

Vegan Lovebites

by Nettie Lovejoy

"I am not bound to win, but I am bound to be true. I am not bound to succeed, but I am bound to live up to what light I have"

– Abraham Lincoln

Through age and experiences, I have found that I am directly responsible for my own quality of life. For sure, I have caused and had both wonderful and undesirable things happen, but it was always up to me in my own reactionary behaviour how I was affected. I can cause my own discomfort or happiness. It is one very narrow path to follow to always act with full awareness and compassion in every given moment. To know when to hold on and when to let go. It definitely is a full-time, minute to minute journey. You all know and feel this, with yourselves to be true, I'm sure.

When you refrain from eating meat, you are saving lives and contributing peace to this world. Even though the World Union of Vegan/Vegetarian Societies has been promoting their cause since 1908, it wasn't until the 1980's that Animal Rights came to the fore. It became widely accepted that animals suffered and felt pain and died unnecessarily, mostly for humans palette.

"The Department of They' put out



controls to help stop this suffering with very lenient watchdogs doing their job. It has now come to this point in time that the extreme mass suffering of animals is still happening and is now affecting human existence on this planet. Like attracts like. It has been called by many, The Slaughterhouse Planet. We have ceased to know what chemicals

injected and what toxins are released by over 60 billion terrified, slaughtered land animals, yearly.

Over 75% of new diseases come from animals, meat contamination with Swine Flu, Bird Flu, Mad Cow disease, Blue Tongue Disease, E Coli, Salmonella, etc. In the last 100 years, man has exterminated well over 120 million human beings also – sufficient evidence to me that is truly askew with this play we are all in. I am not being extremist or alarmist this is our reality. We are truly being very unkind to our fellow inhabitants and we truly need to live a non-violent way of life, to shine our inherent nature of light.

To do this, we can challenge the way we think about putting meat in our mouth. For what purpose and for whose suffering? It is time to let go of the notion to eat meat to survive. The

plant based diet provides us with all our nutrients, minus the cholesterol, saturated fats, hormones, antibiotics and all other contaminants you find in meat and dairy products.

If you desire further information visit: www.earthlings.com narrated by Joaquin Phoenix; www.peta.org click on the doc "Meet your Meat"; www.viva.org.uk; also other documentaries – *The Eleventh Hour* created, produced and narrated by Leonardo DeCaprio, and *Devour the Earth* narrated by Sir Paul McCartney. The list goes on.

Now, how about something to sweeten up this page, after those harsh facts.

Caramelised Indian Rice Pudding



15 ground cardamom pod seeds
1 tspoon grated lemon rind
50 grams Nuttelex
200 grams arboria rice
2 litres soya milk
1 cinnamon quill/or cinnamon to taste

1 tspoon pure vanilla paste
1/2 cup cranberries (apricots, sultanas, pineapple, figs etc.)

Method: Place cardamom, cinnamon, vanilla, lemon rind, Nuttelex, rice, soya milk, fruit and 50 grams of sugar in a saucepan. Stir over moderate heat until cooked and creamy. Place in a baking dish, sprinkle extra sugar over top and grill until golden. Serve with strawberries and coconut cream if you like. Enjoy.

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

– Oceans of Love, Nettie.

Treating menopause with acupuncture

Volunteers needed

Menopausal women in the Northern Rivers and on the Gold Coast are invited to take part in a new study that uses acupuncture to treat hot flushes.

Southern Cross University, in collaboration with the University of Melbourne, Women's Health at Monash University, and RMIT University, is looking for healthy, postmenopausal women who have not had needle acupuncture in the past two years, and who can attend 10 free sessions of acupuncture (either real or placebo). Volunteers must be over 40, having regular hot flushes, and not be menopausal as a result of surgery, radiotherapy or chemotherapy.

Professor Stephen Myers, the Director of the NatMed-Research Unit at SCU, said hot flushes were caused by hormonal changes in the body and affected up to 75% of women during menopause. "Hot flushes are often bothersome and in some cases very debilitating for women and may last for several years or more," Professor Myers said.

"Hormone replacement therapy is an effective treatment but carries a small risk of potentially serious side effects, especially for those women with risk factors for heart disease or breast cancer.

"Acupuncture is a relatively safe treatment and some small studies suggest it may help women with hot flushes. "The evidence for the benefit of acupuncture in hot flushes is good and the aim of this clinical trial is to prove beyond a shadow of a doubt that acupuncture is an effective treatment for this



condition."

The study has been underway in Melbourne since September 2011.

Trial coordinator, Dr Carolyn Ee, a GP and acupuncturist with the Department of General Practice at the University of Melbourne, said it was important for women to have choice when selecting a menopause treatment option.

"Many women prefer a natural approach to managing their symptoms and this can be driven by a range of factors including personal beliefs, previous experience with prescribed medications, and a desire to avoid taking a prescribed medication for something that is considered a normal part of life as opposed to a disease."

Dr Ee said acupuncture increased the levels of certain chemical transmitters that affect temperature regulation. There is also evidence that acupuncture affected a specific area of the brain involved in awareness and control of body temperature.

"I've seen many women experiencing hot flushes. Hot flushes are a distressing and socially embarrassing issue. Some women were happy to try acupuncture to help manage hot flushes and I found some positive results with those women," she said

For more information about taking part in the study, go to www.gp.unimelb.edu.au/acupause or email: gp-acupause@unimelb.edu.au or phone (03) 9035-5018.

Bush Theatre screen previews

Reviewed by Belinda Green

ELENA

Friday 6th Saturday 7th July
7.30pm \$10

Through the life of Elena, we grasp what life is like in Putin's Russia. Elena is trapped in a marriage of inconvenience, and is a slave to her husband. She is trying to keep her son (from a previous marriage) and his family afloat, but discovers something about her husband's will which puts her plans awry. (Russian with English subtitles.)



A HAPPY EVENT

Friday 13th Saturday 14th July
7.30pm \$10

The arrival of the first child, for most young parents, signals the greatest life-changing experience they have encountered to date. But for one couple, it's not such a happy event. This movie is honest and brave. (French with English subtitles.)



OUR FIRST BIRTHDAY!

Saturday 14th July
Movie Marathon from Midday
Movies you may have missed the first time around – well-loved by us. Only \$5 per movie.

12pm Welcome To The Sticks

The story follows a French Southerner who, on orders from his company, moves to the North. He's not happy at first, but once he's able to communicate with the locals, who speak an impossible-to-understand French dialect, he discovers that the Ch'tis are a kind-hearted bunch, after all. Utterly Hilarious! (French with English subtitles)

2pm Stranger Than Fiction

(Dustin Hoffman, Will Ferrell, Emma Thompson)
A socially isolated IRS agent discovers that every move he makes is being documented by a disembodied female voice, and that his life is being written by her, a best-selling author. Original and very, very funny! (English language)

4pm Like Water For Chocolate

In a long-forgotten Mexico, Tita and Pedro fall in love, but are forbidden to marry. Mama Elena sees Tita's role as her caretaker for life – no youngest daughter has ever married, and her daughter will not be the first to break tradition. Tita's heart breaks when her mother instead offers to Pedro her other daughter, and he accepts. Now they all live in the same house, and Mama Elena cannot forbid their love as she did their marriage. Truly beautiful! (Mexican with English subtitles)

KING OF DEVIL'S ISLAND

Friday 20th Saturday 21st July
7.30pm \$10

This is the true story of the infamous Bastøy Boys Home in Norway. Erling, a new inmate, immediately clashes with the island facility's governor. Refusing to accept the constant abuse, Erling slowly rouses the rest of the boys out of their resigned

existence, and encourages them to fight for their rights. (Norwegian with English subtitles.)



N.B. We will be closed for a private function on Friday 27th July

JAPANESE DOUBLE

Saturday 28th July
\$10 for both films. Cafe open for dinner from 5pm, movies start at 6pm

SUMO DO, SUMO DON'T

A university senior is blackmailed by a professor into joining the school's sumo team. He is aided by a group of misfits who must team together to defeat their rivals or face disgrace and the disbandment of the sumo club.



SHALL WE DANCE?

A successful but unhappy Japanese accountant finds the missing passion in his life when he begins to secretly take ballroom dance lessons.



Debbie Guest
Civil Marriage Celebrant
Phone: 02 6689-0089
Mobile: 04-27-975-650
email: debgeleb@yahoo.com.au
www.debbieguest.com
Contact me to discuss your requirements

NIMBIN ORGANICS
Open 7 Days • 50a Cullen Street
6689-1445 • nimbinorganics.net.au

VIBRATIONAL MEDICINE
CHRISTO BELLE
HOLISTIC HEALING
POLARITY
ENERGY BALANCING
AUSTRALIAN BUSH
FLOWER ESSENCES
ZUELA CHRISTIE
0412 943 824
AT THE GREEN BANK
"First, do no harm."

That Cat is Sew Stylish



Cat Anderson from Nimbin always looks fabulous. It's no accident, it's an art, but Cat is famous for her fashion flair. Cat is now putting that flair and her tremendous skills with needle and thread to work. Cat is opening Sew Stylish, her new studio, at the Nimbin Community Centre.

At Sew Stylish Cat will hold sewing classes, make alterations, revamp old clothes, create funky new threads and do all things stylish that will make you look, and feel, great.

Sew Stylish is open Monday to Friday, 10am-3pm.

For more information and to talk to the style queen herself, phone Cat on 0429-194-248 or email her at catanderson6@gmail.com



Talking Tea

The humble art of tea making... musings on herbal tea by Rebecca Ryall of Tea Medica

I live in the middle of the forest, literally. It has rained for the past week, so all about is wet, muddy, and very, very cold. I live with solar power, so the absence of sun leads to power restrictions, which leads to piles of laundry that can't get washed, and even if they could they wouldn't dry.

Lack of power also means showers are scarce, as the hot water pump uses power. I'm grateful for my combustion stove – a little hub of warmth and activity in our house.

The kids fight over the prime seat, closest to the fire, and I'm constantly nagging them about moving back, lest they get burned, again.

I'm also grateful for my cup of tea, warming my hands as I cradle it, and warming my insides as I sip it. The discovery of herbal tea has been quite a journey for me. Where once I held my nose and closed my eyes to drink it – badly blended in my early experimentation, but knowing it was good for me, nonetheless – I now delight in choosing exactly the right, the most delicious blend, for my particular mood, need and fancy.

Today it's cold, wet and miserable. There's washing drying all over the house, ash all over the floor from the fire, unwashed lunchboxes, notes from school and seemingly important bits and pieces everywhere. I have a list for the day which includes writing an article, getting a new windscreen on my car (which is never going to happen, on account of the rain) and attending to assorted administrative and business related phone calls, emails and the like.

Truth be told, I'm addled, frustrated and quite simply, overwhelmed – by my life in general; and by this day in particular. So what do I do in this situation? I make a pot of tea. I consciously slow down. Once the kettle's on the stove, I'll turn on some music and fold the washing as the water boils.

The teapot I prepare with a blend I call Focus – a mix which includes brahmi



At the Green Bank opening (left to right): Kylie Cain, Rebecca Ryall, Lishia O'Reilly and Jacqueline Boustany Photo: Tonia Haynes

(for memory, energy and stress relief), ginkgo (for improved blood flow to the brain), lemon myrtle (for a dash of aroma) and ginseng (for enhanced mental processing). But I've only a small amount left, so I add some nettle (for all-round strengthening) and peppermint (just for taste!).

Once boiled, I leave the water to sit for a minute or two, to take a little heat off. Once poured, I'll infuse this pot for about ten minutes, while I deal with another couple of piles.

When I finally settle down with a steaming mug of tea, I'm not so overwhelmed anymore. I can see more clearly through the domestic drudgery; my mind clears, and I can suddenly think. I can gaze into the distance at the fog on the mountain, allowing my eyes to travel over the curtain of rain falling, as my mind travels over the words I want to write, the feelings I hope to express, the vision I'd like to invoke.

The pot of herbal tea is a potent and evocative symbol to me. Since I first nursed myself through fever with copious cups of YEP tea (a traditional blend of yarrow, elder, and peppermint; for speedy resolution of colds and flus) I have known that I have available to me a tool for my own healing which is unmatched. Whilst the knowledge of the medicinal properties of plants is useful, and a joy to discover, I believe the great healing potential of herbal teas is in the ritual of the pot.

Taking that moment to slow down, to go through the motions of preparing the tea, allowing it the time to infuse – having that moment to acknowledge one's own needs, and actively drive the resolution of those needs – just this does so much for the state of mind. It is incredibly empowering to inhabit that moment of confusion and frustration, and know that there is the potential for a solution, to know that I have the power to change the lens through which I view the world.

In reaching for the kettle, the pot, the herbs, I am reaching for a new perspective. I am choosing to have a positive impact on my own experience, in that moment. Never mind the moments in which I don't choose to be so proactive. Right here, in this moment, I have the power to make things different.

I choose to do so by brewing some herb. This small act takes me away from the endless, bone-chilling rain, the mud, the laundry and the relentless drudgery that is the reality of life. And I am inspired anew.

Who knew? Self-determination starts with a teapot!

I feel really privileged to share my ongoing tea learnings with you, through this column, and through Tea Medica and the Green Bank and the opportunity they provide for meeting tea devotees and beginners alike. You will find me in the Green Bank on Mondays and Thursdays, and I invite you to stop by and share a cuppa with me.

The Tea Medica dispensary is located at the Green Bank, 1/39 Cullen St, opposite the Visitors Centre. The Green Bank is open six days until 5-ish, and most Sundays.

Cook's Corner with Carolyne



Coconut Biscuits

These are yummy with a mug of hot chocolate on a cold chilly night.

Ingredients

- 125g shredded coconut
- 1/4 cup of sugar
- 2 large egg yolks
- 1 large egg white

Method

1. Beat together egg yolks and sugar until mixture is creamy. Stir in shredded coconut.
2. Beat egg white until firm peaks form, gently stir into coconut mixture.
3. Drop teaspoons of mixture onto greased oven trays. Bake in a



slow oven (150C), for 15 minutes, reduce heat to very slow (120C), bake a further 30 minutes or until biscuits are golden brown.

Til next month enjoy, Carolyne.

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

SIMPLE HERBS, CUSTOM BLENDS & TEAWARE



39 CULLEN ST NIMBIN

DISPENSARY OPEN SIX DAYS:

9.30am - 5pm

OTHER TIMES BY APPOINTMENT:

PHONE 0423-596-368

www.teamedica.com.au



NIMBIN HOMEOPATHICS

– For all your homeopathic supplies –

02 6689-1452

tarangbates@yahoo.com.au



The Coffee House
Nimbin

Home-style cooking using Organic local produce. We specialise in cakes and wholesome hot meals.

Zentveld's coffee

Phone 6689-0590

Wheelchair access Open 7 Days

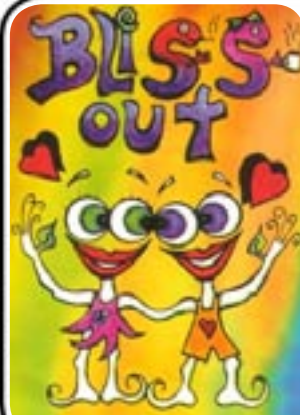
Centre for Balance and Empowerment

- Structural & Functional Assessment & Correction
- Chen - Style Tai Ji quan
- Remedial Deep Tissue Massage
- Qi gong
- Massage Therapy & Dry Needling
- Integral Martial Arts
- Trauma Healing & Clearing through Holographic Kinetics
- Fitness Training
- Energy Work
- Meditation
- EMF Balancing Technique®
- The Warriors Path Workshops

Daniel Keszler

Home Visits Possible
sirius@yellowspace.net

Nimbin: 6689-1529
Coffee Camp: 6689-9249



Happy High Herbs

58a Cullen Street Nimbin
Open 7 days
phone/fax 6689 1365
www.happyhighherbs.com
Also in Newtown, Fitzroy and Surfers Paradise



Photos: David Lowe and Sue Stock

HOUSE PLANS
New Dwellings and Extensions
Passive Solar Design
Basix Certificates

NIMBIN DRAFTING

Allan Ross
Ph 0418 925950

ABN : 34 257 423 130

Terry Bressington

PLASTERIN' NIMBIN'

0427 891626

Gyprock walls and ceilings
New work or renovations

Lic. No. 100169C

ASTRO FORECASTS BY TINA MEWS

YOUR MONTHLY REVIEW OF WHAT'S HAPPENING IN THE HEAVENS

July



Since the winter solstice (21 June) the Sun travels through the water sign of Cancer. Cancer symbolizes the flow of emotions and our capacity to feel and care for others. For individuals with a strong Cancerian signature a resilient base consisting of domestic stability and material security is highly essential. They love the preservation of family bonds. Cancer stands for the receptive and sustaining powers of the feminine, the "Great Mother" who brings forth, supports and protects life. People born under this sign are said to have deep attachments to their ancestry and are loyal to the values of the past. They can be extremely touchy, highly sensitive and moody because their inner world changes with the cycles of the Moon. The Full Moon on July 3 might trigger stressful confrontations, as the challenging energies of the moment do not mix well with the security needs of Cancer. The ground-breaking influences of the current Uranus-Pluto square (the first of seven exact squares took place on June 24) will be felt throughout this month and beyond (until 2015/16). The futuristic and electrifying energies of rebel planet Uranus encourage us to be brave and take a quantum leap towards greater freedom, social justice and scientific innovation. On the other hand, Pluto, the 'Lord of the Underworld', manifests as our most powerful instincts for survival and is associated with the birth, death, rebirth cycle of everything living. Pluto brings about the slow and painful but unpreventable death of old, outworn structures that need to be transformed and replaced with new vital energy. The current Pluto/Uranus cycle had its starting point in the mid-sixties (1964-68), the time of great socio-political, cultural and scientific changes, the birth of the counter-culture movement and environmental consciousness. Until 2016, our collective task is the integration of these impulses into our current socio-cultural fabric. Humanity has surfed this new evolutionary wave for the last 5 decades and it now forcefully sweeps through our aged systems and structures. We can expect that in the next few years societies all around the globe will lose their cohesion and instead we might start reorganising ourselves around smaller and more bio-regions. Mercury, the communication and messenger, enters its 2nd retrograde phase of the year on July 15 (until August 7). Let's use these three weeks for focusing on our daily lives with all its duties and necessities. On the more pragmatic level, it is a great time to complete unfinished tasks and get through our piled-up paperwork. Double-check everything and mind the details! The days before and after the New Moon (July 19) might offer more challenges because Mars, the red warrior planet moves into a stressful position to the already troublesome Uranus/ Pluto square possibly triggering sudden outbursts of anger, ruthlessness or even violence. So let's be vigilant and mindful of our thoughts, words and actions always leaving open the door for reconciliation. Nevertheless, anything hidden might be brought to the light empowering us to stand in our own truth for making the real changes that we need to do.

Aries

The Cancer energy of the moment brings focus on family, tribe and emotional bonding. Anchor your good intentions and be mindful of the needs of others. Being inclusive is more important than pushing ahead. Ariens who are born towards the end of March can expect extra turbulent times from July 17 till 21.

Taurus

Communicating your beliefs openly creates emotional bonding and trust. Consciously release attachments to old belief system that hinder the birth of new possibilities. Know that you have the magnetic powers of manifesting abundance for accomplishing the work that has to be done.

Gemini

Jupiter, the planet ruling expansion, wisdom and good fortune entered your Sun sign mid last month here to stay until July 2013. Last time Jupiter travelled through Gemini was between July 2000 and July 2001. Another 12-year Jupiter cycle starts now.

Cancer

This month's new Moon period might be especially difficult for Cancerians who are born towards the end of June. Energies will be at their lowest point in the monthly lunar cycle possibly triggering domestic conflicts that you could find hard to stomach. Therefore, keep a low profile between July 17 -21.

Leo

Mercury, the messenger planet, will be in Leo during its retrograde period (15 July to 7 August). It is a perfect time for mental review, in depth analysis, research, editing and proof reading. Plan new activities but wait with their implementation until after August 7.

Virgo

This is the time in your personal yearly cycle to reflect upon your true achievements. Make use of the Mercury retrograde period (15 July - 7 August) to revise old plans and modes of thinking. Are you getting the results that you have been working towards? If not, why? Adjust your plans or goals accordingly.

Libra

Mars, the planet of desire, energy and action enters your sun sign on July 3 and will remain in Libra until August 24 asking you to create a balance between self-assertion and passivity. Any

repressed anger may surface now. Allow it to come up and deal with it. The days between July 17 and 21 are especially volatile.

Scorpio

This might be a time of feeling uneasy and irritable. You might feel emotionally distant from people and friends that you have been close to before and some friendships might end now or change their form. Concentrate on bringing out new aspects of your personality as a new era of your life is about to start.

Sagittarius

People and events from the very recent past have influenced your value system. Old erroneous judgments can be released now while you are asked to move to another level of understanding. You are empowered to see yourself and your journey in a new light.

Capricorn

The crisis that you experience right now is necessary for getting you in contact with your deepest truth. It is okay persevering in a state of uncertainty. Connect to your heart; feel the pulse and make a conscious choice about the mountain that has to be climbed next.

Aquarius

For you Waterbearers, liberation has to take place in the mind first. Follow your urge to better conditions and make this as conscious as possible without attempting to be all things to all people. Make use of the Mercury retrograde phase (July 15 - August 7) for sorting out your contracts with others.

Pisces

At the moment you could feel restless, moody and withdrawn. Remember that Pisces is a dual sign, one fish likes to be outgoing and kind while the other one prefers to hide in the depth of the ocean. Best to wait until the tide changes and all will be well. In your personal yearly cycle it is the time when you enjoy being home.

The Astrology of 2012: a one-day workshop with leading astrologer and author Maggie Kerr at Lillifield Community Centre on June 15; please contact Tina on 6689-7413, mobile 0457-903-957, e-mail star-loom@hotmail.com or visit my web page: <http://nimbin-starloom.com.au> Astrology Classes at Lillifield Community Centre: Wednesdays 10 am-1pm, for advanced students; Thursdays: 10am - 12 pm for Beginners (new).

TREEFELLAS

Timber Felling
Tree Climbing
BLUE KNOB
Mob. 0429 897 234

Star-loom
Navigation by the Stars

Astrological Counselling
Chart Readings
Workshops

Tina Mews

02 6689 7413
star-loom@hotmail.com



Prometheus

Reviewed by Stephen Wright

I picked up someone hitching from Lismore to Stoney Chute the other day. Talking about what we did for fun and profit I mentioned that I was a writer and one of my gigs was at the *Good Times* writing reviews.

I realised when I was talking about my proposed review of *Prometheus*, that "Deeply stupid" didn't constitute either a lengthy or a particularly nuanced review. So I'll try to be more insightful.

The basic contention of *Prometheus* is that Von Daniken's *Chariots of the Gods* is true, and that the thousands of indigenous cultures across the planet were more or less conduits for alien activity. Which I'm sure they will be very glad to learn.

Prometheus is also (Sir) Ridley Scott's prequel to *Alien*, with Noomi Rapace taking Sigourney Weaver's job and

the spaceship *Prometheus* filling in for the original *Nostromo*. *Alien's* suspense was partly built around the design of the *Nostromo*, all shadows and leaking pipes and claustrophobia. The *Prometheus*, though built in an era prior to the *Nostromo* is all gleaming, excitingly chunky 21st century shiny hi-tech with furnishings like the future imagined in 1969. Not much room for suspense. Which is where *Prometheus* has all its problems.

If you've seen *Alien*, there's not much point in spending twenty bucks to see *Prometheus*, because you know what's going to happen: aliens with tentacles are going to burst out of things and kill everyone except Noomi Rapace. If you haven't seen *Alien*, a lot of things wouldn't make sense, and you'd find yourself wandering inside something that doesn't seem to have much of a plot except flagging who is about to be squashed, fried or eaten next. Because the plot is actually inside *Alien*.

There's a sub-plot within *Prometheus* that has something to do with respecting people's views about a creator God. I had no idea what Ridley Scott was talking about, and I suspect that Ridley Scott doesn't either. He has been prone in his films to ponderous philosophising clichés (*Gladiator*) and also not averse to racist stereotypes

(*Black Hawk Down*), so subtlety is not his strong point. But that's probably not surprising from someone who thinks that getting a knighthood is pretty cool.

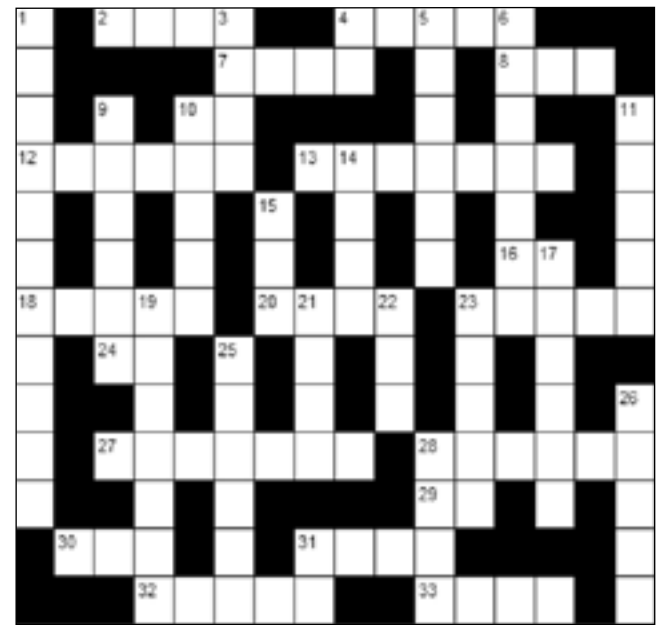
Apart from Noomi Rapace, *Prometheus* also has Charlize Theron as the ice-queen spaceship commander. Evil Ice Queen seems to be Theron's standard role these days (see *Snow White*) and she gets to stand around sometimes half-naked and be Ice Queeny and sometimes kill people. The *Prometheus*' resident android David, a role taken by Ian Holm in *Alien*, is played by Michael Fassbender. At first I thought the 'David' might be a reference to David Bowie's *The Man Who Fell to Earth*. But it wasn't. In fact for reasons unknown it's made clear that David has apparently modelled his android persona on Peter O'Toole's Lawrence of Arabia. So Fassbender does an uncanny job of impersonating O'Toole as Lawrence. But I have no idea why. And Ridley Scott doesn't tell us. Perhaps because he also has no idea why either.

Which is the question I have for Ridley Scott when he gets his regular copy of the *Good Times*: Why, Sir Rid? Why? Are you just old and past it? Suffering from dementia? You already made *Prometheus*, you old twerp, thirty years ago. Remember? It was called *Alien*.

Nimbin Crossword

2012-7

by 5ynic



Across

2. After dinner tippie
4. _____ in a teacup
7. Swindle
8. Malt beer
10. Copper
12. (3,3) knotting technique for clothing decoration
13. Action scene (with scale models, for example)
16. Goal (American gridiron)
18. Unclothed
20. Ancient empire, and modern republic in West Africa
23. Flavoursome herb – onion family
24. Institutions threatened by the Eurozone crisis
27. Roman Emperor – walled in the Picts
28. Sell door-to-door
29. Alternatively
30. To and _____
31. Greet
32. Awaken

33. Turbulence (in creek flow, for example)

Down

1. (And 11 down) The Nimbin community's new Sibley-Street showcase?
3. Correctly aimed? Factual
4. Street? Saint (init.)
5. Exaggerate
6. Oversize? Extinct
9. Scold
10. Palm-like gymnosperm
11. See 1 down.
14. False God
15. Objective
17. Split
19. Republic in between Peru and Colombia
21. 70s Swedish export
22. Ale brewed for export to the subcontinent
23. Scrupy
25. Desk? Department
26. Postpone
28. Stick from Warsaw
31. That man

Solution Page 27



Reviews from the Crypt

by Stephen Wright

Warren Ellis and Darick Robertson Transmetropolitan (1997)

Transmetropolitan was a series of comic books chronicling the adventures of renegade journalist Spider Jerusalem. Jerusalem is modelled very closely on Hunter S Thompson, both in looks and in his general modus operandi.

The 'metropolitan' of the title is the hypercapitalist US of the future, where mainstream politics involves the unholy alliances of transnational corporations, criminals, and brutal power hungry freaks. Spider Jerusalem takes it upon

himself to pursue the trails of corruption, oppression and murder that very often lead to the highest echelons of political power. He does this with the aid of his hard-headed female bodyguards, Channon Yarrow and Yelena Jensen and armed only with his trusty bowel-disrupter gun and his trademark glasses which record whatever Jerusalem sees and does.

In Jerusalem's dystopia

everyone seeks power or pleasure, and anyone who doesn't have the capacity or interest in seeking either is relegated to the social margins with the depraved and the insane. Jerusalem wants the truth no matter where it takes him, and along with his conspicuous drug consumption, his bizarre journey takes him to very strange places indeed, pursued by psychopaths of all stripes. Of course, Spider

Jerusalem's world is recognisably our own, and fifteen years down the track the similarities are even greater now than they were then. In *Transmetropolitan* people change identities, augment their bodies with steampunk add-ons, have access to vast amounts of mind-altering drugs and sell their souls for whatever they can get. Still in such a social order it's a coping mechanism to imagine that somewhere out there is a version of ourselves working like a maniac to collapse the edifices of oppression, and to think that version of ourselves could be like Spider Jerusalem.



Joe Strummer and the Mescaleros Global a Go-Go (2001)

After the demise of the Clash, Joe Strummer went in his own words "from hero to zero." When they split in 1983 the Clash were poised to become massive international superstars. Without the Clash, Strummer no longer had a platform for his highly politicised lyrics. While his

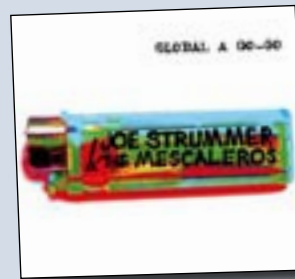
songwriting partner Mick Jones went onto pop success with Big Audio Dynamite, Strummer spent the next decade and a half doodling around on the margins of films, wrote a soundtrack and generally drifted into rock n'roll legend limbo.

In the late 1990's the BBC gave him his own radio show 'London Calling' (still available for free at iTunes and worth hearing) and Strummer put together a new band of mostly young

musicians The Mescaleros, and hit the road.

Global A Go-Go was the second of three Mescaleros albums and while they all have excellent qualities, for my money it's the best. The Mescaleros became staples on the festival circuit. The Clash pioneered punk-reggae, of which they were the outstanding exemplars, and Strummer invented punk world-music. It's eclectic and lively and contains Strummers unsurpassable

lyrics. One could argue that Joe Strummer was a poet who happened to play a mean punk rhythm guitar, and he was the master of the political two-liner.



SEPTIC TANK PUMPING
GREASE TRAP CLEANING
LIQUID WASTE REMOVAL
& OILY WATER PROCESSING
 NIMBIN & ALL SURROUNDING AREAS
 Local Since 1932
RICHMOND PUMPING
 6621-7431 After Hours 0407-433-405

Concrete composting toilets
 Full consultancy and design service
 Takes the waste out of wastewater
POOH SOLUTIONS
 www.poohsolutions.com
0427 897 496

Sean Ardern
ELECTRICIAN
0429 890 181
 Lic. No. 238231C ABN 85716021096

Ecuador, wine and a glass eye

Fruit of the vine
by Terry Beltrane

About four lifetimes ago I was sitting in a grass-roofed open air pole-frame structure with a couple of English geologists. We were in the Amazon Basin east of the Ecuadorian Cordillera highlands, they doing surveys and me wanting a bit of an insight into indigenous tribal culture.

Conversation quickly turned to wine once they'd found out I was a winemaker. There was only one bottle of wine in the bar, made in Ecuador from an indiscriminate grape variety and, of course, we had to try it. Not for the faint at heart. Oxidised (brown and flat in flavour) volatile (acetic acid) and coarse; and I think even with more sophisticated technology the wine would still have been mediocre.

Despite the higher/cooler altitudes of the central plateau of Ecuador, where the grapes had been grown, the climate is just not suited to grapes for making wine. So the conversation meandered to other wine regions and our tasting experiences.

Gerald and Rob (the geologists) were keen to relate their experiences of fermented and distilled beverages they'd encountered in New Guinea where they'd spent the last year before coming to Ecuador; basically brain rot and foul tasting stuff that was used only in desperation and for medicinal (sterilising) purposes.

After we'd made short shift of that topic we turned to tales of travel and adventure. They told me of this small hut they had a short way up from the coast on the Sepic River. It was decked out with a couple of hammocks and a small 'dresser' in which they used to keep a few items when they had to go further up river on surveys. After the initial few trips up river, the locals must have become less intimidated by the 'white fellas' based on the fact that the odd item was



missing from the dresser – nothing of great value, but missing nonetheless.

Now, Rob had a glass eye and used to carry a spare in case of losing his insitu prosthetic, so he decided to place the spare eye on the dresser on their next excursion. Lo and behold they returned to find everything intact and thought they'd solved a minor irritation and secured their privacy. All was good for the next couple of survey sojourns until they returned from one excursion to find a tin can over the eye and some of their stuff missing. Rob said "They may be superstitious but they're not stupid. Too bad they can't put that imagination to making some decent wine from all this fabulous fruit they grow here".

This led to a discussion on the merits of making wine from tropical fruits and some years later I trialled several different tropical fruits with the hope that I might be able to reside in the Northern Rivers (Uki specifically) and still practise my art.

I had great results with pineapple, mango, kiwi fruit and custard apple but unfortunately could not save enough to actually build a winery. However, the kiwi fruit had a flavour very similar to Sauvignon Blanc, the mango was like a ripe Traminer/orange blend and the custard apple was reminiscent of a Chardonnay grown in warmer climates. Most of these fruits required

blending/adding a little water to dilute the over the top aromatics that made these wines a bit 'full on' when not diluted. In the case of the kiwi fruit adding water was essential to dilute/decrease the natural acidity inherent in the fruit.

Extracting the juice from the fruit was relatively easy by processing it through a series of rollers, not unlike those rollers we used to have (still do) on earlier makes of washing machines. The fruit then goes en mass into a tank where the skins and pulp rise to the top of the clear juice (serum) before separating them and then adding yeast to the serum to start the fermentation.

Since then I've discovered Davidsons Plum (*Davidsonia pruriens var. jerseyana*) and its inherent suitability for making a very delicious wine. The first example I tried was from the small winery that was operating in the back of 'Wadeville Woolies' and while it had a few 'technical' faults it was easy to see how this fruit has great potential, aside from jams and sauces. The wine was of a medium purple with ruby tinges in colour, lifted fragrant and sweet 'plummy' fruit aroma and a very delicate medium bodied structure with a sweet fruit aftertaste.

My friend "Fron", one of our locals, has offered me some Davidsons Plum when it's mature so that I can trial a little and see how it turns out. Watch this space.

Wine info: terryb88@tpg.com.au

The world according to...

Magenta Appel-Pye

Winter brings with it bronchitis, making me obsess about my ever-diminishing mortality.

I'm the type that thinks every illness will be the last. Would it be easier if we were told on the birth certificate our exit date? But I would be sad if it was too short and scared if it was too long and vice-versa, so maybe not.

My husband is the opposite. He takes his illnesses like a man, stoically resisting help. About death he says, "Bring



it on." Even though he likes to tempt fate he hasn't picked out his own funeral music even though he is a musician. He doesn't want to talk about it.

My mother wants *When the Saints Go Marching In* and a

double bass coffin. She's still playing her bass in a band, having the best sex of her life with her 88-year old boyfriend and living life to the full. She's eagerly awaiting the death of his wife who has been in a nursing home for 25 years. Mum reckons she's hanging on out of spite.

My Jewish mother-in-law wants nothing more than to die at home as soon as possible. She told me, "The lady next door was found dead in her kitchen, the lucky bitch!" She wants Chopin's Funeral March but only the first five minutes as it goes on a bit long.

I want *Is That All There Is?* If that's all there is my friend, then let's keep dancing. Mum reckons, "It's a bit sad". I reminded her it was for a funeral.

The dog, blissfully unaware of doggy heaven, lives in Nirvana enjoying every moment.

Living in the Woodenbong hills

by Marilyn Scott

Living in changing times... entering a new cycle. It's happening all around me and within my very being.

I guess most of us have cottoned on that these ain't your 'normal' times, if there ever was such a thing... but at times, those who create image, tried very hard.

I find it's a curious place to be... both inspiring wonder and magick and also creating fear and apprehension, even if it's only subtle; and when things are changing all around me... my very own identity can be challenged. It is, 'cause it's changing.

I sit here on my verandah watching the magnificence of the natural world... all appear to be operating as usual, doing their thing to survive... and Mother Earth balancing our impact. It appears to be us human beings who are really feeling the upheaval, something big is stirring and it's inviting all kinds of reactions.

In my own life there's been incredible change, amid the massive shifts that are occurring. I live in a new town, so very different to what I was previously familiar. Mother Nature's vibe is always the same, wherever I am... yes, some areas are more pristine and pure, but basically her energy is stable. It's people that take up so much space, our energies vibrating outwards... we are both light and darkness and we have the option of choosing.

Entering a new cycle, has magnified the changes... every cycle has its gifts... but this one's been surprising. I see the world through my own eyes... and I see that incredible beauty surrounds me. Yes, there are times of uncertainty... as I shape-shift into a new person. Old things feel familiar and safe... the new requires a lot of trust and trust is something, for most of us, that was abused very early.

Sitting here in my wise woman crone time... never thought I'd ever use those words... not with a Gemini ascendant... but time marches on for all of us, we get to experience lots of different things, in all different environments.

But I have to say I love being here, in this space in time, within myself... we learn so much



in our journey through life and it's all there for us to access. We have so much to be grateful for.

So accepting the role of the wise woman crone is an honour really... especially in these times of massive change... each of our gifts are worthy of honouring... and definitely need to be expressed and shared. It needs all of us now... to create our new world.

Yes, there's still a lot of movement happening and at those times we can feel a bit unstuck... but these are the times we need to love and nurture ourselves... with every bit of energy we have... much love.

"We listen for resonance. We seek ones who can magnify our tone for us, guide us, support us in the vulnerability and chaos of our expansion."

– Susan S. Weed, Wise Woman Herbal

TROYS 

Driveway & Landscaping Supplies

- Sand & Gravels • Garden Soils & Mulches
- Decorative Pebbles • Truck Hire
- Delivery to all areas

Mon-Fri 7:00am to 5:00pm • Sat 7:00am to 1:00pm
187 Casino Street, South Lismore
Phone **6622 8890**

– FLOOR SANDING –
New & old floors, verandahs, decks

 • Free quotes & advice
• Prompt service
• Quality work assured

 • All areas serviced

Rob Clark ph 6632-3342 or 0410-016-694
ABN 93 105 831 192

DRAFTING

Michael Spiteri
Architectural Drafting Service

Design of New Homes & Renovations

Ph. **0417 713 033**

michaelspiteri66@bigpond.com
www.michaelspiteridrafting.squarespace.com

Enjoying some winter wonderlands with the Nimbin Bushwalkers



Report and photos by
Michael Smith

Toonumbar Rocks

Our mid-June walk to Toonumbar Rocks started, as usual, in the Nimbin car park where we found a young Korean lass looking to join us for the day. I explained that we would be driving a long way and spending most of the day walking through thick trackless bush. She had food, water, some experience, and a bit of English. Judy turned up and quickly assessed that our visitor was made of the right stuff. Thus Seungeun from Seoul, urban girl, backpacker and WWOOFER, got to hang

out with some of the laid-back friendlies of Nimbin.

We drove to Afterlee to start our walk with our leader Don Durrant, Michelle and Christina. Wandering down a fire trail we were explaining everything to our new Seoul mate. Dingoes had left scats full of fur and bones and scratched up "territory piles". Seungeun often reached for her electronic translator and when she typed in 'scat' she exclaimed, 'oh, dung'.

We plunged down an unnamed creek until Christina slipped, fell and muddied her person. We thought it was safer to head up to the sandstone cliffs, with many caves, overhangs and orchids. Judy, who had both leeches

and ticks sucking her blood, spotted a bandicoot in a cave. She followed after it with the torch that was supposed to save us after dark. We all joined in the chase, discovering an extensive cave system that the bandicoot knew better than us. We lunched by the creek and rested in the forest. The gods had smiled on us again. Christina Haywood has this to add:

"Some highlights of our bush walk included a display bower, rock overhangs and formations, trees with disfiguring protrusions and a gorge worth exploring. Unfortunately, the bower bird's bower had been robbed of most of its blue material since our leader last passed

by. At Toonumbar Rocks, we found the creek's rocks very wet and slippery, so decided to explore higher up. This took us to spectacular sandstone and other sedimentary rock formations, overhangs and sclerophyll flora. Don, our leader, knows of fossil seashells in these strata indicating they formed under the ocean. We then progressed to the bottom of the gorge then trekked to the base of a relatively small waterfall under a green canopy of rainforest trees, with beautiful cliff surroundings. Our goal was to get above the waterfall to more rock ledges and overhangs. However, one of us discovered a small cave complex with a crack in the rocks allowing us to negotiate it to emerge at an orchid encrusted overhang. Another waterfall, this one also moderately flowing, greeted us. We imagined how picturesque it would be after heavy rain. After exploring this area, we climbed out through the cave and made our way back to the cars, to chat contentedly after a very pleasant day, before parting."

Doon Doon saddle

Up in the headwaters of Doon Doon Creek lies a saddle joining the Nightcap, and Mount Jerusalem National Parks. The saddle is on private land and you have to seek permission to go there. Our leader, David Holston, had done so and we had easy

access to the two Parks.

Our uphill journey on old roads started at 100 metres elevation and would lead us to the summit of Mount Jerusalem, 810 metres above sea level. We first headed south-west towards Nightcap Bluff, along the route of the Historic Nightcap Track, stopping at the lookout where we could see Cape Byron Lighthouse and everything in between. To the north of the saddle were Mount Tarrawyra, Clarrie Hall Dam, the Doon Doon Valley, Brummies Lookout and Mount Warning. Bees were buzzing around the few flowers that were out at this cold, winter solstice time of year, and we enjoyed warm sun, warm rock. In two months the flowers will burst

for the first flush of spring.

We headed back across the saddle towards Mount Jerusalem, the whole time on fire trails. There were 6 of us, all fit and keen, which was just as well because we were on our feet for 7 hours. You are allowed to walk anywhere in the National Park, and there were plenty of footprints leading to where we found ourselves.

After 50 years of bush walking, I am only occasionally gob-smacked by something I see in the bush. It happened in this park, a geologic curiosity, remarkable, memorable. I hope, in my lifetime, to be able to show you how to get there. It is something that is universally appealing as a spectacle. I am all for sharing.



Nimbin Bushwalkers Club Inc.

Walks Program for July

Sunday 8th July

Numinbah Valley to Numinbah Tick Gates via Binna Burra

Leader David Holston (0452-471-327)

Grade 5, 25km Meet at Border Gate, leave cars for finish then drive 12km to start of walk. Start on Numinbah Road then following the steep accent on the Gold Coast Hinterland Track and Via the Graded Lower Bellbird Circuit 8.6 km to Binna Burra. After a break we head out 9km on the Graded Lamington Border Track and Mt Hobwee Circuit to Mt Wagawn. The final part of the walk is all off track and at times steep down Mt Wagawn to the Bushrangers Caves and to the cars at the Border Gates. Numerous highlights with great views and variety of vegetation and varied geology. Sorry but only experienced longer distance walkers as this will be a long day.

Meet 6.30am Nimbin carpark, or 8.15am Numinbah Border Gates. Walk will depend on weather conditions.

Bring lunch, water.

Weekend 21st – 22nd July

Bungdoozle and Culmaran Falls Camping weekend, Cambridge Plateau

Leader Don Durrant (6633-3138, at night).

All walks start at the Rest Area, Cambridge Plateau Scenic Drive near Mallanganee.

Sunday Bungdoozle walk starts 8am, Grade 2-3, Features: The walks pass through a subtropical rainforest with more than 200 plant species, including Booyongs, Rosewood, Pigeon-berry Ash, Giant Stinging Trees, Hoop Pine & Strangler Fig. Will also do the Culmaran loop walk or Culmaran valley track.

Meet 9am Saturday at Nimbin carpark, or 10.30am at Cambridge Plateau Rest Area, Cambridge Plateau Scenic Drive near Mallanganee. Bring food for picnic and water, or camping gear for overnight.

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).

<http://nimbinbushwalker.byethost7.com>

Secretary, Len Martin (ptropus42@smartchat.net.au)

LISMORE

beautiful ladies

20 COOK ST

6622 5533

In / Out calls, Strippers Available

Open Mon and Tue 10am - Midnight, Wed 10am - 2am, Thurs 10am - 3am, Fri and Sat 10am - 4am, Sun Noon - Midnight
lic-brothel 2006-546

Johnny Mc Towing
Lic. No. 10004

- Any Old Cars
- Any Old Metals
- Caravans
- Batteries

Ph: 66897 322 Mob: 042 99 44 571
SPECIALISING IN UNWANTED CARS

DONE RIGHT CONCRETING

Ian & Caroline Todd

*From skateparks to footpaths
...and everything in between.*

NSW Lic. 223776C QLD Lic. 634592
Email: cribt@bigpond.com
Mob. 0428 390 441

YOUR LOCAL
DIGITAL READY TV ANTENNA MAN
Servicing the Northern Rivers

GET THE PICTURE

Phone David
0428 298 403

Life in a modern day orphanage

Ironically Yours

Travel diary of the irreverent

by Dionne May

I'm living in an Orphanage. It would be so easy to romanticise this situation and portray myself as a wonderfully compassionate soul, but when push comes to shove, I'm too much of a realist. Life can truly suck for these kids some days and their futures are bleak.

UNICEF and other children's organisations could see in the past that mostly orphanages were not very positive environments to raise children in and began systematically replacing them with the Foster Care System. Again not the ideal situation for disadvantaged and often abused children, and despite some great Foster Carers, horror stories still persist, but at least most children experience some semblance of a family life.

Some days here in the Orphanage I despair of the lack of just about everything that these children endure and the future that they must face when they either misbehave and are sent packing or when they reach the age of 20/ 21 and it's time to go. There are no intermediate programs. One day the safety of the Orphanage, the next out on the streets or back to the dysfunctional and/or poverty stricken family that gave you to the Orphanage in the first place.

Individually their strength and resilience inspires me and humbles me. These children have witnessed brothers and fathers killed in the brutal occupation of their country, friends and families beheaded, deaths of parents from poverty to malaria to suicide, fathers murder mothers, torture, abuse, brutality and depravity. One young man watched his whole

family being killed except for himself and his brother. After a period in the Orphanage this boy learned that this brother had now also been murdered so he went off by himself, found the perpetrator and "disposed of him". This young man is now studying to be a priest.

Recently I witnessed a violent incident that is the worst that institutional living can get. One 7-year old boy was smacked across the face for not obeying an older girl's command. This quickly escalated to a mob of kids throwing rocks at him and dragging him bodily across the ground when he tried to escape. As an Australian Mother I was jolted into action while the Sister present merely walked away. As I yelled harsh Tetun (local language) instructions to the kids to stop, the hapless young boy made his escape and I quickly followed him down the street where I found him sobbing hysterically and clutching a large rock for protection. This same boy witnessed his mother commit suicide 2 years ago and recently his twin brother was sent home to his angry alcoholic father for not doing well at school and displaying signs of trauma and acting out. No compassion, no counselling, no help.

So when I despair too much for the future of these kids I live and work with daily, I have to remind myself to take a step back and try to focus on the good. The good days are filled with laughter and singing. We all play volleyball in the afternoons and all pile haphazardly into the microlet (mini-van) on the weekends for song filled trips to the beach for swimming lessons. Some nights I simply sit with them on their beds and we do each others hair, massage hands and share stories with my broken Tetun. Magical



shared moments. Yes they all yearn for contact but they also do have each other and their community here makes them strong. Compared to some of the poorer local children in the area these kids have a clean bed to sleep in, regular meals and schooling and each other.

Ironically the hard days remind me of the hidden gifts here and I feel very blessed to have become part of their "family".

In a culture where regularly hitting children is seen as normal by parents, siblings, teachers and Nuns alike and where recent history has been so ugly, it is my hope is that this newly independent country can make the transition quickly to a violence-free and safe society. There are new public campaigns here in Dili creating an awareness of abuse against women and children now. New organisations such as The Casa Vida Program for abused girls have been established and I am proud to be helping teach swimming to these girls as part of the Academy of Swimming Education East Timor NGO that I am here volunteering for.



Timor Leste has many challenges to face as the UN and Australian Army begins withdrawing its support in December this year. The recent celebration of their 10th year of Independence was a reminder of the struggle this nation faced and continues to face for its youth to find a sure footing in the modern world.



Nimbin Garden Club Notes



by Stephanie Eyles, photos by Den Braidwood

Nimbin Garden Club's Annual General Meeting held on Saturday 16th June was blessed with a winter-warmish sunny afternoon on the pleasant verandah, adorned with luxuriant ferns, of Gillian Jones' and Dick Hopkins' property (pictured). Many thanks to those intrepid members who showed up to support the club.

AGM business saw a brief explanation of club finances and our returning office bearers stoically offer to stand for another year's service: the president, Michael Vaughan; secretary Gillian Jones (Pauline Ahern offering support) and treasurer Denise Braidwood (Lynne Woods offering support). The committee lost none and gained new members, Lynne Woods and Bernadine Schwartz. The PR officer position will be shared among committee members and willing club members who'll dare turn their literary hand to the odd Nimbin GoodTimes article (no necessity for oddness as a rule). On behalf of all club members, may I offer thanks and appreciation to our office bearers and to everyone who lends and hand to ensure Nimbin Garden Club's ongoing success.

So, with business out of the way, we settled in the afternoon sunshine to listen to our guest speaker Lois Kelly, of both the Northern Rivers Food Group and the Nimbin Walking Tracks project, who gave short but informative talks about these two organisations/projects. The NRRFG has been running for over two years with 80 members currently, mostly manufacturers, and 75% local food. It continues to develop ways to bring local food producers and processors/distributors together for the benefit of the whole community. For information about the NRRFG, go to www.northernriversfoodgroup.org.au

The Nimbin Walking Tracks project that Lois is working on evolved from an idea originally put forward by Wally Davies and some of Nimbin's local indigenous people. It aims to eventually provide a solid source of information and demonstration for those of our 125,000 tourists per year who visit Nimbin looking for genuine ecological life-ways and methodologies. You can find out more by phoning 6689-1361.

The group then toured Gill and Dick's garden, positioned on a spur of land that Dick informed us lies on the far outside of the Mt Warning Caldera, and resting high between Goolmangar Creek and a tributary creek which, although sometimes dry, has been running continually for the last couple of years. The tributary creek bank on the house side has been stabilised just beyond the house garden with local stones and boulders, and Gill plans to landscape the

bank once the area is readied.

The garden is filled with mature native and exotic trees, bananas, currently overburdened citrus and a rather lovely mature guava tree (great for the grandchildren to climb). The veg patch is currently quiet, but adorned with hills of horse manure ready for work. Our walk led down by Goolmangar Creek through a riparian strip filled with naturally regenerated mature she-oaks, quandong, eucalypts and Gill and Dick's plantings, making it a cool spot in the summer just beyond their house on the hill.

The Nimbin Garden Club is planning a bus trip for the end of September, to partake of 'Springtime on the Mountain 2012' on Tamborine Mountain. Further information will be forthcoming; watch this space.



The next club visit on Saturday 21st July, 2- 4pm, will be to Andrew Barton's and Nick Tereke's property at 1030 Mountain Top Road, Nimbin, 4.9km from Nimbin Post Office. Travelling down Stony Chute Road, turn into Mountain Top Road past the piggery, and when you reach the rise look to the left for letterbox and turn in at the Garden Club sign. Don't forget to bring cup, chair and plate to share and cuttings/seedlings/produce for the swap table; all visitors are very welcome.



CAREFREE CEREMONIES

Unique & Personal Celebrations

by Gwen Trimble

- Weddings
- Commitments
- Vow Renewals

0427-486-346

A/H: 6689-1490

www.carefreeceremonies.com
gwentrimble@dodo.com.au



ALL MECHANICAL REPAIRS

KOMBI NATION

mobile mechanic

David Basten
0427 863 323

Lic No: 29852

BLUE KNOB STONEMORX

LARGE RANGE OF
GRANITE, MARBLE
AND NATURAL STONE
AVAILABLE AT
COMPETITIVE
PRICES



MOB: 0429 048 808
PH: (02) 66 891 665

bkstonemorx@hotmail.com

BLITZ ELECTRICAL

Jurgen Israel Mobile: 0419 772 897

* German Quality Solar PV Systems 3Kw- 10Kw*
 * Overhead/ Underground Power Supply * Metering
 All Installations

* Energy Efficient LED Lighting, Design & Sales

blitzelectricalconsulting@gmail.com

Lic No: 88593C NSW

Lic. No: 9406 QLD

Headers 5th division go to top of table



One of the 15 goals scored against Workers

by Gary, PAC & Simone

The Men's 5th Division team are going from strength to strength after winning the last 6 games in a row.

Win number 4 came about with a solid 4-0 win over Goonellabah at home. In wet and soggy conditions we probably should have got into double figures after a series of missed chances, but class showed in the end and the better team got the 3 points.

The Nimbin Headers Fifth division have gone to the top of the table after the last two away games. One on

Saturday 23rd of June when they beat Lismore Workers 15-1, then on the following Monday night they were at Richmond Rovers ground in Lismore and won 5-0 which put them on 21 points. On the Saturday the top two teams faced off, as both were on 19 points before the game. South Lismore were at home to Uki Pythons who were second due to being 1 goal adrift, the game ended 2-2, I knew they would Draw. After losing away on the 5th of May to Uki Pythons 4-2 the Headers have won the next six games scoring 42 goals

and only letting in six. The Next two games are at home kick off at 1pm. On Saturday 7th July were playing Lennox Head who are sitting 4th on the table and are the only team not to have lost YET. On Saturday 14th July we are at home to Dunoon the only other team to have beaten us way back on April 14th. Since then they have only won two games slipping down the table to 7th spot.

So come one and all to support our local soccer team, and watch them play the fantastic soccer they are plying at the moment. Also

not forgetting all our juniors and the women's Fourth Division who are sitting on 5th spot.

The Nimbin Woman's great season continues with now four wins in a row. The last win being a 3-0 win against the Thistles last Sunday. First goal scored was an own goal that was a easy pass back by a Thistles player that caught their goalie wrong footed and rolled into the net. Ashlee, fast as always in the front, scored the second goal and Emma with her fabulous footwork, dodged around the Thistles defence

line to score the third. The strikers were well supported by the halves that kept getting the ball up the front time and time again. Thistles had very little scoring opportunity with Nimbin's defence line shutting them down throughout the entire game.

The Nimbin Woman's strength comes from team morale and the support, respect and kindness that every player shows to their fellow team mate. Fitness and improved ball skills that comes with training are really starting to pay off as well.

We have some challenging games scheduled with a must win game against Goonellabah on Friday the 6th to assure us a spot in the finals. Thanks for the continued encouragement and support from coach Bruce and team manager Damian and of course our family and friends who come to all the games to cheer us on.

GO THE MIGHTY HEADERS!

Wet weather phone number for Headers ground closure: 0409-608-664

	Played	Won	Draw	Lost	Pts	F	A	+/-
Nimbin Headers	9	7	0	2	21	51	15	+36
South Lismore	9	6	2	1	20	31	18	+13
Uki Pythons	9	6	2	1	20	23	11	+12
Lennox Head	9	5	4	0	19	28	12	+16
Richmond Rovers	8	2	4	2	10	12	15	-3
Goonellabah	9	3	1	5	10	15	23	-8
Dunoon	8	3	0	5	9	14	15	-1
Byron Bay	8	2	2	4	8	15	24	-9
Alstonville	8	1	3	4	6	16	16	even
Casino Cobras	8	1	2	5	5	9	23	-14
Lismore Workers	8	1	0	7	3	12	50	-38

Fun Run a day for all ages

This year's Nimbin Fun Run will be held on Sunday 26th August at 2pm, with start and finish at the Nimbin Showground.

Once again, there are fantastic prizes to be won, including best dressed and a raffle draw with 1st, 2nd and 3rd place winners, just for entering.

A day of fun for the whole family is planned, in a relaxed atmosphere with yummy food and drinks, and a barbecue.

Children may purchase a wristband for \$5 and enter all events and games from 11am to 1pm. Some games will be competitive with prizes, and some games will non-competitive (fun) in order to suit all children.

Events include: 400 Metres 6-8 Years, 9-11 Years; 200 Metres 6-8 Years, 9-11Years; 100 Metres 4-5 years and under; Tiny tots 3 and under; Strategy Games and Team Events.

Organiser Cassandra Jefferys said, "I'd like to put the emphasis on not just the competitive side, but the importance of exercise and getting the blood flowing and the body moving. Everyone in the community is encouraged to use this opportunity to get together with a group of friends and have a run, or take a walk and have a lovely day out in the beautiful outdoors," she said.

Look for more details and entry form in the August NGT.

Nimbin Fun Run Prizes

Major Sponsors: Nimbin Hotel and Backpackers and Mount Franklin Spring Water.

1st Over 45 female	\$250	Craig Ardern Electrical
1st Over 45 male	\$250	Craig Ardern Electrical
1st Open female	\$250	Rainbow Power Company
1st Open male	\$250	Dr. Dan Oxley
1st Under 16 female	\$100	Nimbin Bakery
1st Under 16 male	\$100	Nimbin Bakery
2nd Open female	\$150	Nimbin Hotel and Backpackers
2nd Open male	\$150	Nimbin Hotel and Backpackers
2nd Over 45 female	\$150	Nimbin Lifestyle Real Estate
2nd Over 45 male	\$150	Nimbin Lifestyle Real Estate
2nd Under 16 female	\$70	Nimbin Tattoo Studio
2nd Under 16 male	\$70	Nimbin Psychologist
3rd Open female	\$100	Nimbin Bowling Club
3rd Open male	\$100	Tribal Magic
3rd Over 45 female	\$100	Daizy
3rd Over 45 male	\$100	Nimbin Building Materials
3rd Under 16 female	\$50	Nimbin Tattoo Studio
3rd Under 16 male	\$50	The Green Bank

For further information, contact Cassandra Jefferys on 0428-439-526.

Improvements at Showground

The refurbished Nimbin Showground Pavilion will be officially opened by Thomas George MP on Wednesday 25th July.

The pavilion is now furnished with top class gymnasium equipment and a newly constructed amenities block (toilet, hot shower and disabled toilet) close by.

The refurbishment, purchase of major items of gym equipment and construction of the amenities block were funded by three substantial grants from the NSW Government's Community Building Partnership program, as well as by the Nimbin A&I Society, which contributed substantial amounts of its own funds towards the

project.

Support from Lismore City Council and local member Thomas George for those grant applications is gratefully acknowledged.

Thanks are also due to Individual A&I members, Neville Plush, Col Smith, Mal Rothwell, Ed Harris, Phil Williamson and Bevan Whitney, along with Cass Jefferys, her family and gymnasium members, who put huge amounts of labour into the project.

Major contributions also came from other Nimbin community members, notably Robert Gall (plumbing), Terry Bressington and Geoff Mason (plastering), Marc Lebars (concreting) and Len Martin (grant applications).

QUICK QUIZ

Devised by the Nimbin Bowlo's Quizmaster, Marty

Questions

- Who is the President of France?
- In which Australian state or territory would you find The McDonnell Ranges?
- What does Caveat Emptor translate to?
- Spike Milligan and Peter Sellers were two of the original Goons. Who were the other two?
- Who was the English king who abdicated in the 20th Century?
- What animal is colloquially known as a Tommy or Tommie?
- What was the name of Frazier's dad's dog?
- What does a Conchologist collect?
- Who wrote the poem 'The Hollow Men'?
- What is the capital of Latvia?

The Trivia Quiz at the Bowlo will start again on Sat 21st July.

10. Riga
Not with a bang but a whimper.
This is the way the world ends,
This is the way the world ends,
"This is the way the world ends,
This is the way the world ends,"
9. T. S. Eliot:
8. Sea Shells
7. Eddie
6. Thompson's Gazelle
5. Edward VIII
Bentley
4. Harry Secombe and Michael
3. Let the buyer beware
2. NT
1. François Hollande

Answers



New Mill Farm crew

Andy, Gunter and Darren celebrating Nimbin Building Materials' move to the Mill Farm. Former proprietors Clarrie and Sally Rose gave them the thumbs up.

Nimbin Crossword Solution

From Page 23



PiXiE the BUIlDER
Grant Holding Lic No. 30119

NEW HOMES RENOVATIONS ALTERATIONS DECKS

Phone 6689-1728

Craig Ardern Electrical
Lic No. 182289C

All Electrical & Data

Smoke Alarms
Rewires
Safety switches
Specialised Lighting

Ph: 6689 0479
Mob: 0429 190 004

WALLERS BUS COMPANY
Valley of Rainbows

LISMORE - NIMBIN NIMBIN - LISMORE BUS SERVICE

Ph: 02) 66226266 Fax: 02) 66226682

Phone for a very competitive quote on quality seat-belted coaches, capacity 18 to 59 including wheelchair accessibility
Full timetable on-line at: www.wallersbus.com

Normal Mon-Fri Week

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		

School Holidays

Leaving	Arriving	Leaving	Arriving
Nimbin - Main St. (Park)	Lismore Transit Centre	Nimbin - Main St. (Park)	Lismore Transit Centre
7.30am	7.30am	7.30am	8.00am
9.00am	9.00am	9.35am	9.35am
4.25pm	5.00pm	6.05pm	6.35pm
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

Fishing Fraser Island



Eight of the fishermen

by Pixie, fishing editor

This year's trip to Fraser Island was quite obviously not blessed by the weather gods, or the fishing gods, but any fishing trip to Fraser Island has got to be good, especially when you do it over 16 days.

Eleven members of the Nimbin Heads Fishing Team took part in our annual trip this year. We took away three boats with the skippers



Jessee & snapper

being Harry, Pixie and Laurie, and the crew being Zac, Cal, Bazz, Mark, Duey, Jessee, Terry and Rick.

Due to the big Low hanging off the coast, we had to put up with big seas, strong winds and rain for a lot of the trip, so our fourbies had a lot more use than our boats did.

It was good to be back on the island, even if we couldn't go to sea, so fishing the beaches and the inlets provided us with some flathead and dart, so fresh seafood was on the menu. Then after four days, we got a chance to go to sea, and we jumped at it. We knew it would be a bit jiggly, and it would be slow going in the slop, with swell bashing from all directions, so we decided to fish in close on a pebble reef.

Jessee pulled in a nice size snapper, and Mark a good spangled emperor. We were catching a few tusk fish and gold spot wrasse, but not a lot of fish were coming on board. So Pix and Harry decided

to motor out through the slop, about another 10 clicks to a small reef. It was a good decision – we started to hook up to good size tusk fish straight away. The boats were still getting beaten around by the cranky seas, but we were all catching good fish.

Mark hooked up to a big gold spot wrasse, then your humble fishing reporter hand-lined in the fish of the trip, a 16kg gold spotted cod, with Mark gaffing it into the boat. Jessee had a floater out the back of Harry's boat, and hooked up to a good fighting juvenile Spanish mackerel, which was great chewing for tea that night.

We were all excited, and the thought of going to sea two days in a row had us up bright and early the next morning, to go through the same routine of launching off the beach and crashing through the surf to head to sea again. The wind was already blowing stronger, and was already cold and uncomfortable, but we were catching pearl perch, venus tusk fish and gold spot wrasse.

We stayed in close, fishing the pebble reef, because as the day went on the winds got stronger and the white caps got bigger, and the fish became harder to find. When the winds started blowing around 30 knots, we decided that we'd had enough fun for the day on the water, and drinking beers on the beach would be a much better option.

Then the next day the weather gods got real angry, and the seas were five metres plus, and the winds were howling. This went on for the next eight days. After eight days of not going to sea, we

were starting to run low on our beer stocks. Then on our last full day on the island, we had a chance to go to sea again. The swell on the beach was nasty, and crashing through the surf had a whole new meaning. We watched Laurie crash through a big set of waves with white water crashing everywhere, and then he comes out the other side and it's all good.

Once out at sea, the fish weren't on the bite, the barometer had dropped overnight, and you couldn't sell a bait in close on the pebble reef. So Pix and Laurie decided to bash through the slop another 10 clicks to the same reef that fished well on our first trip to sea. But it wasn't happening. The only way to lose a bait was to take it off and throw it away and try again.

But it wasn't working, so we headed back to shore with three boats and two fish to share, one pearl perch and one gold spot wrasse. So we filleted and skinned and beer battered bite-size tasty



Pixie & 16kg gold spotted cod

pieces of the most delicious fish. It was like fairy floss seafood – melt-in-your-mouth tasty coral fish.

So even though our trip didn't go to plan, and we didn't go to sea often, it was all good, as all fishing trips should be. So now we only have 330 sleeps to go 'til next year.

Tight lines, guys.



Mark & gold spot wrasse

Nimbin Lifestyle

real estate

02 6689 1305

66 Cullen Street, Nimbin
www.nimbinrealestate.com.au



John: 0428 282 182

Lis: 0447 891 004

KEEP IT SECRET



\$360 000

- 100 Acres
- Swimming holes
- Biodiversity
- Private house sites

A BLANK CANVAS



\$145 000

- 3774 m2
- Private
- New fencing
- Water & Power

BLUE BEAUTY



\$349 000

- Big 4653 m2 block
- Mountain backdrop
- Large, light, airy
- Close to town

LOT 4; THE RIDGES



\$99 000

- 5480 m2 block
- Elevated
- Nimbin rock views
- 3.3 km from town

FAMILY FUN



\$590 000

- 11 acres
- 4 BR colonial
- Great Views
- Bonus granny flat

SPECIAL FOR YOU



\$360 000

- 10 acres of rich land
- 2 spring-fed dams
- Large 4 bed home
- 2 small cottages

ROSE ROAD



\$349 000

- 8 acres
- Pool
- Elevated
- Tropical gardens

ECO FRIENDLY



\$430 000

- 50 acres
- Solar Power
- Private
- Creek boundary

FRIENDLY FARM



\$750 000

- 126 acres
- 4 BR colonial
- Native trees
- Abundant water