Boundaries

by Daniel Kesztler

Welcome dear Reader,
I hope you had a beautiful farewell of 2011 and you are ready to embrace the challenges, the coming year will present to you. I perceive the times we are in, as an exciting time, a movement into ever increasing presence. Awareness is the master key, understanding the nature of consciousness is the subject, being complete is the graduation certificate.

We live in a continuously expanding manifest universe, in the midst of an infinite potentiality. Due to the holographic nature of this manifestation, every part of the manifest universe is continuously expanding, hence the increasing speed of the expansion.

It works like the old story of the man who wanted to be payed in rice grains, using the potentiality of two on every square of the 64 squares of a chess board. 1, 2, 4, 8, 16, 32, 64, 128, 256... and so on. If you imagine a doubling of the number every second, you get a feel for the increasing speed at which the heap of rice would grow.

Now, if you don't stop at the 64th time of doubling, the numbers become quickly inconceivable. Maybe the manifestation of the universe works the same way.

I perceive myself as part of the universe, clearly defined through my individuality, yet always in contact and therefore in process with the universe. The universe is within me as well as all around me. What defines me is where I perceive my boundaries. I am the maker of my boundaries, I am defining the boundaries. I can say my individuality, my individual self is the boundary.

The boundary seems paramount to my individual being, the boundary is where all processes are happening.



If I am aware of my boundaries and consciously choose an harmonic way of processing all the different challenges I face, I feel complete, not static, complete, but evolving in complete harmony with the universe. This is Tai ji, the One Principle.

To summarise: I perceive the main task for healthy, harmonious living, in becoming aware of your boundaries. This is done on the physical level, the mental level, your belief systems, your emotional level, your time management, your relating to the world, etc. etc. ... As you check out your boundaries and redefine them, you allow yourself to become responsible for all the processes in your life. This in turn empowers you to make the choices you really want for your life.

It may be helpful to explore your boundaries and hence yourself with the assistance of a therapist or counselor who is professionally trained.

I am available for appointments this year in Nimbin 6689 1529 on Wednesday and Thursday for now and in Coffee Camp 6689 9249 on Monday, Tuesday, Friday and Saturdays. I continue my study of Gestalt Therapy in Brisbane and will also further my abilities in Bodywork with Advanced Massage, Mobilization and Manipulation techniques.

I am looking forward to being of service to humanity again, so please do not hesitate to call and make an appointment if you feel the

Cheers Daniel

Vegan Lovebites

by Nettie Lovejoy

large percentage of people, young and old in this world, believe we are spirits having a human experience. For what precise reason is still confusing for most. But in God we trust. Just about every government and church leader and many believers have used this statement. But, what if God was among us? We would definitely be on our best behaviour.

Take it a step further, we are all supposed to have been made in his/her image. When we are true to our inherent nature we are filled with neverending love, compassion, patience, joy and gratitude. Truly God is everywhere. What would he/she/we eat. I really can't imagine that he/she would be tucking into a piece of flesh with sidesalad or veges, especially with "Thou shall not kill" being a broadly known statement. Broad also in that it doesn't say just humans, so any learned person would only assume it meant no taking of any life.

Many friends of mine have said that their children and grandchildren are refusing to eat the chicken on the plate when having identified it as the same fluffy little chicken they like to coo and cuddle, or the meat on the barbecue, when they were patting them at the hobby farms on the weekends. From the mouths of babes is truth/honesty.

To children it must seem totally unfathomable, crazy and cruel to even think of eating these beautiful gentle creatures that have given them so much joy in momentary encounters and cuddles. If children understand this why is it difficult for adults?

Correct me if I'm wrong but maybe it's just another learned habit that some people might think impossible to conquer. But it is imperative for our spiritual evolution to progress past this grave mistake of taking a life to please our palatte. Having a plant-based diet is not so hard. Of course it is challenging at first, just like all major changes in your life. It is proven beyond any doubt that relying on animal products in our food source is detrimental to our health, environment and spiritual growth. Wouldn't



it be awesome if every being on this planet would make the pact of trying their best to spiritually grow, and just practice to walk, talk, think, eat and live in God's likeness? The change in our and this planet's energy would be noticeable within a day – you can be sure of that.

"All that spirits desire, spirits attain" by Kahlil Gibran, my favorite philosopher and author. Maybe start by replacing with a vegan meal every second day, and notice the difference in your world. Can I now be cheeky? "I dare you". It never hurts to try.



Recipe

Another favourite of mine. An easy, tasty Pumpkin Salad.

Dry roast 1 kg bite-sized pumpkin and 2 sliced zucchinis. Cook 2 cups of basmati or brown rice. Without any oil, fry 'til lightly brown 1 ½ cups of mixed pumpkin and sunflower seeds and ¼ cup sesame seeds (optional). Finely chop 2 shallots, parsley and ½ red capsicum. Mix together 1½ tblsp tamari, 3 tsps sesame oil, 1 crushed garlic clove, 2 tspns brown sugar, 1/3 cup lime juice. Stir this mixture in with cooked rice, beetroot, seeds. Serve on a bed of rocket. Nice with a lentil burger and sauce.

An easy gado gado sauce: 1 cup coconut milk, ½ cup chunky peanut paste, 1 tsp red curry paste, 1 tbsp brown sugar, 1 tbsp lime juice, 2 tsps vegan oyster sauce. Heat up 'til mixture thickens.

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



Learn to make flower essences

Australian Bushflower remedies are a simple and effective system of natural medicine and have been used for over 25 years throughout the world by health practitioners as well as private individuals.

The Australian Bush Flower Essences Course Part 1 is 16 hours in length. This beautiful course is for everyone with an interest in natural healing either for themselves, their family, or professionally.

This course was developed by, and is fully certified by, Australian Bush Flower Essences and has been taught in naturopathic colleges for many years. However, because it contains such valuable knowledge (that anyone can use), it is now being made available to members of the community and practitioners in more informal venues outside major cities.

You don't need to know anything about flower essences or natural healing to do this course, nor even have an intention of using the essences on anyone other than yourself, your family and friends. If you are a professionally qualified practitioner, you will find this information exceptionally useful in your clinical practice, enhancing your existing knowledge base and modality. You will learn about human

subtle energy anatomy, how Flower Essences work, how thoughts and emotions affect wellbeing, major emotional issues and corresponding Essences for each theme, how to prepare an individual essence, the fundamentals of the 69 essences, etc.

At the conclusion of the course, you will receive a Certificate from Australian Bush Flower Essences, equal to that obtained by naturopathic students who have completed this course in formal Naturopathic Colleges.

Energy medicine is at the forefront of creating a whole new world of options and outcomes, not just for practitioners, but for everyone. The Australian Bush Flower Essence College Course explores and teaches this new paradigm of health and wellbeing based on subtle energy systems, creating new opportunities for "healing in the whole person".

the whole person".

The course will be held at
Lillifield Community Centre
on Friday mornings, 10 am
– 12 pm for 8 weeks, starting
3rd February. Cost: \$215.

Contact and bookings: Tina (certified abfe teacher) phone 6689-7413, mobile 0457-903-957, e-mail: star-loom@hotmail.com http://nimbin-starloom.com.au













Tenzin Choegyal returns to the Kavailya Meru community near Nimbin with the Tashi Lhumpo Monks of Tibet as part of the "For Tibet With Love" concert series on Friday 27th January.

The day begins with a sand mandala workshop from 2 – 3.30pm, followed by dinner from 6pm and an evening concert of Tibetan sacred music and dance from 7pm.

The monks will perform their unique version of throat singing and play instruments including the 10-foot long dung-chen horn, drums, bells, cymbals and gyaling trumpet.

Tenzin is well known to Australian audiences for his singing and transcendent music using traditional instruments such as the dranyen (a six-stringed long-necked lute) and the lingbu (a transverse bamboo flute).

The Tashi Lhumpo Monastery is

now situated in Karnatarka, India, but it was founded in 1447 in Shigatse,

The tour raises funds for the education of Tibetan children and supports Tibetan monks in exile. This is a chance to share in a unique cultural event while at the same time providing valuable humanitarian

Kavailya Meru community is at 3981 Kyogle Road, Lillian Rock - 10mins past Sphinx Rock Café and 2.6kms from the Nimbin turnoff.

Bookings are essential for the sand mandala workshop (\$40/person, kids under 13 free). The evening show costs \$20, kids under 16 by donation. Advance tickets from Nimbin Organic Shop and Sphinx Rock Café or visionsinharmony@yahoo.com.au

For more information, please phone 0428-539-232 or 6689-7533.

Bowen Therapy and Animals

by Tonia Haynes Dip Bowen Therapy, Cert Remedial Massage, Advanced Pranic Healer, Advanced Cell Ectrology Kinesiology

ello all. I wish you the very best of everything L throughout 2012 and may an awareness of the benefits of love, acceptance and integrity drop on all our heads, wriggle into our brain and make the bells ring in our hearts.

Also, may this supposed neophyte of good will, become better practised at what she preaches.

I begin the New Year with a verse that hopefully, might stimulate new thoughts in some and reflective fondness in others. If you can always be cheerful If you can sleep without drugs If you can relax without alcohol If you can start the day without

If you can take blame without resentment

If you can resist complaining If you can eat the same food every

and be grateful for it If you can understand it when your loved ones

are too busy to give you time And if you can overlook it when those you love

take it out on you, through no fault

when something goes wrong Then my friend, you are almost as good as your dog.

Or cat, or horse, cow or sheep, or bird or reptile, or any other animal that has the unwitting potential to enrich our lives, just because they are.

Mind you, as most of you well know, animals are not always cheerful and easy to get along with, usually because they have been subjected to cruelty, neglect, or misguided behavior from the humans they are forced to depend on, for their survival.

We are masters at blaming the symptoms of our ignorance, laziness, greed and lack of research for the cause of our problems, when it comes to the animal kingdom.

Hence wild dogs that were unwanted puppies and feral cats that were unwanted kittens.

All are animals that respond to human affection in the most amazing ways, but because of their unchecked, destructive desire for survival, they are rejected by everyone.

Perhaps, in the new, perfect world, de sexing will be a government subsidized service, breeders will be taking to task

for their greedy, self involved production of genetically, unhealthy and dysfunctional pets and people will think long and deep about the responsibility involved, when inviting another species to depend on them for its comfort and survival. Oh dear! The soap box is beginning to smoulder.

Perhaps now is a good time to return to the healing box. You know, the one where everything is perfect, change what you can and let the rest go etc. etc.

Animals are very good at changing what they can and letting go of what they can't. For this reason they are wonderful patients when it comes to Bowen Therapy. They don't think. 'Why is she doing that? How on earth could that help? As one performs a gentle flick across their hamstring or inside leg. They simply respond to the energy as the connective tissue lifts off the sore bit and they feel the relief. Dogs, cats, horses, cows, sheep, even pet snakes have been known to miraculously recover from injury and stiffness of gait due to Bowen Therapy.

I have treated dogs, (one with cruciate tendon problems) also cats and horses with Bowen Therapy. Often with very positive results. The cruciate tendon healed without surgery. My collegue in Tweed Heads who specializes in Bowen Therapy on show dogs, has also treated cows, sheep, goats and chooks. Mostly with positive results.

Unfortunately, unless they have been exposed to it in the past, people find it a challenge to comprehend that the Bowen moves can work as well as they do, because they look so simple; particularly when one is working on an animal. For this reason, if the animal does not respond noticeably after one treatment, their carers often give up on Bowen therapy.

In truth, it may take three to five or eight treatments over a three week period before an animal returns to good health. It depends how serious, or chronic the issue.

The cruciate tendon injury belonged to my friend's German shepherd, Rin. The friend had been told only surgery would solve the problem and she did not have the seven hundred dollars needed.

I treated Rin with pranic healing and Bowen Therapy every second day for two weeks.

When my friend next took Rin for her vaccinations the vet was truly amazed at her good health and noticeable lack of restricted gait.

If your animal has an injury, it is well worth considering a few Bowen treatments before looking at steroids etc. Even if an animal is taking steroids, the Bowen Therapy can assist in accelerating

the healing. Injuries can often turn to arthritis which is more of a challenge to remove, so getting Bowen therapy for an injury as soon as possible is a wise decision.

Many Vets know little about Bowen Therapy. After all it is not going to put money into their pockets. I can only say it is relatively non invasive and works fantastically well, if given the

One last little peace of wisdom gained from sad experience. Train your dog to come immediately when called and also to stay on command. They don' need to race around killing wild life in order to be happy. Cats too, can be trained not to kill birds.

A trained dog is a safe dog, both to itself and your potentially irritated neighbours. It is not fair to a dog to surround it with people who don't like it, simply because you have not taken the trouble to train it properly. Cesar Millan has written some great books on training dogs and yes, one needs to use a collar and lead.

I used to be of the opinion that dogs need to run free all the time. I was wrong. Sadly, that mistake put my dog in danger on more than one occasion and eventually she died in her prime, because I had not trained her to immediate obedience.

A treatment on a dog or cat takes about fifteen minutes. Price: Donation only. Location: The clinic grounds.

My other passion of course is treating humans for back, neck, shoulder and limb pain and stiffness.

Treatments take about one and one quarter hours. Price \$50.00

'Til next time. Love Light and Laughter

I am in clinic in Nimbin Tuesdays and Saturdays and would love to see you, or your pet. Phone me on 02-6689-0240 or mobile 0439-794420

Cook's corner with Carolyne

Finger Lime Dannacotta

his is a lovely tangy light dessert after the heavy holiday food, and is rich in vitamin C.

Ingredients

3 cups cream 1 cup milk 3/3 cup caster sugar 2 cinnamon sticks, broken in half 1 tsp Vanilla essence 1 tblsp gelatin 6 finger limes halved, pulp removed

Finger Lime Syrup 1 cup water ½ cup sugar

Method

1. Place cream, milk and sugar into a saucepan. Stir on low heat until sugar has dissolved. Add cinnamon sticks



and vanilla and heat until just simmering.

Strain into a large jug. 2. Stir the pulp from two finger limes into cream mixture. Whisk together gelatin and 1/4 cup of water until gelatin has dissolved. Add to cream and mix well. Wet 8 x $\frac{1}{2}$ cup moulds with a little water. Divide pannacotta mixture between moulds. Refrigerate overnight

to set. 3. To make the finger

saucepan on low, stirring until sugar has dissolved. Increase heat to high simmer for 5 minutes until mixture has become syrupy. Add

remaining finger lime

pulp. Drizzle with

finger lime syrup.

lime syrup.

Heat water

and sugar

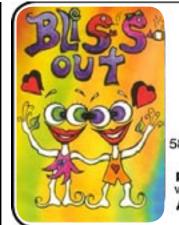
in a small

Thank you for all your compliments and questions from all you food lovers. All the best

for the coming year. For information call Carolyne at the Coffee House Nimbin, phone 6689-0590

> Till next month enjoy. Carolyne.





58a Cullen Street Nimbin

Open 7 days phone/fax 6689 1365 www.happyhighherbs.com Also in Newtown, Fitzroy and Surfers Paradise





Astrology for parents

very child is different, and has unique characteristics and needs. Parenting techniques that work well with one child may frustrate or upset another.

Learning some basic things about astrology can greatly help parents to recognize their children's temperament and traits.

Each child is born at a special moment in time. The position of the planets in the sky at the particular moment of birth creates an energetic blueprint which reveals the unique components of your child's personality.

It can be quite complex to study all aspects of an astrology chart, but it is possible to break it down into the most basic components and uncover valuable, helpful information about your children and their needs.

There are four elements in astrology: fire, earth, air and water. Each of the 12 signs is associated with one of the elements. Each element is known for adding special characteristics to an individual's temperament.

In a new course starting in February with a simple step-by-step approach, you can find out which of the four elements is the most prominent.

Children with a strong fire emphasis approach the

world in a different way than a child with a preponderance in water.

Or your personality might lean towards the air element, and might have difficulties to fully understand the more apprehensive nature of your child who displays a strong earth signature.

Astrology is meant to confirm and strengthen our intuition. In finding out about your children's potentials you can emphasise the positive while being mindful of the challenging aspects of their elemental nature. Negative patterns can be changed; conversely, our natural talents can stagnate if we fail to develop them.

In this course, you will take note of the positive potential expressed through the elemental make-up of your child's chart, while keeping an open eye for potential problem areas that could hinder or block your child's best expression. It is suitable for beginners.

Enrol with the Nimbin Open Learning Centre, Wednesday 1st February.

The course Astrology for Parents starts Thursday, 9th February, 10am – 12pm, for 6 weeks.

For more info please ring Tina on 6689-7413 or 0457-903-957, email: star-loom@hotmail.com; http://nimbin-starloom.com.au

ASTRO FORECASTS BYTINAMEWS

YOUR MONTHLY REVIEW OF WHAT'S HAPPENING IN THE HEAVENS

January Finally we have entered the long-awaited year of 2012 which has not only caused many doomsday predictions but has also been associated with the beginning of a new, more enlightened age. Let's regard 2012 as the birth year of a major paradigm shift, the historic turning point where we collectively can spiral onto a new level of awareness. Once we understand that our shared beliefs are shaping our reality we can take responsibility for our future. However, this is determined by what we perceive as possible. For all those individuals amongst us who feel overwhelmed by the many changes that everybody is experiencing, it might help to remember that the birth of a new era is not an easy process – no birth ever is!

From an astro point of view, the main issues concerning 2012 are linked with the topics of *sustainability* and *values*. A new age requires new values that are based on new moral codes. After all, we only have one planet to share around for the fulfillment of each person's material needs and desires!

The current planetary influences carry a strong Earth signature; the Sun is positioned in Capricorn (until Jan 21), Jupiter is positioned in Taurus, and Mars in Virgo completes the Earth triangle. Mercury will be in Capricorn between January 9 and 28 while Pluto's extended period in this sign stretches from 2008 – 2023. Planets in any of the Earth signs keep us in touch with the physical senses and the here-and-now reality of the material world. Individuals who are strongly influenced by the earth element are said to be practical and stable, patient and cautious but lean towards traditional values and material security.

Capricorn people are capable of great strength and have a strong sense of purpose. They like to organize and plan their steps well ahead. Capricorns prefer to be useful and can be very disciplined. It is important for them to know their place in the world. They are usually very committed to their goals thriving for a position of respect and authority as validation for their individual achievements. On the other hand, Pluto, the cosmic destroyer and rebirther, whilst in Capricorn keeps reminding us that natural resources are deteriorating and that unsustainable structures on all levels have to be eliminated or transformed. We have to continue thinking cosmically and acting locally.

Jupiter in Taurus can bring material gains but also an overemphasis on the importance of financial market economy and personal wealth accumulation. Mars in Virgo stimulates industriousness and hard work with an eye on mastering details. Mars turns retrograde on January 23, spending extra time in the sign of Virgo (until mid April). We can use this first quarter of the year to reflect upon, discern and repair whatever is not working in our lives.

The full moon in Cancer on January 9, represents the nurturing principle. Remaining connected with our intuition could be a source for extra courage and guide the way towards greater understanding of what matters most right now.

We are all in charge. Fear of the future only leads to negative outcomes.

Aries

The current emphasis on practical concerns might not suit your fiery, fast acting modus operandi. Be wise and humbly plan your steps. Working with the cosmic flow will bring better results. Work and health issues are highlighted until July.

Taurus

Jupiter, the Cosmic Benefactor, will remain in your sun sign until June. Use this first half of the year for taking advantage of the many opportunities that may offer themselves. However, do not get trapped with material concerns. Instead, enhance your creative side and refine your artistic abilities.

Gemini

The energies of the moment force you to deal with the here-and-now. Be practical and applied rather than feeling frustrated that things are only moving slowly. It takes time and effort to put airy ideas into physical form. Use the first six month of this year for strengthening your foundation.

Cancer

What is your reality? What does it look like and feel like? Try to be as attentive as possible. Reflect upon your mental patterning and the way you process information. Be open minded about messages that come to you via others and know when you are projecting out. "What goes around comes around".

Leo

Your urge for achievement might be very strong at the moment and you feel like making the most out of any project you are working on. Do what you need to do but please avoid stressing others – they could still be in holiday mode! Right now, you need to take extra care of your health.

Vírgo

It feels really good to have the energy and confidence to put one's plans into reality. Keep working with the cosmic forces of the moment and seize the opportunities that present themselves. You are searching for a new vision and a new set of values. Go for it!

Libra

It is essential that you establish your ideas with practical and achievable methods. Find out about your purpose in life. Not really knowing why you are doing something might create mental instability and uncertainty. Keeping one foot on the ground will empower you to discern when to expand and when to retreat.

Scorpio

This is an excellent time for reforms in your life and for changing the world around you. You could well be acting as a catalyst within your community. Networking is essential for remaining in touch with the concerns of others. In the last week of the month your focus will shift towards sorting out domestic affairs.

Sagittarius

You might feel the urge to get ahead with your career goals right now. However, discern which road you want to travel and how much energy you are willing to invest. What gives you the most fulfillment and what do you perceive as possible?

Capricorn

The current celestial influences support your need for material self-sufficiency. On the day of the Full Moon (9 January) you will be reminded to balance duty and obligations with the emotional needs of those close to you. A change in routine that allows everybody more freedom might be the outcome.

Aquarius

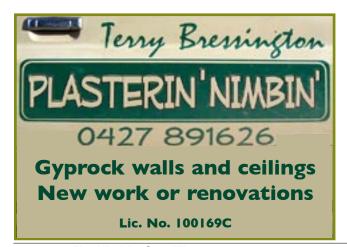
The New Moon in your sun sign on January 23 marks a new beginning. However, Mars, the planet of action, turns retrograde that day asking you to put plans on hold (until April 13) giving you extra time to finalise old projects and re-evaluate new plans. It will take a bit more effort and love for detail to shift to the next level to allow your destiny to unfold

Pisces

Relationship issues are at the center of your attention right now. What are appropriate boundaries and which are your deepest fears that trigger co-dependant behaviours? Having open conversations with partners and friends could heal many old wounds. Your negotiation skills will deepen in the process.

Personal readings for 2012 are available. For information or appointments please contact me on 6689-7413, e-mail starloom@hotmail.com or visit my web page: http://nimbin-starloom.com.au Medical Astrology: Classes will start on 1 February, Wednesdays 10am - 1pm, Lillifield Community Centre. Ausralian Bushflower Essences Course Part 1 will start on 3rd February, Fridays 10am - 12 pm, Lillifield. Astrology for Parents: starts 9th Febuary (Thursday mornings 10 - 12), enrol with Nimbin Open Learning Centre: 6689-1477.











Reviewed by Stephen Wright

h Tintin, how did it come to this, to be beaten to death by the lumpen charmlessness of Steven Spielberg? And what to do about Spielberg himself? How can he be deterred from churning out these thuggish lumbering epics? A public flogging in Times Square? Chained to elephants and dragged down Hollywood Boulevard? Or perhaps a whack job by the same crew that took out Bin Laden. "Hands above your head Spielberg! Your trite fascist mumblings will defile the world no more!"

For those who came in late, Tintin is the boy hero of twenty or so comic books by the Belgian illustrator Herge. Accompanied by his sidekick the partially reformed alcoholic sea-dog Captain Haddock and his other sidekick the actual dog, Snowy, Tintin travels the globe seeking out spies, international criminals, jewel thieves and so on with a sidetrip to the moon thrown in for good measure. Herge had the clean precise drawing

style of a draughtsman, and his narratives zipped along at a fine pace with plenty of intrigue, uppercuts, and skin-of-the-teeth escapes. The early Tintins (*Tintin in the Congo*, and *Tintin in the Land of the Soviets*) written in the late 1930's and 1940's were remarkable for their racism and right-wing politics, but for the later books on which Herge's fame is based he'd cleaned his act up substantially, peaking in the late 1960's with the classic *Tintin in Tibet*.

Spielberg's film is based on three Tintin books, and for reasons known only to himself and producer Peter Jackson, Spielberg chose to go with computergenerated animation. This means he has to turn Tintin from a crisply-drawn comic-book character into an almost-butnot-quite real person. The whole approach looks slightly sinister and sucks massively, and Tintin is transformed from an earnest boy wonder into someone resembling Wayne Rooney with hair. The script is leaden, and the slapstick humour for which the Tintin books are famous come across as heavily contrived and oddly without humour. This is partly because

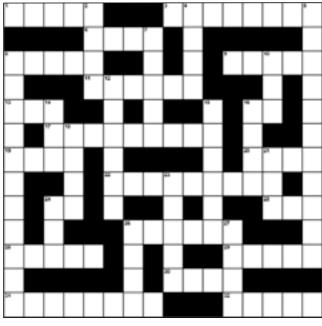
Herge's slapstick was funny. Spielberg's slapstick comes across not as evidence of a sense of humour but as evidence of some creepy thought process it's best not to examine too closely.

Spielberg has always looked like someone with a very limited imagination. When in doubt, do what you've done before is the Spielberg motto and make it big and noisy. Having got hold of Tintin and apparently seeking to squeeze any nuance of enjoyment out of him as thoroughly as possible, Spielberg tries to turn him into Indiana Jones, which is his only reference point. This means that he has to take major liberties with the plots of Herge's books. The result is that while Spielberg is obviously pathetically eager to prove that he is the true and only heir to Herge, he treats the Tintin oeuvre with Spielbergian contempt and stamps all over the Tintin world with Indiana Jones' triumphal American boots.

Spielberg employs an all-English voice cast (Daniel Craig, Andy Serkis, Jamie Bell, Simon Pegg etc etc) and in the hands of a director with half a brain and an understanding of what makes Tintin Tintin, we could have had an interesting film on our hands. Instead we get voice acting by numbers, and every scene and camera angle shadowed by the dead hand of Steven Spielberg. It's like watching a comedy directed by Sauron.

The books that Spielberg based this execrable piece of tedium on are *The Crab with the Golden Claws, The Secret of the Unicorn,* and *Red Rackham's Treasure.* If you want a pleasant afternoon filled with the hi-jinks of a Belgian boy reporter, then go for the books. Two hours in the company of Steven Spielberg is time you can never get back.

Nimbin Crossword



Across

- 1. (and 3 across) Mesoamerican timekeeper (5, 8)
- 3. See 1 across.
- 6. Cattle
- 8. (and 29 across) Kiwi detective novelist
- 9. Killing _____ or shopping _____?
- 11. The conscious
- 13. Lump? Mouth
- 16. Located
- 17. State capital, to North of 26 across
- 19. Crisp folded roll
- 20. Grass?
- 22. State capital, to
- Northeast of 26 across 24. Successor to the League of Nations (init.)
- 25. Bible character trains Samuel
- Samuel

 26. Federal Republic in

 North America occupies
- Chiapas 28. (Gold) bar?

- 29. See 8 across.
- 30. Leaf natural stimulant
- 31. Hot chilli pepper
- 32. Well dresssed dread

Down

- 2. Digital dunce?
- 4. Beers from malted barley 5. Prove (again)? Set up once
- more
- 7. Feudal mercenary assassin 8. As from a bad dream
- 10. Heat? Deep driveway track
- 12. Grave rob?
- 14. Include privately in email
- 15. Cloth
- 16. Desire? Pain
- 18. (Drive like a) lout
- 21. Observe
- 23. Polluting, like Coal Seam Gas
- 24. Sheepskin footwear
- 26. African (arch.)
- 27. Arab kingdom, never colonised

Reviews from the Crypt

Our Favourite Shop was The Style Council's second album and Paul Weller's attempt to give his previous band The Jam's sense of politics a more active face, and dig some groovy fashion at the same time.

The album cover said it all, showing Weller and his offsider Mick Talbot standing in a shop full of sixties popculture items, including a Rickenbacker guitar, images of George Best, John Lennon, Michael Caine, and books by

Joe Orton and Lauren Bacall, plus shoes, a coffee machine, gay posters and racks of shirts.

The Style Council were born in Thatcherite Britain, the forerunner of Cameron's disintegrating Britain, and Weller had a lot to say about Thatcher's war on the poor and on working-class traditions. Weller was infuriated by music's abandonment of a political agenda, and used the Style Council's varied musical attack to deliver a lot of beautiful songs whose

polished surfaces delivered uncompromising political messages. There is great irony in the songs on Our Favourite Shop and on its predecessor Cafe Bleu, as for example when Weller uses a sweet, late night blues-style to throw out a story of the trashing of England's north. Our Favourite Shop was witty and brilliantly conceived. When he wound up the Council, Weller said he thought the Style Council's music would last for some time, and he was probably right.



Our Favourite Shop (1984)

The Style Council

A Pattern Language Christopher Alexander (1977)

A Pattern Language was tailor-made for somewhere like Nimbin, so it's interesting it isn't better known here. Alexander is an architect who recognised architecture's autocratic nature and wanted to come up with a simple guide to designing and building towns, communities and buildings. A Pattern Language was the result.

The book consists of 253 patterns that anyone can use in building and designing, so that design would be taken out of the hands of architects and

other design-nazis and returned to the people who would live in the places they built. Each pattern is accompanied by a photo of the pattern in operation, a little hand-drawn diagram of the pattern and a brief description of the problem the pattern is intended to solve.

The patterns start with the big pictures (towns) and continue on all the way to window ledges. They are brilliant, they are

simple and they work and they give

a sophisticated design vocabulary to

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A Pattern Language

anyone who picks up the book. You don't even need to be able to read - just a glance at Alexander's squiggle pattern-maps tells you everything you need to know.

Design, as Alexander showed isn't something for experts or people with arcane knowledge of some kind, but a way of making visible the way we want to

live. It has nothing to do with excitingly chunky furniture or stainless steel kitchens and everything to with how human beings congregate together.







6621-7431 After Hours 0407-433-405





Solutions for environmental challenges



hit!" seems to be a universal exclamation in the event of hurting one's self, dropping or breaking something, getting a fright or surprise, or just plain wondering. In fact shit is arguably our most popular four letter word after "fuck". Its multitude of meanings rivals the "f-word" admirably and it's probably more socially acceptable in most situations.

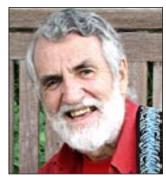
People we don't like are shitheads, may be shit-wits and have shit for brains, may stink like shit, give us the shits, shit in their own nest or get mad as shit... in which case they may have shit on the liver. A troublemaker is a shit stirrer who may have a shit-eating grin and might look like shit, feel like shit or have a mouth that tastes like cocky shit depending on the night before. He could even be a bludging shitkicker who knows Jack-shit about any shit at all and thinks his shit doesn't stink.

We have shit-raking shit-mongers like Rupert Murdoch and a

plethora of shit merchants and shit salesmen who sell us all sorts of shit on the TV, or shit box. They tend to talk bullshit, horse shit, frog shit or even shark shit, and an abundance of it is known as a crock of shit. Politicians generally are full of shit and therefore spout a lot of shit. Parliamentary debates are usually shit fights, shit storms, a shit stream and generally bad shit. Good shit on the other hand describes local combustible delicacies which get you shit-faced, especially when combined with alcohol or other mood-altering shit. Could even make you go ape-shit!

A shit-house is actually a dunny, however a person can be built like a brick shit-house, can have a shithouse day or feel shit-house if sick, or in the shit with someone else. Something extra good is hot shit, or rat shit if not so good. Bad luck can be stiff shit or hard shit, songs and movies can be sentimental shit, and we can have a shit of a time depending on whether we have our shit together or not.

A shit sandwich is something we are so hungry we could eat right now except that we don't like



Mookxamitosis by Brendan (Mookx) Hanley

bread. We can be off-handed about something we couldn't give a shit about or so mean to someone we wouldn't give them the steam off our shit, and if they call around they're liable to get a shitty reception. Our attachments stick to us like shit to a blanket.

"Don't fuck with my shit!" can mean "Don't interfere with my personal possessions!" or it can mean "Don't try to mess with my mind!" When shit hits the fan, results of earlier activity become obvious and if we are culpable we might find ourselves up shit creek. Once we get publicly smeared we

might find that shit sticks and we are suddenly pushing shit uphill.

A place we don't like is a shit hole, which is also a description of our fundamental orifice which gives rise to shit stains known colloquially as skid marks. Speaking of skidding, a near accident in a shit heap of a car can make us scared shitless, or so shit scared we almost shit ourselves!

"Shit a brick!" is an exclamation of wonder or bewilderment whereas "shitting fairy floss" is the aftermath of over-indulgence the night before. Baby-shit brown is a colour most of us know only too well and anything really good these days is "the shit". Then there's "Don't shit me you little shit!", "Shit, look at that!", "Oh for shit's sake!" and "What a heap of shit!"

Life can be a bag of shit, shit easy or hard as shit. Own your own shit!

Adjectivally we have shitty nappies, vibes, looks, fashions, food, weather and government. A shitty outlook will guarantee a shitty outcome and a shitty attitude brings a shitty result.

"Shit happens" indeed, in many different ways, but ultimately it's just the same old shit!

It doesn't need to be "Champagne"



Fruit of the vine by Terry Beltrane

uality sparkling wine is a bit like "fairy floss for youngsters; it's in your mouth, all fluffy and tantalising with it's creamy soft bubbles that titillate your tongue – and then, with a lingering delicacy of flavour, it's gone, leaving you in want for another sip.

In a relatively short time Australian wine makers have got a real 'handle' on making top class fizzy and there's oodles of the stuff out there at a quarter (and less) of the prices you'd pay for Champagne. Establishing vineyards of the 'correct' grape varieties in cool climate regions was the first step in a journey of many more. A cool and long growing period allows grapes to ripen with more subtle and complex varietal characteristics while retaining high natural grape acidity, these being the

fulcrum for quality fizz.

Chardonnay is the mainstay grape variety for quality fizz providing the finesse and elegance of structure along with length of flavour. Pinot Noir (yes, red grapes), the 'other' mainstay variety provides middle palate weight and contributes to complexity and length of flavour. Not common, but sometimes used in flagship brands is Pinot Meunier (also a red grape used in small proportions (5-10%), a variety that contributes a 'feral' element in aroma and flavour: a hint of mushroom or forest floor leaf litter. Each of these varieties are harvested at low sugar levels to retain that natural acidity and elegance while keeping the alcohol levels lower in the finished

Wines from these individual varieties are then blended for the final base wine (Cuvee), grape juice concentrate is then added along with a selected yeast strain to initiate the secondary fermentation in the bottle (which will add another 1% of alcohol in addition to the CO2 that makes 'fizzy'). The whole blend is then bottled and stacked into maturation bins. The secondary fermentation is usually complete in about a month or two and the

in suspension in the wine (referred to as 'on yeast lees') by rotating the bottles. Through a process called "yeast autolysis" the cell walls of the yeast collapse and the yeast protoplasm integrates with the wine adding 'bakery' aromas: fresh bread, biscuity, doughy and nutty are some of the decriptors used. So here it is! Delicate and crisp from early picked fruit, complexity of aroma and flavour from use of up to three different grape varieties, additional complexity of flavour from yeast autolysis and fizz.

Quality wines (read more expensive) are kept 'on yeast lees' for a minimum of two and up to five years. This allows all the components in the wine to better integrate and harmonise as well as allowing the gas to become more finely dispersed in the wine. The bubbles become greater in number and smaller in size giving us that desirable quality referred to as 'creamy' or 'fluffy' in texture.

Buy Australian - Tasmania, the Snowy Alps and Victoria make some excellent stuff, spend an extra dollar or two and enjoy. Many thanks for your comments and kind words and I wish the very best to all for your health and happiness over this next

Living in the Woodenbong hills

by Marilyn Scott

hat's important is now," said Bazz.
From their 'abbb so peaceful' From their 'ahhh so peaceful' mountain cottage, Pauline and Bazz share their life, and by sharing they do well.

"What power do we need?" said Bazz. "Not much."

"There's nature's music now," said Pauline. "The birds and the rustle of the leaves."

They support their minimal power usage with two solar panels and 2x 6-volt Trojans married together, and a back-up generator to pump water to the header tank when

Their morning starts before dawn; they spend most of their time living outside. The campfire is lit heating the kettle while they do their 'Golden Treasures'; then ahhh the first sip of the first cup of tea, along with the morning chorus. A few more sticks are added to the fire, then breakfast is cooked and water for washing up. "All part of daily doings," said Bazz.

The overnight soaked beans are now placed in the ashes to cook gently for a few hours, during which time we harvest Rondo De Nice zucchinis, button squash, purple king beans, warrigal greens, all to be lightly steamed in preparation for the evening meal. Their garden is certainly an inspiration!

"We like to think of ourselves as conscious people," said Bazz, "and making the least footprint, as comfortable as possible for us."

They gave away their car years ago and now travel everywhere by bicycle or public transport. "Public transport is great," said Pauline. "You meet the nicest people on buses and trains."

"Our needs are simple, and all our needs are met, and if we're laden down from a shopping trip out of town, Watsons (the local bus service) takes us right to our door.



For larger things like building supplies etc, Steve from West of the Range delivers right to our door. Great service."

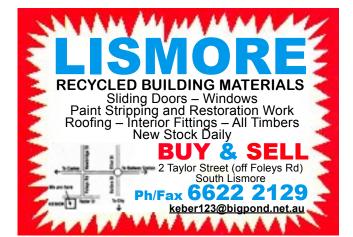
"It's like existing in a community that I remember as a kid 60 years ago," said Bazz, "where people in the community helped each

"Walking the talk – that's what we really enjoy," he said. "Our world is our horizon." Pauline added, "We look after our immediate environment... If everyone looked after their immediate environment, the environment will look after itself," quoting from the Gathering of Elders in Arnhem Land in 1998.

"Our landline is our one luxury," Pauline said, "for keeping in touch with family and friends. We consider children to be the most important people in the world, they need to be nurtured."

Being a part of the local school garden is important to me," said Pauline. "An opportunity to share with the community."

A day at Pauline and Bazz's is a treat indeed - a retreat, a special place with special people. Thank you Pauline and Bazz.



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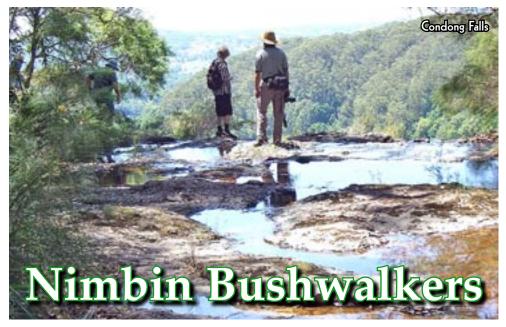
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by Michael Smith

here are still a few club members left who are happy to leave their farms and flop-houses to spend a bit of time in the bush.

Living in the hills around Nimbin has compensations: wallabies in the yard, honeyeaters tumbling through the grevillias, pots of finger lime marmalade, to mention a few. Out beyond the barb wire are areas that the loggers left mostly intact. Now National Parks, we are free to explore, marvel and photograph. Just this year, in our own Nightcap National Park, a few people have become so lost that they had to spend one or more nights shivering up against a forest giant.

My heart goes out to them, the same thing happened to me when I was a teenager. My girlfriend-walking-partner could not walk fast enough to finish a longish ramble in daylight. We spent a freezing night in the Blue Mountains. These days I always carry a torch.

Walking with a Club is the safest way to explore the local tracks. The Nimbin Bushwalkers Club welcomes you all.

n a hot November Sunday, Ron led five of us to Condong Falls. This walk starts at the dramatic viewing platform at the top of Minyon Falls. A few tinkling creeks are crossed, through a forest of gums and wildflowers, before descending into the cool of the rainforest. The area around Condong Falls is peaceful and relaxing, inviting a stay to absorb the dramatic view. A soak in the good-enough-to-drink mountain stream would have been welcome, but we

moved on to the fire trails. Here black wattle and cypress pine were king. There were only two cameras to record the special moments, a digital SLR costing thousands and a quirky 3D camera.

As we wandered back to Minyon the creek was lined with picnic baskets, children and bikini-clad teenagers. Another reason to be living in the Rainbow Region of the Lucky Country.

ur last event for the year was a camp at Koreelah Gorge. Three of us slipped in on Friday night and camped upstream of the Platypus pool. There were several monotremes to be seen, crunching yabbies on the surface and splashing down for more. Truly magic in the last light of the day. All about, birds were selecting their roosting trees for the night. We put our feet up around a camp fire.

Next day the rest of the campers arrived, bringing our number to 11. A damper was cooked in the camp oven and scoffed down with 'cocky's joy'. We took our swimmers and headed down the gorge for a swim in the numerous holes and cascades. Koreelah Gorge is wide and open, making easy walking. A few fell in crossing the creek. Lunch was had above a waterfall, watching one of Don's WWOOFERS leap from the cliff tops into the pool. We decided to head back before anyone ended up in hospital.

In a side creek we spied a remarkable feature. An un-named waterfall tumbled down a cliff face to the creek below. Half way down, it passed through a scooped-out hollow about 4 metres wide and 4 metres deep into the





rock. A kind of cave half way down the falls. It looked deep enough to swim in, so the alpha males and their concubines had a go at climbing the cliff to the 'wallaby's pouch'. We made it, but only the indestructible WWOOFERS braved the cold water, which never sees the sun.

Back towards the campsite we caught up with the rest of the mob swimming in the pool beyond the Platypus pool. Here were a selection of natural spas, surging, spraying and tumbling into gouged out hollows. Nobody in Australia had a better time that day. There were turtles sunning and bobbing through the pools. The bird chorus was so loud at times we had to raise our voices. Rock wallabies scattered over the rocks to safety. Above, a baby yellow-tailed black cockatoo called endlessly to its nearby mother for a warm mouth-full of casuarina porridge. There were rosellas of all colours, and even cormorants, showing that there were plenty of fish about. Another night, another damper, a bigger fire.

walk to the hill-tops, mostly on farm roads and fire trails. Most people had about \$50 worth of ticks riding on their person. Christina wanted to stop and drop her duds to extract one. We left her to it in peace, expecting her to soon catch up at the next track junction 400 metres away, where we waited. No show. A search party was sent after her. After an unreasonable time a second party was sent to rescue the rescue party. A black hole had swallowed them too. Half an hour later Christina appeared from a novel direction and we all regrouped.

There were orchids, wildflowers and colourful insects to photograph. More swims and off home for most of us. Christina had not been camping for 20 years and had enjoyed it so much she decided to stay another night. Our new president Judy stayed with her. Venerable septuagenarian, Clarrie, had gotten his car keys wet when he accidently fell into a pool the day before. It seems that keys with electronics in them have to be kept dry. What followed was a visit to a nearby farm house (no mobile reception), tilt tray rescue angel, a night in a motel, and a visit to the Holden distributor in Kyogle next day to get the key reprogrammed. Koreelah Gorge, as good as it gets, you can't buy it, one of Australia's best. You can find it off White Swamp Road, Old Koreelah.

There are no walks planned for January, but still plenty of action in 2012. A programme will eventually appear on the website: http://nimbinbushwalker.byethost7.com











A Dummy's guide to Latin American Presidents

PART 1: WHO'S WHO IN THE ZOO, AND WHY DO THEY GET SUCH A BAD RAP?

PART 2 NEXT MONTH: THE CHAVEZ FACTOR

by Warwick Fry

Recent elections in the Central American nations are still strongly influenced by the political actors and the civil wars of the late 1970s and 1980s, as well as US attempts to maintain its hegemony in the region.

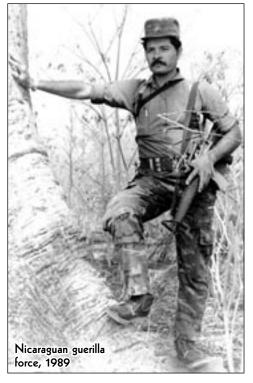
In November 2011, Daniel Ortega won the Nicaraguan elections for the FSLN (Sandinista National Liberation Front) and the Presidency by an unassailable 62% of the vote. The US and its allies predictably, questioned the result. This was in spite of the fact that independent polls (and pollsters hostile to the Sandinistas) had Daniel Ortega and the FSLN showing overwhelming popularity. As the polls were published the US Embassy and opposition threw up their hands in despair and declared that the elections would be fraudulent, weeks before they had even taken place.

Ortega's Presidency was also challenged on constitutional grounds. Earlier last year the Judiciary of the Nicaraguan Supreme Court ruled that Ortega could legitimately seek a third term as President. Ortega had formerly served as President between 1984 and 1990 when the Sandinistas – the FSLN – were in government. The opposition parties and the US again claimed in advance, that this would delegitimise Ortega's candidacy, when in fact the Nicaraguan Judiciary was simply following suit from the Costa Rican judiciary and its findings in 2006.

It directly contradicted the position taken in supporting changes in the constitution of neighbouring Costa Rica. This enabled Oscar Arias to run for a second term as President between 2006 and 2010. Oscar Arias was credited with brokering the 'Peace Accords' of the Central American nations in the early 1990s that marked the return of the 'contras' (the remnants of the Nicaraguan dictator's National Guard) to Nicaragua in 1990, the end of the Civil War in El Salvador in 1992, and of the guerrilla war in Guatemala in 1996. He was awarded a Nobel Peace Prize for his role.

Ironically, it was during this second term as President that Arias was called upon to mediate in the failed negotiations with President Zelaya of Honduras. The failure was due to its implicit endorsement of the Honduran coup regime and the perception of Arias as a cats-paw of the US. Zelaya was ousted in a coup in June 2009. The excuse for the coup was that he was 'seeking to alter the Constitution of Honduras to seek an extra term as President'! Zelaya was indeed, seeking a referendum on Constitutional





reform, but not with the intention of allowing himself an extra term as President.

The measure of their acceptability to the US and the right, is the degree to which Latin American Presidents adopt neo-liberal economic policies that favour US economic interests. Ortega, was the proverbial 'pork chop in the synagogue' of Central American nations with a range of social programs and the promotion of 'micro businesses' encouraging economic independence for poor families, which defied the neo-con orthodoxy imposed on the rest of the region. The success of the social programs introduced by the Sandinistas accounts for their immense popularity, and even the business sector approved of the economic spin-off enjoyed as a result of the economic growth stimulated by the spending in the social sector and the social stability it brought.

Similarly, it is believed that Zelaya was deposed because he introduced a few modest reforms, like free school lunches, raising the basic wage above survival levels, and the distribution of land formerly leased to the US military and left in legal limbo, to peasant communities. The incumbent President of the post-coup regime, Porfirio Lobo, has meanwhile invited extremist proponents of neo-conservative economics from the US and Canada to set up autonomous gated cities that will have their own security services ('police'), privatized education system, administration, and laws that are immune to the requirements of current laws and the Constitution of Honduras.

In March 2009 Mauricio Funes was elected President of El Salvador as the candidate endorsed by the FMLN (like Nicaragua's FSLN, a former guerrilla movement). However cables released by Wikileaks show that the US has been working assiduously to drive a wedge between the President (a former journalist) and the key people in the FMLN party that gave him the Presidency. The latest move was to withhold a critical aid package (Partnership for Growth) unless

Funes sacked the FMLN minister for Public Security and Justice Manuel Melgar, and appointed a former general, who was part of the regime responsible for multiple human rights abuses in his place (David Munguyo Payes). Ironically, one of the US' objections to Melgar is that as a former guerrilla leader 'he had blood on his hands'. Payes' appointment is regarded by the FMLN as a violation of the 1992 Peace Accords meant to transfer public security from military to civilian administration.

Whether the relationship between Funes and the FMLN will hold up under the strains imposed by the US could well depend on the results of the 2012 general elections. The last general elections were held in late January 2009. It was generally believed that these were 'stolen' by the incumbent ARENA party whose tactics, among others, included bussing in paid voters from neighbouring Honduras, Nicaragua and Guatemala. This was made possible because observers were not allowed to check electoral rolls that hadn't been updated in nine years. The FMLN was able to win the Presidential elections held a month later by encouraging hundreds of international observers to come in. Several Australian observers succeeded in frustrating an attempt by ARENA supporters to bring in several busloads of paid Guatemalan and Nicaraguan 'voters'.

The FMLN will be doing the same for the 2012 March general elections, which by all accounts they have a good chance of winning, despite some of the 'dirty tricks' starting up already. With a strong majority in the Legislative Assembly the FMLN will no longer have to compromise on some of its policies for the support of the minor parties, will be in a stronger position in its relationship with the President.

The appointment of a General to the post of El Salvador's Minister for Public Security is viewed by many within the FMLN as part of the US strategy to re-militarise Central America under the pretence of fighting the 'drug war'. (There was a recent influx of military aid and US troops to Honduras and a second US military base is being built there) Contracts are already being farmed out to US based 'security' firms who will be paid for with US 'aid' under a separate aid package.

This may in part, explain Washington's support for the recently elected (September 2011) Guatemalan President, Otto Molina.

Otto Molina is a long time protégé of the US. He was a graduate of the notorious US run "School of the Americas". Otto Molina was a prize student of this School, which recently underwent a name change because of the unsavoury human rights record of many of its graduates.

Alan Nairn exposed Molina as the leader of a force responsible for a village massacre in 1982, caught on film. Later, as former head of the notorious G2 Guatemalan Intelligence division he was responsible for the 'disappearance', interrogation, kidnapping, torture and assassination of at least three thousand Guatemalans during the course of the counterinsurgency war of the



1980s, during which 200,000 Guatemalans – mostly ethnic Mayan indigenous people – were massacred. There is also evidence that he was on the CIA payroll during the time he was head of a notorious torture centre. He has several charges against him at the moment before the UN Commission for Human Rights.

Molina campaigned on 'law and order', but many were disturbed that after his election he appointed three high-ranking members of the elite 'Kabil' forces into key positions. The Kabiles were the elite force largely responsible for the genocide of the 1980s. The Zeta drug gangs have recruited renegade and former members of the Kabiles to provide training and weapons. Connections between the Guatemalan police and drug gangs have long been a fact of life in Guatemala.









Nimbin Garden Club Notes



Photos & text by Gil Schilling

Summer Siesta

The Nimbin Garden Club is currently taking its summer break from regular activities, and will not hold a meeting during January.

Next Meeting

The club's next meeting will be a visit to the home and gardens of Lesley and Tony Trott, located slightly east of the Nimbin Rocks.

The visit will take place at 2pm on Saturday 18th February 2012 – please mark your diaries. More details on this inspirational home and gardens, as well as directions on how to get there, will be in the February edition of the Nimbin GoodTimes.

Visitors and prospective new members are always welcome to come along and enjoy any meeting visit. For more information about the club and its activities, please contact either President Michael Vaughan (6689-7193) or Denise Braidwood (6689-9324).

Wishing everyone a continuing safe and happy festive season, and a fabulous













by Simone Rutley

Put it in your diary. Sign-on for the 2012 season will be Saturday 11th, and Saturday 18th February, 10am - 1pm at the Nimbin Town Hall foyer. Tell all your friends.

Twilight soccer will run for 1st term from Tuesday, 31st January, with games kicking off at 5.30pm. If you want to put in a team call Myfvanwy on 6689-1512, and the draw will be made up.



Junior weekly training is expected to kickoff early in first term. The date will be confirmed in the next edition of NGT or your school newsletter.

Field drainage has been the focus of work during the off season. Bruce Hatfield has been working tirelessly to put in new subsurface herringbone drainage down the centre of pitch number 1. It is expected the turf will be back to normal by the beginning of the season making the pitch playable throughout the year. It is also hoped that some funds

will be forthcoming from the council next year to top dress and refurbish existing drains surrounding both pitches and the club house. A lot of effort has been put in to ensure 2012 is better than

A big thanks to Myf and her offsiders who have made twilight soccer such a great success. There has been some amazing playing, a lot of laughs and some keen competition between those who enjoy going in for the ball. For myself, I've had some personal growth moments in defense; learning to suck it in, make myself feel big and stare down my opponents as the likes of Stone or Jessie or any number of young fellas bare down on goals. This needs to be seen in the context of being a somewhat unfit 44 year old woman with very limited soccer experience!!!!

Here's hoping everyone has the game they wish for the new year. Come and check out the fun we're having at the club.

GO THE MIGHTY



Overnight off Evans Head

by Darren Janezic

We went out overnight off Evans Head, chasing big jewies on our mate Arrow's boat. It was a rough dark night out on the ocean, battling sharks with the odd jewie and trag in between.

We were cooking trag for dinner on our little gas burner at about 9.30pm when we struck our first jewie caught by Darren Janezic 18kg, with another coming about half an hour later caught by Zac Fuller, 13kg.

The last jewie came at around 2.30am when we were thinking about leaving. Arrow's rod went off and it was another 13kg jewie.

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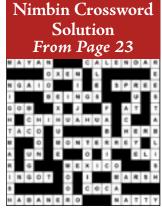
SOLID GROUND

The John Chatterton Natural Horsemanship Riding clinic finally got to go ahead on the weekend because it didn't rain! Having been postponed several times due to wet weather it was a lovely day with some cloud cover that help to relieve the heat.

A good turn-out of enthusiastic riders got a day full of sorting out issues with their horses on the ground and under saddle. It's a joy to watch a man who works so gently and calmly get such positive results in so little time with all sorts of issues using the same techniques: affiliative



horsemanship, communicating and understanding your horse and working with them not against them.





8.00am

2.35pm

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9.00am

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Local Philanthropist off to help Laotian underprivileged schools again

by Racheal Richardson

In February 2012, local philanthropist, Peter Laurence, proprietor of "Tribal Magic" in Nimbin, heads off on his third trip to Laos to finalise the purchase and delivery of desperately needed school infrastructure supplies to the underprivileged Laotian village of Khok Ek's primary school.

On his previous trips, Peter personally supplied blackboards, textbooks, student stationary, office equipment, sports equipment and uniforms for the Khok Ek primary school.

When asked if finalising the needs of the school was achievable this trip, he said, "I feel confident that I will cover the last of the infrastructure requirements for Khok Ek, but I'm acutely aware there are





another 114 underprivileged schools in Luang Prabang that lack the basics, so I'm also planning a trip to Ban Bow to research their schools' requirements."

Peter will be joined this trip by friend and retired teacher, Michael Skinner, with the intention that Michael's insights will help more quickly assess the educational needs of the underprivileged Ban Bow's primary school.

While in Laos, Peter will again connect with Mrs. Chantha, co-ordinator for the Laos National Library. Mrs. Chantha, whose tasks include the management of the two "book boats" which travel hundreds of kilometres up and down the Mekong, previously

helped Peter by loading the school supplies on to a book boat.

"I wish I could do more," Peter concluded. "Small amounts of money make such a huge difference to the future of these children."

If you would like to help Peter fulfill the needs of underprivileged schools in Laos, please contact Peter at Tribal Magic on 6689-1905.



Biochar goes to aid Thailand

Permaculture student Toni Robinson from Warialda, NSW (pictured) is being supported by the Biochar Association Australia to take up a management position on an aid project in Thailand in

She will be working with a team of four managers and 10 interns through the Panya Project and will spend a year converting a run down farm into an abundant, self-sufficient community project.

Having spent the last 12 months studying Cert IV in Permaculture at the Permaculture College Australia at Nimbin, Toni is looking forward to applying what she learnt to a real life situation. The Nimbin course is extremely practical and comprehensive, and Toni has high hopes of what can be achieved in Thailand in this poor rural community.

The farm she will be living and working on will be used to demonstrate how enough food can be grown to support local families, and also how local farmers can create a surplus in order to generate profit and provide employment—all just using small scale sustainable farming techniques.

Toni has also trained with Kunghur Charmaster Dolph Cooke and researcher and author Paul Taylor, and plans to incorporate biochar production and use into the Thai project. Biochar is a form of charcoal, readily made on-farm, and is proving invaluable for soil fertility and carbon sequestering.

Biochar has many benefits, especially for small rural communities. In the soil it helps build drought resilience by holding moisture in the soil, but it also improves flood resilience because of its nutrientholding ability, which slows the leaching process. It can provide heating, natural liquid fertiliser (smoke water), and gas to



cook with. It requires only small amounts of fuel (such as waste products) to make, and is capable of hefty amounts of carbon sequestration - capturing and holding carbon in the soil rather than releasing it into the atmosphere.

Using the farm as an education centre, Toni will work with the local people sharing information about biochar, and helping them build kilns and small homescale systems. While she is there, Toni is also looking forward to learning all she can from the wealth of traditional knowledge in Thai farming communities.

After her year spent in Thailand building the farm up to be self-sufficient and productive, Toni plans to return to Australia to take her academic knowledge and hands-on skills back to her home town in rural NSW where she plans to focus on education, with a particular focus on community development.

The Biochar Association Australia, a not-for-profit organisation, has contributed towards Toni's airfare, but further donations would be warmly received. To make a donation, go to her blog: tonispermaculture.blogspot.com and help become part of the spread of selfsufficiency and sustainable living on our





John: 0428 282 182

WHISPERING OAKS



\$399 000

- 10 Acres
- Colonial homestead
- Gardens
- Renovated
- Close to town

BIG SURPRISE



\$430 000

- 7 acres
- Tropical landscaping
- Meandering Creek

\$265 000

1012m2 Big block

Ornate ceilings

Sunny kitchen

Stone & timber home

HIDDEN AWAY

\$165 000

- 2 acre block
- Mountain Stream
- ·RIch soil

\$270 000

• 4 acres

3 storey home

Creek frontage

Lillian Rock Area

Close to schools

Close to Nimbin



FAMILY FUN

\$365 000

- 87 acres
- ·Open plan

•11 acres

Views

- Mountain stream
- 2 separate buildings
- 25 mins to Lismore

\$650 000

Colonial home

·Granny flat

In ground pool

Excellent condition

COTTAGE CHARM



\$690 000

- 10 Acres
- ·3 B/R home 1 B/R studio
- Solar feedback

CHOICE BLOCK

\$145 000

- 0.5 acres
- 2 bay shed
- Convenient location
- ·Fertile Land

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