrating! A little like selling someone a new refrigerator where the internal light keeps blowing out, for no apparent reason.

Finally she did some Feldenkrais therapy and the spasm disappeared for ever.

We were both equally impressed with the results of a therapy where the aim is to show others how to organize their bodies to perform with minimum effort and maximum efficiency. Not through building muscle strength, but by increased consciousness of how the body works.

As we all know, commands of 'straighten your shoulders,' or 'don't slouch,' are about as useful as smacking a toddler's bottom to stop them crying. It doesn't work.

The Feldenkrais Method takes this into account and is presented in such a way that the subconscious messages of the body, which are holding the bad posture habit let go.

Allowing a more aware, healthier posture to emerge.

There are three Feldenkrais practioners listed in the yellow pages who practice in the Richmond Tweed area.

There is also in depth information about the Feldenkrais method on the internet.

For those who have decided, perhaps it is time to learn to walk straight and tall and hopefully pain free.

Bowen Therapy and the accompanying techniques of spinal realignment and muscle rebalancing kinesiology, which I practise, are an excellent way of removing painful glitches in the back, hips, neck and limbs which may or may not have been brought about by bad posture.

Unfortunately, if bad posture is a factor cause of the problem, the glitches may well return.

For this reason and because I truly believe in the dream of a healthy world where I would be forced to change careers, I may suggest during my treatments, a visit to a Feldenkrais instructor.

It may happen that with a little extra education about yourself, you will remove once and for all, a problem which has been keeping you from your absolute right to feelings of well being, for a very long time.

Love Light and Laughter.

I am in clinic in Nimbin Tuesdays and Saturdays. Phone for an appointment on 6689-0240 or mobile 0439 794420.



Cook's Corner with Carolyne



Zucchini Fritters

Ingredients

6 zucchini, 2 tsp salt, 1 cup G-F plain flour, 1/2 cup G-F corn flour, 1 tsp G-F baking powder, 4 finely chopped green shallots, 200g crumbed fetta, 1 cup grated parmesan, 3 eggs, whisked, 1/3 cup chopped dill, Sour cream, 1/3 cup of olive oil, Pepper to taste

Method

Grate 6 zucchini and place in colander. Sprinkle with salt and stand for ten minutes.

Squeeze out as much liquid as possible and place in a large bowl.

Add gluten-free plain flour, gluten-free corn flour, gluten-free baking powder, shallots, fetta, parmesan, eggs, dill and pepper to taste.

Heat olive oil in a non-stick fry pan over medium heat. When hot, drop tablespoonfuls of the mixture into the oil and flatten slightly, cook for 2 minutes on each side or until golden and cooked through.

Transfer to a plate, cover to keep warm. Repeat with remaining mixture. Serve with a dollop of sour cream and dill.

'Til next month, enjoy!




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Nimbin's inaugural psychic fair

The Nimbin village is holding its first formal mystic gathering on the weekend of August 18 and 19, with a new moon in Leo moving into Virgo.

Which is appropriate according to one of the event's organisers, international clairvoyant and Tarot reader Jazmin. "This represents new beginnings for self discipline, will power, children and ruling one's own life," she said.

"We are in the process of entering a new age and consciousness based on the astrological sign of Aquarius. It's a new age of enlightenment and self governance and freedom where we will become our own spiritual leaders. We are leaving behind the Age of Pisces which represents belief and moving into Aquarius which represents knowing. It's a time for people to get off the fence and find out who they really are."

Jazmin is well known in Nimbin and has been a psychic/tarot reader since 1968. She has travelled around the world with her skills and in the last decade has become a recognised and consistently needed psychic medium at all major psychic events in Australia.

Readers and clairvoyants of every kind, palm readers, tarot readers, face readers and crystal ball gazers amongst them, will be travelling from Sydney, Canberra and Brisbane and setting up for the weekend in Nimbin Town Hall. For more information and to book stalls contact Jazmin on 0427-822-128.

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ASTRO FORECASTS BY TINA MEWS

YOUR MONTHLY REVIEW OF WHAT'S HAPPENING IN THE HEAVENS

August



At the moment the Sun passes through Leo, the sign that feels most at ease with the fiery and life giving solar energies. Many individuals born at this time of the year turn out to be performers and entertainers; they spend their life on stage to be seen and admired by others. Leos like to be recognized for their achievements and love to shine brightly. They often have a certain dignity, warmth and flamboyance. In medical astrology Leo rules the heart and the back. Friendship is important and they are known for their loyalty and supportive attitude towards others. On the downside, they might create a kind of success that is shaped more by the urge to fulfill the expectations of others than by following the path of their own authentic Self. The Full Moon on August 2 might inspire us to search for new creative outlets. We could spend the day with friends and like-minded souls who pulsate on the same wavelength. Let's think out of the square and allow our intuitive powers to emerge with new insights and understanding. It is essential to express our individuality while remaining part of a greater network. When everybody feels understood and recognized in his or her own unique way, the need for conflict ceases. The three-week Mercury retrograde phase ends on August 7 and we can expect that communication will flow again with more ease. Mercury will remain in Leo until early September adding heartfelt vibes to rational thought. Misunderstandings can be resolved if we let go of rigid points of view and fixed opinions. During August 13 - 17, Mars, the planet of drive and energy, is closely conjoined with Saturn, the force field signifying limitations, realism and mastery through hard work. We are reminded to get organized, develop self-discipline and patience especially concerning relationship and money issues. We might feel like bashing our head against a brick wall if we attempt to proceed with too much willfulness. Instead we have to walk the middle path between having one's own way and being cooperative. Neptune's influence will be felt more strongly during this month as the gaseous bright blue planet is squaring the Lunar nodes. Neptune symbolises the planetary force field of dreams, psychic receptivity and imagination while the South and North node of the Moon mark the doorway to our deep-seated emotional memory. Moods and attitudes that we carry over from the past and which still have present time importance have to be identified, made conscious, and integrated. The Lunar nodes are the two points at which the orbit of the Moon intersects the ecliptic. The ecliptic is the path of the Sun across the zodiac as seen from the Earth. Neptune, in connection with the nodes, marks an important turning point through lessons of non-attachments. Neptune's function is to dissolve or blur boundaries, to lower our ego barriers in order to connect us with the soul field through facilitating feelings of unity and belonging to a greater whole. We are reminded to step out of the mind and open up to all aspects of life with love, understanding and responsiveness. On the other hand it is essential to maintain a clear idea of one's identity. Taking time out and spending time on our own could be helpful, especially during August 22 - 26.

For Personal Readings, Transits and Life cycles contact me via e-mail: star-loom@hotmail.com or visit my web page: <http://nimbin-starloom.com.au>

Aries

Now it is time to have some fun and enjoy life; be creative and just play. In your one-to-one relationships you might feel a pull between commitment and freedom. Try to balance both sides. August 13 - 17 could bring a few challenges. You will get the support of others for your ideas, if you manage to inspire them with persuasiveness and tact.

Taurus

Your home and family play a key role in your life right now. You enjoy sharing your creative talents with those close to you and it might be a great moment for sorting out any family conflict with understanding and compassion. However, you could become indecisive when opposed. Try to keep an open mind and remain independent and emotionally detached.

Gemini

Right now it is essential that you are open and receptive in your communications with others. The answers to your questions emerge when you can let go of your opinions. Focus on the positive which helps in bringing about positive resolutions. There might be a lack of clarity regarding which way to go.

Cancer

Venus the planet signifying love, beauty and harmony enters your sun sign on August 7, here to stay until September 6. Your need for lasting emotional bonds will be emphasized, including your enthusiasm to create them. The intense vibes around mid-month (August 15 -18) might be best expressed through artistic projects.

Leo

At times we have to take a risk and step out of our comfort zone. You are asked by the universe not to resist the changes that are taking place in your life right now. Take some practical steps towards achieving your goals. Trust your creative potential and balance your personal needs with your duty to others.

Virgo

Right now you might find that it is more convenient to work behind the scenes spending time alone or in seclusion. Especially during the second half of the month it could be difficult to express your true self because you fear that life could end up in chaos when you speak your mind. Your challenge is to be helpful without losing yourself.

Libra

It is essential for your evolutionary progress to become clear about your duty towards others and your need for freedom and independence. On the one hand you want space for following your creative ambition and on the other hand you feel like socializing with your friends. Proper time management is the key.

Scorpio

Your sense of personal power might be somehow eroded and you could experience emotional outbursts or at least feel frustrated. Consider a change in direction. On August 24 Mars the planet of assertion enters your sun sign (until October 8). This is a great time for starting new projects and refocusing your energies.

Sagittarius

Right now you can attract philosophically inclined people into your life for the exchange of thoughts and ideas. Confusing impressions from the past might be demystified and find clarification. Let go of the tendency to procrastinate filling your mind with too many possibilities; instead develop a sense of direction and a higher vision.

Capricorn

You are known for your patience and persistence when following your goals. During August 12 - 17 you might find yourself confronted with circumstances that are out of your control. Deal with the issues without pushing too far. Instead take on the role of the peace maker.

Aquarius

At the moment it is important to work together with others because there is a richness of ideas that needs to be communicated. Be aware that your insights might be ahead of your time and therefore try not to be unrealistic in your expectations. Avoid getting too involved in any dramas; instead direct your energies into your own creative projects.

Pisces

You have a sensitive side to your nature, and you can be easily hurt when forced to face the harsher realities of the world. You may feel that other people do not fully understand you. However, when you meet each person with understanding and compassion you will feel more at ease with yourself and the world around you.

Terry Bressington

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THE DARK KNIGHT RISES

Reviewed by Stephen Wright

off the volume and had someone bang old garbage cans in your ear in lieu of Hans Zimmer's soundtrack you'd be no less confused. Basically, the crippled Bruce Wayne is in retirement as Batman, having taken the rap for the murder of criminal Harvey 'Two-Face' Dent in *The Dark Knight*. Remember Liam Neeson's League of Shadows in *Batman Begins*? They were a bunch of super-trained Ninjas dedicated to destroying decadent Western cities in order to 'restore the balance'. It made no sense then and makes no sense now, but anyway they're back and plan on nuking Gotham City.

What good this will do them is never really made clear, but they do it anyway, and Batman has to rebuild himself in order to stop them. To help him out he is again aided by Gary Oldman's Commissioner Gordon, Morgan Freeman doing his avuncular thing as Lucius Fox, newcomer Ann Hathaway's cat burglar The Cat, and of course reliable old Michael Caine who has most of the best lines.

Another newcomer is Joseph Gordon-Levitt as a NY cop and offsideer to Gary Oldman, and if I'm not mistaken Gordon-Levitt will heavily feature in any further Batman movies. At film's end Christian Bale gets to, well, bale, and we get set up for another Batman franchise.

Christopher Nolan has a habit of investing his films with a kind of empty moral grandiosity. Luckily, this is in the best comic book tradition, where characters frequently ponder on the nature of destiny, good, evil and all the other greats, but never seem to come up with any answers. The best Nolan can do is repeatedly stress the words of Bruce Wayne's deceased and unfortunately annoying and sanctimonious father; 'Why do we fall Bruce? So we can get back up again!' Really, if you had a dad like that you'd want to smack him in the mouth.

As Batman movies go *Dark Knight Rises* is exactly like Nolan's previous two Batman movies. Both of them took an hour to really get going while they sodded around with backstory, then there's action galore and huge amounts of fighting and explosions and bat-tech.

But really, what makes Nolan's Batman films work is Christian Bale's 'Batman voice.' Even when he's on his own, Batman uses it talking to himself. The Batman voice makes it possible to ignore the film's anti-democratic subtext, and cheer squad sloganeering for the police. It makes Batman a more sympathetic character, weirder perhaps, a billionaire who likes to dress up as a giant bat, but a bit more watchable than most of the other fascists in tights that have plagued the screen this year.

In any prison movie there's always a Wise Old Geezer who gives gnomonic advice to our unjustly imprisoned hero. The Geezer has acquired a homely wisdom and also says things like, "Perhaps one day I shall again see the sun on my apple-cheeked mother's face."

Luckily for Christian Bale's Bruce Wayne, he encounters such a geezer in the final instalment of Christopher Nolan's Batman trilogy, *The Dark Knight Rises*. Wayne is done over by supervillain Bane, who looks as if Darth Vader has become a bikie, and dumped in an underground prison in Asia. Bane also has a voice like Henry Kissinger talking into a paper cup. "Zo, Bruce Wayne" he says, "You poffle-offle-purfle-poffle-offle eh?"

It doesn't really matter because the plot is unfathomable anyway. If you turned



Nimbin crossword

2012-8
by 5ynic

Across

1. Toke?
3. Farewell?
7. Go round (again?)
8. (And 25 across, 26 across) Streets united against coalseam gas exploration (3,5,4)
11. Hold
12. Spiny native
13. Force?
15. Showdog - Lhasa _____
17. Small rounded hill
20. Affection (for your fellows)
21. Factual? Accurate
22. Umpire
23. In the distance
24. See 8 across.
25. See 8 across.

Down

2. Fold of skin? Wing-thrust
3. Members of a South-western nomadic tribe (of 4 down)
4. Native American?
5. A citizen of the republic on the North shore of Lake Victoria
6. Egg laying mammals
9. Lit (from inside)
10. Slide? Blockage (to traffic for example)
14. Keeps the sides of your head warm
16. Victim of reefer madness
18. Goalposts for a behind
19. 1/1000th of a kilo
21. Gang ground? Throw (out)

Solution Page 27



Solo Piano Philip Glass (1989)

In an episode of *The Simpsons* the population of Springfield gather in the Town Hall for a series of speeches that will address whatever crisis or catastrophe

is currently facing them.

At the end of the speeches, Reverend Lovejoy or Principal Skinner (I forget which) says and "And now there will be a performance by Philip Glass." At this point the hall empties with great speed.

Philip Glass has the reputation of performing extremely long works. He is currently in Melbourne giving performances of the soundtracks he wrote for Godfrey Reggio's *Koyaanisqatsi* trilogy of films. He's been pretty eclectic though, and at one point he wrote a suite based on David Bowie's album *Heroes*.

Reviews from the Crypt

by Stephen Wright

For me, his best work is the stuff he wrote for piano only. There are seven pieces, mostly six to eight minutes long. Five of them are called *Metamorphosis*, and were inspired by Kafka's short story of the same name, about a man who wakes one morning to find he has turned into a giant insect.

They are somewhat tranquil pieces, but in the way that a pool of water can indicate in the ripples on the surface that there is something extremely weird and possibly unnerving

beneath.

The remaining two pieces are *Mad Rush*, written for the Dalai Lama's entry into the Cathedral of St John the Divine in New York, and *Wichita Vortex Sutra* that references the poem of the same name by Allen Ginsberg.

Glass' epics he wrote for opera and for soundtracks and so on are one thing. But the small piano pieces are worth getting into.

The League of Extraordinary Gentlemen Alan Moore and Kevin O'Neill (1999)

Alan Moore has been unfortunate when it comes to films being made of his comics. *V for Vendetta*, *From Hell*, and *The League of Extraordinary Gentlemen* were violently and publicly disowned by Moore, who refused to have his name used in the credits and in some instances refused the royalties as well.

The League comic was something of a milestone in steampunk literature.

Moore's original idea was for a kind of Victorian *Justice League*. He put together a clutch of well-known fictional characters; Dr Jekyll and Mr Hyde, Captain Nemo, Allan Quartermain, the Invisible Man, Mina Harker and so on, all employed as a kind of renegade secret service by Sherlock Holmes' brother Mycroft.

Moore winds in a number of plots nicked from H.G.

Well's *The War of the Worlds* and *The First Men in the Moon*. We get a heavily steampunk London, with airships, Martians and an evil supervillain in James Moriarty, Sherlock Holmes' nemesis.

Kevin O'Neill's artwork goes all spectacular Gothic and relishes the whole steampunk look in all



its weird and improbable detail.

Being an Alan Moore book there's a lot of sex and violence and a lot of dark subterfuge. Moore was right to disown the movies of his books. The complexity of the comics and

its sympathetic characters don't translate to Hollywood. Shame really. Moore's books were a great missed opportunity.

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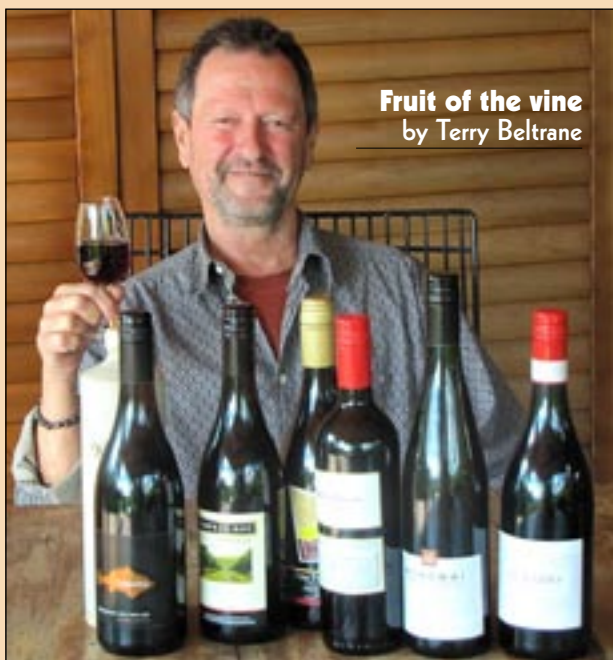
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Icewein

Humanity has long made the most of Mother Earth's largesse; too much perhaps? But this is not the place for a philosophical discussion. In this space I like to talk wine, even though I can't always afford to buy the stuff I write about. From my perspective, this includes wine in all its countless manifestations from the humble and the noble grape. Yeah, yeah, I know wine's also made using other fruits and vegetables but I'm talking grapes here. Amongst these is IceWien (Icewine) a peculiarity, not exclusive, but predominantly made in Germany in particularly cold years. As the growing/ripening season draws to an end the weather can become very cold in those northern climes and the grapes can freeze, literally, on the vine.

Grapes, like people, are made up of all sorts of stuff, the predominant component being, like people, about 78% water. This is what freezes solid when the grapes are exposed to low temperatures. The grapes are harvested and placed into a press which squeezes out the 'serum', highly concentrated in sugar, acid, glycerol, flavour compounds and solids. Much of the bulk of the frozen component in the grapes is water, as ice, and is left behind in the press along with the skins and seeds of the grape berries. This process results in a juice that is potentially twice as high in concentration of sugar, acid and flavour compounds as if the grapes were expressed as total juice. The juice is only partially fermented, retaining considerable sugar levels (residual sugar- RS) in the finished wine and along with the intense flavour the higher glycerol concentrations contribute to an unctuous, almost slippery, palate texture.

Because of the necessary growing conditions these wines are not made every year and it has been noted that the frequency of their availability has decreased over the last decade or so with many producers saying this is a reflection on global warming. Ironically the grapes they do grow (historically with difficulties in attaining full maturity



Fruit of the vine
by Terry Beltrane

because the grapes are grown in marginal climates) are now more often reaching desired sugar levels and riper flavour characteristics than they used to in more commonly colder years. But you don't get Icewein from fruit that's not frozen.

Sweeter style wines are popular in Germany, having much to do with the harmony in matching their wines with the traditional foods consumed there, including dark breads, fermented sausage, pickles and pastries. To make sweeter style wines the grapes need more sugar and flavour at harvest so as to be able to stop the fermentation before all the natural sugars are fermented and the finished wine is sweet, ie residual sugar. Accordingly, German wine labelling nomenclature has also traditionally reflected the degree of ripeness of the fruit and therefore the residual sugar levels in the finished wine. My apologies to those of you who read/speak German as my computer skills prevent me from applying the appropriate accent marks, but here's a list of the labelling terms denoting the increasing degree of flavour and residual sugar levels in the recognised German wine styles.

Spatlese (late picked) mildly sweet – 15gms/L of residual sugar (RS). Whole bunches of grapes are pressed to make this wine.

Auslese (very ripe fruit) moderately sweet – 30gms/L RS. Again whole bunches of grapes are pressed.

Beerenauslese (selected berries) quite sweet – 45gms/L RS. The bunches

of ripe fruit are placed on a sorting table and very experienced skilled people select individual berries that meet sugar level criteria from the bunch. These are then pressed separately from the bulk to make a wine of true distinction.

Trockenbeerenauslese (very ripe selected berries) very sweet – 60gms/L RS. Only the best and most ripe of the berries are individually selected from the bunch to make this wine of intense flavour and sweetness.

For the most part these wines are made from the exceptionally versatile Riesling grape variety, a late ripening variety producing wines that are delicate and of high acidity with abundant flavours described as mineral citrus and floral depending on where it's grown. In any given year that the climatic conditions are suitable, and the grapes freeze on the vine these wines will also carry the noble descriptor "IceWien". In many years the grapes are also affected by *Botrytis cinerea* (Noble Rot) and can be even more complex and intense in flavour. Any of these wines are a treat and the less sweet styles are relatively inexpensive, though not always easy to find. Unlike the majority of our Australian counterparts, which are very very sweet and powerful, these wines have elegance and finesse being on the delicate side, but they are definitely worth a place on the table for an afternoon sip or post dinner indulgence where you'd prefer to be 'kissed' rather than 'mugged'.

Wine info: terryb88@tpg.com.au

On the road again

by Brendan "Mookx" Hanley

I first drove into Nimbin in 1976 in a customised taxi truck, converted to home-on-wheels by Julie's cabinet-maker dad. I couldn't stand up straight in it, but it adequately housed the two of us and brand new baby daughter, my guitars, banjo and Fender twin reverb amp, a dwarf potted dope plant in full head, as well as whatever was needed to get by, on our journey of discovery from Port Melbourne to Nimbin, via a sojourn in Byron Bay.

The Bay stay had ended up with us being told by the Caravan Park manager that the cops were planning to plant us with drugs and arrest us if we didn't leave town pronto. It's a long story... some other time!

The point is, I've just driven down from Cairns to Lismore in a similar-looking vehicle, but an altogether different kettle of fish. This is a fully equipped motor home, 1983 and all, but with new motor and tyres, solar power, dunny and shower, fridge, stove, oven and microwave (which I will never use – probably sell), beds and bunks, huge storage space and annexe, pantry, GPS with reversing cam, runs on petrol and LP gas and amazingly fits into a standard parking space. I especially love those centre of the road spaces you drive straight into and out of!

Cairns is renowned for being the place where people from overseas end their Oz adventure and sell up before taking the boat or plane back home, and this was no exception. Found on E Bay this vehicle was the home of a travelling French family of four, who had lovingly equipped, outfitted, adapted, customised and painted her during their four month dawdle up the East coast, 'never having to top up oil or water in all that time!'

Added to that my mate Meg was in Cairns (she actually found the vehicle for me, being an op-shopper and garage-saler from Hell) and so was the Ukulele Festival. So a four-hour bus trip, two hours at the airport and another two and a half in the air ... and I'm standing under moonlit coconut trees on Holloway's Beach wondering where pissy, soggy, cold, wet, about-



to-be-fluoridated Lismore suddenly disappeared to. Just wondering ... certainly not fretting!

The next day we met the French mob. I immediately fell in love with the van while undergoing a part English part French crash course in motor home husbandry. Meanwhile Meg took notes and possession of all sorts of goodies the Gallic family was shedding... fishing rods, reels, tackle, canvas fold-up chairs, a market-stall gazebo, beach umbrella, tools... all sorts of great stuff for would-be wanderers... or Grey Nomads... as we were about to find out was our new generic classification.

We took the vehicle home and set it up for a drive the next day up to Kuranda to visit an old friend for lunch, and then beyond into the Tablelands for a trial run and some overnight camping. It was during night two that we discovered the Grey Nomad thing in all its glory. Somebody suggested that we might find cheap parking-with-facilities at the Mareeba Showgrounds, so we set off for there hardly noticing signs and billboards spruiking the annual Rodeo at that venue. Arriving, we followed where-to-park signs and drove in around cyclone-wire fencing to be confronted by the spectacular sight of

maybe a thousand motor homes stretching off into the distance like some Blue Rinse Burning Man gathering, Far North Queensland style of course. Yee Haaaaahhh!

We fled back to Davies Creek National Park camp and crashed, waking to a glorious day, pristine pools, rapids and waterfalls tumbling and splashing amongst great granite boulders and mini ravines. Magic moments naked in the sun and water soon gave way to the drive back down to Cairns and the stressful evacuation of Meg from her unit preparatory to her early flight up the Cape York Peninsula for her work stint part two... and my solo drive 2000-odd kilometres down the map to where I call home.

The Bruce Highway is part cow track, endless miles of sugar cane and essentially a B-double gauntlet. They pass you like a travelling city at top speed on blind corners, double lines or not, and my journey home was not without adrenalin-pumping scare after scare at the hands of piled-up drivers trying to get their load to Melbourne before sundown... yesterday!

Needless to say, I got here and if I wasn't grey before I started out... I am now.

Now for the nomad bit. On the road again.

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The wonderful satisfaction of bushwalking



Culmaran

Report and photos by
Michael Smith

It was no surprise that nobody was waiting when I arrived at the Nimbin car park at 6.30 am on Sunday July 8th. At 25km this walk was the longest our Club had ever proposed. I drove through the caldera as the sun rose. The big scrub turkey was churning a trail of cloud, westward. Waiting at the Numinbah tick gate were three others, Don, Dave and Lori, the cream of the crop, the hard men and women of the Club. We would give it a go. The walk started at the prison farm in the glorious Numinbah Valley. We had 600 metres of elevation to climb before lunch. The track was signposted and well formed, part of the 'Gold Coast Hinterland Great Walk'. We would get to do a quarter of this long walk just today.

As we approached Binna Burra Mountain Lodge we passed increasing numbers of people; family groups, young lovers, sturdy walkers, the casually curious and bushwalking clubs. The lodge, surrounded by Lamington National Park, was an oasis of comfort and luxury, at a price. We wondered if there was enough time to do the rest of the walk on this, one of the shortest days of the year. We upped the pace to get out before dark. It was another nine kilometres and a further 150 metres of elevation to climb along the Border Track to Mt Wagawn. There were some highlights,

like sitting on sun-warmed rocks at a lookout 1000 metres above sea level and listening to a distant lyrebird opera. My eyes scanned the bush for photographs. It was as if a vacuum cleaner had sucked the rainforest clean of fungi, fruit, flowers and the natural curiosities that we are used to. Our own Nightcap National Park had a lot more to offer of things that please the eye.

At Mt Wagawn the track ended abruptly. Here the real walk began. We had 600 metres to drop, and no tracks. The sun was worryingly close to the horizon, the air frigid, and bodies were starting to feel the strain. Plunging down we passed orchids, huge cedars that had escaped the loggers, figs and the cliffs that form the NSW border. We made it to Bushrangers Cave, a huge overhang that

is always dry and welcoming. We still had daylight, and made it back to the cars with a little to spare. A big day.

Seven walkers turned up at the Cambridge Plateau Rest Area for a day of local wanderings and a camp. Firstly to Culmaran Falls: 12 years ago this walk was shown on the National Parks brochure. Something everyone was encouraged to do. Now there is no track, or signage. You have to know that it is there and find the place yourself. At the top of the falls we found a field of greenhood orchids growing in moss, in an open place, each one facing in a different direction, as if looking for the gnat that would help fertilize them. Water rushed between rocky columns before succumbing to gravity in a helpless plummet to somewhere below. We too

were soon at the bottom of the drop. Beside the falls was a cave, formed by an eight-metre-high slab of rock sagging away from the cliff. Pushing it relentlessly were two huge chock stones, forming the roof of the cave. Nearby, dashing columns of rock, some with huge figs spidering the cliffs. It was a dark, rocky, crumbly place, which we were slow to leave.

Next we walked the Culmaran Loop Walk, all steps, bridges, signs and fungi. Some of the best and most accessible rain forest we have. We spent the night here with a few ticks and leeches for company. Fire, damper, warm food, stories, possums howling and a view of distant mountain ranges, the lights of Casino and Lismore reflecting off the clouds. We had planned to visit the curiously named Bungdoozle on Sunday but the road was too wet. Don, our leader, instead concocted a walk whereby we parked on the side of the Bruxner Highway and the now nine of us headed into the Mallanganee National Park. There were no tracks and the place seemed to be visited only occasionally by Red-leg Paddymelons and cannabis growers. About were trees of many kinds, Python Tree, Queensland Lace Bark (which we smacked to hear its unique ring), Australian Teak, White Elm, Cudgerie, Yellow Wood and Bats Wing Coral. About every five metres was a Funnel Web burrow, with the legs of its occupant just visible. We did not annoy them. It was safe to pass, and we were glad we came.



Mallanganee

Nimbin Bushwalkers Club Inc.

Walks Program for August

Saturday 11th to Sunday 19th August
Fraser Island

Leader Michael Smith, 6689-9291

Dilli Village to Happy Valley camping and easy day walks with day packs between camps. Now fully booked, but good preparation for a return trip next year.

Sunday 26th August

Mount Nardi to Upper Tuntable Falls

Leader Michael Smith, 6689-9291

Grade 2-3, 4 hr, 6km, half off-track in thick steep bushland. From Mount Nardi we follow the Historic Nightcap Track for 2.5km then head into the bush using map, compass and GPS to locate the falls 500 metres away. These falls are 1km upstream of Tuntable Falls (which it is now forbidden to visit).

Meet 9am Nimbin car park or 9.20am Mount Nardi
Bring Lunch, water.

Friday 14th to Sunday 16th September

Weekend Walks (various grades) in
Boonoo Boonoo NP (members only)

Leader Don Durrant (6633-3138 at night) has booked a National Parks hut in Boonoo Boonoo NP with a number of beds, wood heater; kitchen with fridge, stove, oven, cookware, crockery, cutlery; bathroom, shower, toilet, basin; generator. Bring food, linen, towels, pillow cases, blankets/doona, warm clothing, insect repellent. Hut costs \$88/night cost per person will depend on numbers, but we can assure you it is well worth it. Some may wish to arrive early/leave later by camping at Bald Rock or some-such. A great variety of walks are on offer from Grade 1 up, with several very easy ones in the immediate vicinity of the hut, and the wildflowers at this time of year are superb – particularly orchids. It is essential that those proposing to come contact Don Durrant to confirm their booking.

Unless otherwise specified, visitors (non members) welcome, but will be required to pay a fee of \$5 per walk, deducted from membership fee when they join Club. Membership \$15/head to Treasurer Kay Martin PO Box 20061 Nimbin, 2480 (Tel. 6689-0254).

We have a new web address: www.nimbinbushwalkers.com
Secretary, Len Martin (pteropus42@smartchat.net.au)

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Nimbin Garden Club Notes



by Bernadine Schwartz

Club Visit to Mountain Top

The Garden Club was provided with the opportunity to visit another beautiful local property on 21st July. The property, named Mountain Top after its location off Mountain Top Drive, compensated for the not so sunny weather, with many members still in attendance.

The stunning property was purchased by Andrew Barton and Nick Terekes five years ago when they moved from Brisbane and have since transformed over 25 acres of the 100-acre property. Once overgrown with lantana, the landscape has been converted to a picture of manicured lawns, footpaths framed with garden beds, pockets of orchids and native trees.

Entering the property, the driveway sweeps through a grove of gumtrees (the only established trees on the property when it was purchased) and fresh green lawn with the usual garden companions, the wallabies. Reminiscent of a nature reserve, the landscape is structured but still harmonises with the surrounding bush. Hedges of orange jessimine surround the house and when in bloom, their scent permeates the house. The water and septic tanks are softened and disguised by the colours of death

lilies and delicate blue bearded iris. Two bridal palms guard the entrance to the veranda. The house has been thoughtfully positioned to take full advantage of the outlook with lush sloping green lawns the only landscape between the house and the views. The owners are spoilt with vistas of Mount Nardi, Mount Neville, Mt Burrell and the Nimbin Rocks.

One of the most spectacular features of the property is the orchard of Indian guavas, pomelos, pears, apricots, peaches and nectarines as well as citrus trees ranging from grapefruits to lemons. Beyond the orchard are macadamia trees, coffee plants, bananas, paw paws, passionfruit vines and a vast pineapple patch. It is a credit to Andrew and Nick to have achieved such a substantial range of sustainable produce in their short time on the property.

A grand chook house stands on the property, producing four to five eggs a day, which is spacious enough to allow the chooks to range free and secure to ensure the chooks are safe from wild dogs and other predators. One thing the chooks don't need to be afraid of are the two playful and friendly golden retrievers, named Jack and Ellie, who call Mountain Top home. They love a good pat and were very welcoming of the Garden Club members, showing their hospitality by lying on the feet of

their visitors.

The property is filled with natives such as lilly pillies, bunya pines, boobialla trees and delicate tree ferns. Amongst the natives are some old fashioned favourites including nutmeg bushes and variegated iris, as well as a rose covered archway. Complementing the natives and old-fashioned favourites are cycads, cocos palms, wedlandiana, birds nests, frangipanis, agapanthus and happy plants. The range of plants can be credited to the owners collecting a variety of cuttings from friends and family. Not only is this practical and affordable, but also adds to the warmth and memories for the owners who recognise each of the plants as a contribution from their friends and family.

The dam is a highlight of Mountain Top, where the lush lawn grows to the very edge of the water, meeting the water lilies resting on the water's edge. The dam more so resembles a lake, with the owners using it as a swimming hole in the warmer months. However, as a visitor you may be taken by surprise, with a life-like crocodile head lurking in the water to greet you. The grassy border of the dam continues into the water creating a grass jetty, one of the most wonderful features of the dam, with a welcoming outdoor setting at the jetty's end.

The property is an absolute credit to its owners Andrew and Nick.

Next Meeting

The Garden Club's next visit will be 18th August, 2pm-4pm at the beautiful rose garden of Mrs Dawn Burr, on Link Road, Wadeville.

The property is approximately 16km from Nimbin Post Office. From Stony Shute Road, turn right into Kyogle Road, Link Road is on the left, go past the Wadeville Store and the next house on the right hand side of the road is Mrs Burr's property.



Night Life in Dili

Ironically Yours

Travel diary of the irreverent

by Dionne May

For a woman, going out at night anywhere in the world requires a fair amount of awareness, determination and street-wise resilience. Dili is no exception. It's a small capital city where the term city hardly applies. It's more like a large country town with few buildings over two storeys, no large shopping centres, little street lighting and pot holes everywhere.

It is also a highly conservative place with a population that is 90% Catholics, so for a woman to not be home by 6pm implies all sorts of evil! Dili backs up its high moral code by simply shutting down after 6pm ... only 'malia' (white) bars are open after this time.

The plethora of taxis that stalk the streets during daylight hours disappear at dusk. Without transport you are going nowhere fast! You might well find one lurking outside the ex-pat bars late at night, but be wary, as they prey on white women and charge whatever they think you will pay in desperation to get home.

Even more disturbing is the absence of police after dark. During the day you have local police directing traffic, Portuguese police sunning themselves on the beaches and UN police driving around in big, fast 4WDs. At night the only visible police appear to be off-duty Australian ones drinking heartily in the local bars.

Right, so you've organised your own transport and off you go to be greeted by a bar full of men. The perception that you've hit the jackpot quickly turns into the realisation that you have won the booby prize.

These guys drink ... a lot ... and in groups of four ... or five. With spouses and family

nice tucked away back in their own countries they appear to be re-living their adolescence.

So your adventurous night and the rush of male attention is slowly crumbling into disdain, then alarm, as you become the object of their desire. It's funny that this lust or desire is still dressed up in the guise of 'love'. In the past two months I have been declared 'love to' roughly once a week in an array of colourful and varied ways!

The best so far was a guy who upon being introduced held my hand and said, "Look into my eyes, I love you and I am going to hypnotise you so you will love me."

I gave this guy the killer-one-eyebrow arch, which translates as 'mate you have GOT to be kidding!' But still this guy proceeded to get down on one knee to kiss my hand. I'm all for a 6ft 4inch Zimbabwean getting down on his knee for me, ... but is this love?

Guys, let's call a spade a spade? Because this 45-year old woman is, and I'm picking up that spade to either hit you over the head or to dig a hole to deposit your crap into!

It's not the declaration that is the problem, but how as a woman you react to their lust. A good plan of action is a) smile like they have just flattered the hell out of you, b) make meaningless small talk 'til c) you get the hell out of there before things turn ugly.

It's nice to go home and appreciate that at my age I have at least learnt the difference between love and sex so I can simply enjoy the attention!

So ladies, be safe by planning ahead, keep your wits about you and know exactly what you want. And if you want an alcoholic, air-guitaring, cigarette-smoking married man of varied nationalities then Dili-by-night is for you!

The world according to... Magenta Appel-Pye

With all this cold and rain I'd love to piss off to Europe like so many of my (rich) friends and students. Last time I went in search of sunshine and my Transylvanian heritage, some Austrian friends took me to a glacial

lake for a swim. On the way we drove through Fucking.

What the? Here was our most excellent expletive naming a pretty farming village. On the way out the sign said "Fucking, Bitte, nicht so schnell", (Please, not

so fast) and showed a picture of children. The juxtaposition was too great and now my favourite profanity represents this bucolic place. It was already losing its appeal through overuse and I'm too old to be swearing like a drunken schoolies teenager.

However there is a seductive power to swearing and it acts as a wonderful tension release, so I need a substitute. I like the Italian 'vaffanculo' but not everyone would understand and I find it more erotic than crass to say. Using sexual focus for swear words is redundant. Readily available pornography has rendered sex into the mainstream and lost its shock value. Or maybe it's just me?

My mother-in-law told me in Poland a popular swear word was 'cholera!' It has cache for obvious reasons apart from the hacking way



they pronounce it. I don't think modern day ailments work so well. May you get irritable bowel syndrome, you PMT maniac!

I need to find something that's shocking. Due to the Woolworths/Coles duopoly the price of vegetables in Australia is now one of the highest in the world and that shocks me. That's it, vegetable swearing you buckwheat! You raw corn cob. What you need is a bloody good beetroot, cabbage head.

Oh phlox and pokeroor. Ah, now I feel pumpkin better.

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Living in the Woodenbong Hills



by Marilyn Scott

See, it's the August edition. What's happening with time? In one sense it seems like 2012 has gone on for years, and at the same time, for just a few weeks. Something

is definitely changing; it's either our perception or time itself. I reckon a bit of both. I try and think back to what happened in early June and I simply can't recall it, it's gone ... and it's not Alzheimer's either. There's just so much happening moment

to moment, it's impossible to contain it all in our brain cells. Maybe it's teaching us to live in the 'moment' cunning eh!

I know a lot has been said about 2012, but there's definitely a feeling in the air of massive reconstruction, both on a personal and social level, maybe even on a Galactic one. It all seems to be morphing into a new shape. I reckon what we're experiencing now here on Earth, we never have before; it's big. I know change is a constant but the speed and intensity of it now is unique to this time.

Everything is energy, it just vibrates at different speeds. Energy can be seen, felt and experienced, it's not imaginary, it's the basis of everything.

Well the last couple of months the energy has been extra strong, as our world

shape shifts and morphs into a completely new form, and we too are involved in this process. What happens outside us happens within us, we're all connected to the one Life energy. So how do we operate when everything is shifting?

The last couple of months have been particularly concentrated; we've had the energies of the eclipses, direct energy from the Pleiades, saturation from Venus, bombardment with solar flares; and of course that outer planet activity. If you've just felt like staying under the covers in bed some days it's understandable. I've spent a few days in bed with a book - well I did have a bit of a cold - but honestly, I just wanted to escape from everything for a while with some good fiction. A naturopath friend of mine once told me that it's really good for you to spend

the whole day in bed now and again. It does wonders for the constitution and you have approval from a health professional.

I love being alive, I do. So much groovy energy exists, so much beauty, so much to be grateful for. Actually, I began a Gratitude Challenge just over a week ago, thanks to the wonderful Nicole Cody. Every day I write down five new things I'm grateful for, I really 'feel' it and I speak it out loud, and I can feel it changing the neural pathways in my brain. Truly! I've always had a bit of a gratitude thing, I see beauty easily and feel thankful often. . But of course there are other times when I get caught in my old habitual grooves of abandonment and loss. So taking on this new habit of conscious gratitude each day is changing my life in amazing ways. The brain is

quite open to restructuring its pathways and we can change the way we think, which then directly impacts the 'realities' we create. Awesome really. Anyway I can highly recommend it as an effective new focus while our world - inside and out - twists and turns, aborts, renews and reconstructs. Have a happy and prosperous August, fulfil your dreams and have lots of magick moments.



Burning piles

by Charlie Cohen, senior deputy captain, Nimbin Rural Fire Service

It has now been 40 years since the last major fire went through our district - far too long for many locals to remember. Fires are a naturally recurring part of our environment, so this article is concerned about not IF the next major fire comes through, but when.

After years of wet weather and very little slashing done on the roadsides or boundaries, we now find ourselves surrounded by very thick layers of fuel. Now is the time to deal with the fuel that has built up.

Being a diverse community, you will find some people graze their land, some spend half the year mowing and slashing, some do a bit of both, and some do nothing. Some people are managing a kind of transition from paddocks to forest/orchard.

In the meantime, despite all these land use attitudes, the Camphor Laurels have taken over huge areas. They are surrounded by tall grass, dense with years of growth and, in places, browned off by frost. Many of these areas now are so thick that machinery use - other than bulldozing - is nearly impossible. Look around you!

We are all now connected to the same fuel. It does not matter whether you think every camphor is sacred, or that they are weeds: Once the humidity falls below 25 percent and the temperature above about 25C, camphors give off flammable gas that burns with an intensity that starts from the ground to well above the canopy. So do young Eucalypts.

Add to this all the tall Setaria and Bladey Grass - particularly near the suburbs and co-ops - and you have the fuel for major fires. But that's just on level ground. Burning



up slopes, fires gather a dangerous momentum and create strong heat/wind drafts that accelerate the whole process.

This community used to be a mosaic of different land uses, now it is not. Now we are seeing a very different landscape; subdivisions where grazing used to give safety now depend on slashing that does not get done; old fire trails are now completely gone; and old logging roads are closed.

Landowners who burn at exactly the right place and time are rare; in fact basic fire-management skills are unfortunately rare in most property owners.

A lot of people now also live in places that no longer have an emergency place to flee to in case of bushfire. They live down access roads that do not have avenues of escape. Should the (often overgrown) road be cut off, firefighter crew leaders will not put

their crews in peril on an overgrown track that is well alight.

It seems that many people and communities are doing nothing to mitigate this future risk. It is too late to clear and burn when it is suddenly dry and hot - to move those piles of fuel next to your house or shed while a fire is approaching. Every serious fire season in the north of the state has been preceded by a La Nina event. Every one! As soon as it dries out enough, you really need to get seriously busy and get into it. Ringing 'ooo' is not a land management tool!

Fire is a natural and important part of our Australian landscapes. Filling bush land with flammable structures and families is not. If you want to live in the bush, you need to get off your ass and look after your own fuel.

Collectively we need to get busy and get organised. If you live on a multiple occupancy, go to the meetings, educate your neighbours. Slash your place as it dries out.

Help the infirm. Have working bees.

Get advice. Do a bit every week. Clear your roads.

Join your local Rural Fire Service. If you do not, when the fire comes, you will have to stand back and watch a few of us do all that we can. Many people are not aware that it is now not legal for people not trained and in proper firefighting gear to work alongside us. We need you. You need us.

Most of the time, Nimbin brigade turnout numbers are so low that we can only crew one of two tankers.

Join us and learn the ropes. It takes a while to get experience and become a good firefighter. Better get started. We are getting older.

Bushfire brigade members in the Northern Rivers have an average age of well over 50 years old.

Nimbin Brigade meetings and training are the first Thursday of every month, 6.30pm at the station in Sibley Street. Any one over 16 years old is welcome.

QUICK QUIZ

Devised by the Nimbin Bowlo's Quizmaster, Marty

Play Trivia in teams for prizes - Saturdays 7pm at the Nimbin Bowlo

Questions

1. What was the name of the area on which Apollo 11 landed?
2. In which state of India is the Thar Desert?
3. Who is the current President of the Russian Federation?
4. Who wears the Ring of the Fisherman? Who was the fisherman?
5. Who created the Peanuts comic strip?
6. Is an Angstrom used to measure very big things or very little things?
7. Where is the lowest point in mainland Australia?
8. What was the nom-de-plume of Theodor Geisel?
9. What do we call meat from a deer?
10. Who lives in 100 Acre Wood?

- Answers**
1. Sea of Tranquility (Mare Tranquillitatis)
 2. Rajasthan
 3. Vladimir Putin
 4. The Pope, St Peter
 5. Charles Schultz
 6. Really little things
 7. Lake Eyre at 15 metres below sea level
 8. Dr Seuss
 9. Venison
 10. Winnie the Pooh



The Nimbin markets abound with every kind of stall, providing that joy of discovery for the discerning visitor. Next market is on Sunday 19th August, with lots of entertainment.

Nimbin Crossword Solution

From Page 23



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Leaving	Arriving	Leaving	Arriving
Lismore Transit Centre	Nimbin - Main St. (Park)	Lismore Transit Centre	Nimbin - Main St. (Park)
7.00am	7.45am	7.00am	7.25am
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

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

The Business End of the Season



Myf's penalty save at Uki Photos: PAC (above), Angus Gough

by Simone and PAC

August is the pointy end of the season. The men's 5th division are having a corker of a season and are certain to have a spot in the finals, at least one of which we hope will be held at home. Check the dates below, and come cheer them on.

Nimbin Headers fifth division have sneaked away from the pack after a 4-1 win at home on Saturday 21st July against the second placed team Uki Pythons, who were not good enough to put the squeeze on us.

It looks like the women might just miss out, but they

have really come together as a team over the course of the year, with improvements in fitness and ball skills. The women remain in 6th position on the ladder. The 22nd July saw a 3-1 win at Uki. It was a hard-fought game with a starting line-up of only 9 players. Thankfully the game finished with a full team. Myf in goals saved many, including a magnificent penalty, with about 10 minutes to go.

On the weekend 28th and 29th, the men's 5th division were away to Alstonville and won 4-0, with Gary Wisker having a niggling injury and only coming on for the second

half and scoring a hat trick, Miko getting the other goal. Well done boys in keeping the pack still at four points behind.

The women's fourth division did battle at Ballina. They fought to the bitter end, but went down 2-0 after going in at the break at 0-0. Coach Bruce Hatfield had a defensive line up on the field with our striker playing sweeper. There was little scoring opportunity and the game was all about defence. The back line played well and shut the opposition down again and again. The Ballina team scored on two lucky occasions, a dubious penalty and a screamer coming

in from a corner kick. The ground conditions were boggy at best, quicksand at worst. It made for a tough game, but as always every team member ran their bloody hearts out to the final whistle and walked off the field with heads high and smiles plastered on their faces.

Grade 9's: Team of the Week
The Grade 9's, coached by Paul O'Reilly and Mark Wright, are a group of young footballers from at least five different schools.

They have come together and developed a true team spirit. There is a great deal of respect for each other in the group. They genuinely care about each other and look after each other. The stronger athletes in the team take a leading role but not



at the expense or exclusion of the weaker players. This is what makes them such a formidable force on the field. Everyone has a go.

They also have great respect for their opposition. On the occasions when they have been winning easily they have deliberately eased up, even allowed the opposition to score, getting some joy out of the game as well. This really is a very impressive group of kids that are an absolute joy to be involved with. They are getting the most out of what team sport has to offer. There are a lot of adult teams out there that could learn a great deal from these youngsters.

There have been some terrific individual performances from Ollie with his dynamic all-round play and team organisation. Without a doubt, he is the most outstanding player in the competition. This is backed up with an across the board commitment and effort from the rest of the team. Julian stops all comers in goal. James smashes home goals up



front. Mitchell works hard in midfield. Molly defends with well-timed tackles denying opposition attacks. Win, lose or draw, this team enjoys every moment.

Upcoming home games

Mens 5th Division:
Sat 4th August 1pm V Byron Bay
Sat 18th August 1pm V Richmond Rovers
Sat 25th August 1pm V Lismore Workers

Womens 4th Division:
Sun 5th August 12.30pm V Pottsville
Sun 12th August 12.30pm V Goonellabah
Sun 19th August 12.30pm V Ballina

GO THE MIGHTY HEADERS!
Wet weather phone number for Headers ground closure: 0409-608-664

Third annual Nimbin Fun Run



Sunday 26th August

Once again time draws near to the third annual Nimbin Fun Run. The 5km walk, jog or run starts and finishes at the Nimbin Showground, Cecil Street on Sunday 26th August. Children's activities commence at 11am with the run at 2pm.

Adult prizes are on offer to the value of \$250 and children's to the value of \$100. There will be a prize for the best dressed entrant, as well as a 1st, 2nd, 3rd prize draw just for entering.

Entry forms must be completed and handed in at the event by 1.15pm or posted to c/o Nimbin Post Office by Friday 24th August. Entry costs for adults \$20 and children 12-16, \$15.

There are fantastic children's 3-12 year-old events: races, novelty and team games. Full details can be found on the Nimbin Fun Run Facebook page.

Volunteers will be needed on the day, if anyone would like to help, please phone Cassandra Jefferys on 0428-439-526.

Franklin Springwater, **Runner sponsors:** Craig Ardern Electrical, Rainbow Power Company, Dan Oxley, Nimbin Bakery, Nimbin Hotel and Backpackers, Nimbin Lifestyle Real Estate, Nimbin Tattoo Studio, Nimbin Psychologist, The Nimbin Bowlo, Tribal Magic, Daizy, Nimbin Building Materials and The Green Bank.

A special thanks to Lismore City Council, Jenny Dowell, Nimbin A&I Society, Nigel Reid, Peter & Janet Robinson, Mal Rothwell, Nimbin Headers, Nimbin Fire Brigade, Nimbin PO, Nimbin Police, Nimbin GoodTimes, all our Nimbin sponsors and all our volunteers.

Acknowledgements
Major Sponsors: Nimbin Hotel and Backpackers and Mt



Heartbreak Hill

Discover Fitness Fun Run 2012 Entry Form

Sunday 26th August, 2pm at A&I Showground, Cecil Street Nimbin. Entry fee: Adults \$20, 12-16yrs \$15

First Name: _____

Surname: _____

Age: _____ Phone: _____

Declaration

- I the undersigned, in consideration of and as a condition of my entry in this event for myself, my heirs, executors and administrators, hereby waive all and any claim, right or course of action which I or they might otherwise have for or arising out of loss of my life or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon the entry or participation in the event.
- This waiver release or discharge shall be and operate in favour of all persons sponsors, volunteers and bodies involved in promoting or staging the event and so shall operate whether the damage or cause is due to any act or neglect of any of them. The Race organisers reserve the right to alter the course and/or race format due to unforeseen circumstances and under the direction of sponsors, council, police and other organisers that are associated with the event.
- I agree to receive and pay for medical treatment including transport by ambulance, which is considered by organisers to be advisable and which is provided to me at the request or direction of the organisers before, during or after the event.
- I have read the declaration and agree to abide by all the race rules and directions as stated in the declaration and upon literature and other material distributed in connection with the event.

Entrant Name: _____

Signature: _____ Date: ____/08/12

If under 18, parent or guardian to sign

Return form to Nimbin Post Office by 24th August 2012, or on the day, no later than 1.15pm at the venue.



One of the children's 3-12 year-old events last year

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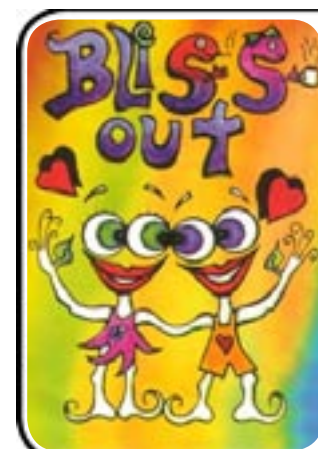


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