

Mega earthquakes and seismic cycles

by David McMinn

The 2004 Indonesian and 2011 Japanese mega-quakes were catastrophic for the people living in the respective regions. It was important to consider how these huge quakes aligned cyclically with other similar events. This may offer clues as to what activates these tragic events and thus improve prospects for more accurate seismic forecasting. Surprisingly, world mega quakes-aligned very closely within 54/56-year cycles. What is the 54/56-year cycle you may well ask? It is a grid with intervals of 54 years on the horizontal and 56 years on the vertical. Major seismic episodes cluster within this grid pattern and can be correlated with Moon-Sun cycles. This assessment was based on the listing of great quakes since 1900 (mag => 8.5) by Kazuja Fujita (Michigan State University).

The 54/56-Year Seismic Cycle

All top 6 mega quakes (mag => 8.9) since 1900 occurred within two 54/56 grids in the 7 months ending May 31 (see Table 1). Grid A experienced quakes in 1952 (Kamchatka mag 9.0), 2004 (Indonesia mag 9.0) and 2011 (Japan mag 9.0), and Grid B in 1960 (Chile mag 9.5), 1964 (Alaska mag 9.2) and 2012 (Indonesia mag 8.9). Furthermore, of the top 18 major quakes listed by Fujita (mag => 8.5), an amazing 12 fell within these patterns, whereas about 3.2 could have been expected by chance. Crucially, other world mega earthquakes are likely in coming years, as 2013, 2014, 2016, 2018 and 2020 appear in Table 1. Importantly, the two 54/56-year grids can be combined to produce a grid with intervals repeating 9, 45, 9, 45... years on the horizontal and 56 years on the vertical (ie: Grid A plus 9 years gives Grid B).

Table 1 54/56 YEAR CYCLE: BIGGEST WORLD QUAKES SINCE 1900 mag =>8.5 Year ended August 15									
Grid A									
								+ 54	1949
								+ 54	2006 Mar28 2004* Dec26
								+ 54	2007
								+ 54	2009
1901	+ 54	1955	+ 54	1953 1952* Nov04					
1957 Mar09 2013	+ 54	2011* Mar11							
Grid B									
									1900
								+ 54	1956
								+ 54	2012* Apr11
								+ 54	2014
								+ 54	2016
1908	+ 54	1962	+ 54	1906 Jan 31 Aug17	+ 54	1960* May22			
1964* Mar28 1963	+ 54	2018							

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ASTRO FORECASTS

BY TINA MEWS

YOUR MONTHLY REVIEW OF WHAT'S HAPPENING IN THE HEAVENS

June



Life seems to speed up when the Sun journeys through busy and multifaceted Gemini. Individuals with a strong Gemini signature in their chart like to gather information and attempt to bring together contradictory forces. The quest is to learn reconciling differences by merging intellect with emotion, spiritual ideas with material needs. There seem to be always two roads that cannot be travelled simultaneously. That is why the twins are very changeable, restless and often scattered. They like to be light hearted but can be moody if they are disconnected from their true needs. Most importantly, they have to share their message with others and be able to explore and exchange ideas.

Full Moon eclipse in Sagittarius on June 4 reminds us of speaking our truth even if we have to rise to the challenge. Superficial peace will not work now. The rare transit of Venus across the face of the Sun follows on June 6 (see May edition). Venus in Gemini is sensitising our perception of the world based on our value judgments. Venus in her retrograde phase (15 May – 27 June) demands of us to review our values. In which areas has our life gone out of proportion? Have we lost touch with the 'Divine Feminine', our intuitive knowing of 'right' and 'wrong'? During June 4 – 11 the warrior planet Mars will make conflicting aspects to the Venus/Sun conjunction. Collectively, we can expect some important endings and new beginnings especially in regards to relationships, alliances and values. Not every contract is beneficial and those which are not might better end now. On the high road the Venus transit and the rhythmical pattern that Venus displays in her 8 year cycle reminds us that everything in life is based on beauty and a naturally occurring sacred geometry. It is the key for living in a healthy and harmonious relationship with the whole. On the low road Venus was perceived by ancient cultures (Mayans, Babylonians) as a powerful symbol of the life/death cycle.

Jupiter, the planetary forcefield signifying our ability to judge correctly and see the big picture, enters Gemini on June 12, here to stay until April 2013. Information that has been lying in shadow might be revealed expanding our understanding. However, Jupiter moves into a square to Neptune, planet of illusions, by the end of the month, indicating that we might be very idealistic but could well forget to act upon it.

Another major event of the month is the first of seven exact squares between ground-breaking Uranus and transformative Pluto on June 24, 3 days after the Winter solstice. At this turning point in the yearly cycle things might go out of control. It will be difficult to go with the flow and trust the process. However, resistance might not work. After all, it is the year of 2012!

Saturn, the planet signifying necessities and realism changes direction after nearly five months in retrograde motion on June 25, while Venus returns 'out of the underworld' on June 27. If we have descended deeply enough into our own inner centre, we might be ready and empowered now to take a big step forward. However, let's hope to not get stuck in a place in-between because of an immobilising fear of the future!

If you would like to find out more about the major cosmic cycles that are converging right now, come to the special workshop on June 15 (see box, right).

Aries

Especially those of you who are born between the end of March and beginning of April might feel a strong need for personal freedom and independent action. The problem is that old structures that you have built up in your life are holding you back now. Allow the necessary changes to occur and avoid acting out on impulse.

Taurus

Venus rises out of the Underworld on June 27. Until then, you could be reviewing previous plans. Reflect on what matters most based on your own values. How do they fit in with your relationships and associates? Try to re-balance by listening to others with an open mind. Sudden insights might change your perception.

Gemini

These are truly intense times for you light-hearted Geminis. You are at a crossroad again; do not really knowing which way to travel. Just reflect upon your most cherished values. How do they relate to those that you established 8 years ago, in May 2004, when Venus was activating the same core themes of your life? Review, adjust and transform.

Cancer

Especially Cancerians who are born between the end of June and beginning of July might find themselves stuck between a rock and a hard place. Health issues might remind you of establishing good nutritional practices. New ways have to be found regarding duty, work and work relationships allowing you to have sufficient rest and time out.

Leo

Right now it is important for you to focus on your creative expression. Give space for shadow material to surface. Do not worry so much whether this might fit with the expectations of your audience or their approval of your work. Rather reflect upon your own psychological barriers that hinder your creative flow.

Virgo

The demands of your family or issues related to your home life might challenge your need for independence and personal space. Voice your needs openly and clearly. Acknowledge that you have less tolerance for restrictions placed upon you by others.

Libra

Saturn, the hard taskmaster of reality, has been in your sun sign since mid 2010. Saturn's gift is success through disciplined work,

rewards that are truly earned. By the end of the month Saturn will begin its conclusive phase in Libra (until October). Librans who have seriously done their homework will make a big step forward.

Scorpio

Right now, you might be focused on sorting out your assets and resources. It might be difficult to see things clearly especially in regards to your financial operations. You could either win or lose 'big' time. Strategies that have worked before need adjusting. Try to find a new approach.

Sagittarius

Changes that occur in your life at the moment relate you back 19 years (1993). How does whatever happened then relate to now? Acknowledge your weaknesses and know your strengths. You might feel slightly in the dark regarding your personal credentials. Take an honest look at your inner blocks, transform and shift to the next level.

Capricorn

Reflect upon the motivations that trigger your actions and review your values especially regarding your work and duties. You could well be making a big step forward towards your life's purpose if you are willing to transform those structures in your life that do not support your need for change and authentic living.

Aquarius

Your humanitarian approach is very honourable but not always based on what is truly happening. Be careful not to overlook important details and take responsibility for your own ego development. A balance between give and take is essential. Too much of one or the other blocks potential growth.

Pisces

The path ahead might lie in the dark right now and no clear messages are given which way to move. Projects that you enjoyed in the past are not satisfying your needs anymore. It is time to develop new interests because you are going through a very important phase of re-orientation.

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).

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So my theory is that *The Avengers* was written by the Obama campaign team. I know I'm right and will now show you why.

The Avengers is an attempt to marry the old values of imperial America as the police of the world (whether you wanted them to police you or not) and a set of new hip values. The new hip values are green, humanitarian, humble. The US is still the World Police, but they are moral and smiley World Police now.

Nick Fury (Samuel L Jackson as Barack Obama with one eye) is the head of SHIELD (the Democrats) who are a bunch of cool young people in a flying aircraft carrier (Obama staffers on Capitol Hill). Fury is accountable only to the mysterious 'Council' (Congress), a bunch of cruel white people (Republicans) on TV screens who all seem to be sitting in badly-lit rooms on black and white TV (they live in the fifties). The world, played by America, is under threat from neo-nazi supervillain Loki, no doubt driven to madness because he has the world's stupidest superhero costume.

Loki wants to conquer the world. He's never cut it as Thor's little bro or something. Anyway, he has a special spear that can turn people into zombies and he also has a special blue cube that Nick Fury wants to use to give the world 'limitless energy'. Fury recruits *The Avengers*, a bunch of oddballs who have had their idealism sadly tarnished (Democrat



Reviewed by Stephen Wright

supporters). The Avengers include Iron Man (green capitalist), Thor (good aristocrat), The Black Widow (feminist, ie; sexy but troubled), Captain America (old but sincere US imperialism) and the Hulk (a kind of weird Occupier who just wants to trash the system and get back to helping sick people in India).

Loki has lots of alien space-monkey-things in armour who fly out of the fifth dimension or wherever and invade the world, played by Manhattan. Cue extensive amounts of what a colleague of mine at Overland Literary Journal called 'balletic chop sockery'. Unknown to them, the Avengers are really being manipulated by Nick Fury into saving the world. But he has to do it, because he lives in

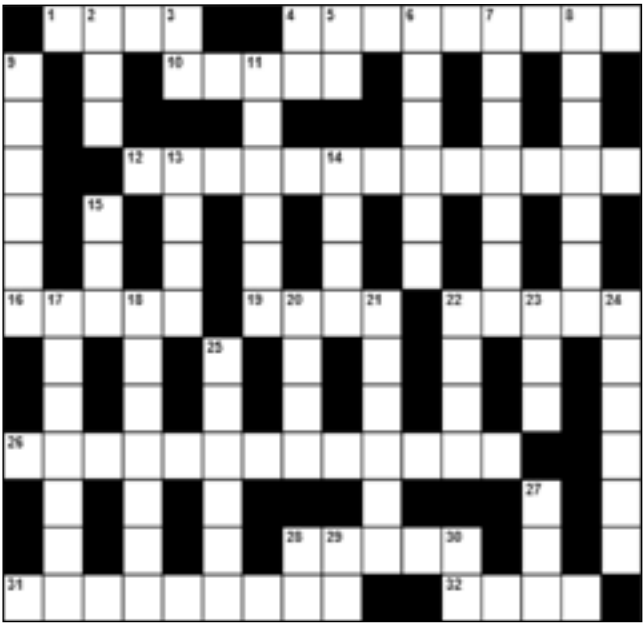
solitary moral grandeur and can see that sometimes you have to be unspeakably violent to be cool and moral. He wishes he didn't have to do it, but there it is. That's his burden and why he is really even 'gooder' than the Avengers.

In the end Captain America (old-style patriotism) and Iron Man (new hip green patriotism) become pals and save the world. The Hulk gets to smash everything and save Iron Man, so he gets to trash the system and save it as well. Everyone lets Captain American do the battle-planning because in the end, even though he is a twerp, he is a true patriot and the only soldier and everyone knows America needs soldiers, otherwise we'd have to bow to the Nazis every day.

There is a huge boss fight with giant flying lizard spaceships and Manhattan gets exploded a lot. That's what Manhattan is for, though having been exploded for real a decade ago, you'd think that they'd have had enough of it by now. But apparently not. *The Avengers* has gone supergangbusters at the box office. Which is why Obama will win in November. Because Obama is so cool, only Nick Fury can play him in *The Avengers*. And because Mitt Romney is so uncool that only a dorky dork from Dorktown could play him. But there is no movie dorky enough for him, so he'll never be played by anybody. Not even one of the space-monkey-things. You heard it here first.

Nimbin Crossword

2012-6
by 5ynic



- Across**

 - 1. Impolite
 - 4. Deliver to a foreign judicial authority
 - 10. Throaty warning?
 - 12. No sex after marriage
 - 16. Charging Interest
 - 19. (Master) work
 - 22. Masked web-warriors for the lulz
 - 26. (6,7) If they (4 across) him to (24 down), they'll (4 across) him to the (2 down).
 - 28. Prepared for burglarising? Boxed.
 - 31. Founded by (26 across)
 - 32. Slime
- 7. Twice the (US) Department of Defence HQ?
 - 8. Mullah Omar's Afghan partisans
 - 9. Waterfall spanning 3 Southern-Cone nations
 - 11. Portuguese city, famed for fortified wine
 - 13. Dark blue
 - 14. In position? In _____.
 - 15. Wildebeest
 - 17. Noble swordsman of ancient Nippon
 - 18. Stuffed pasta
 - 20. Wordplay?
 - 21. Native American womenfolk
 - 22. Excited, eager, Amazed?
 - 23. Eggs
 - 24. Northern European Kingdom
 - 25. Syrup ice-cream treat
 - 27. Collectable lolly dispenser
 - 28. High-fashion fragrance (-one?)
 - 29. Because
 - 30. Perform

Solution Page 27



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Reviews from the Crypt

by Stephen Wright

David Bowie

Station to Station (1976)

Station to Station was probably Bowie at his peak but also Bowie at his personal weirdest. *Station to Station* was intended to be the soundtrack to the movie *The Man Who Fell to Earth*, Nicholas Roeg's film that starred Bowie as an alien stuck on Earth.

Station to Station introduced Bowie's new persona of The Thin White Duke, 'throwing darts in lovers eyes' and was produced at a period in Bowie's life when he was so out

of it on cocaine all the time that he was prone to making rather questionable statements. For example, at one point Bowie said he thought that Britain would benefit from a fascist leader. This conveniently overlooks the fact that a fascist Britain would not have tolerated the likes of the mid-70's Bowie for a nanosecond. And also shows us that musicians shouldn't be listened to for their political opinions.



Station to Station opens with the terrific 10-minute title track, which combines three separate ideas in a few sudden shifts of tempo. Bowie's technique of writing

lyrics and then cutting them up and re-arranging them served him well, and they almost make a kind of sense.

The album is often excoriated for Bowie's cover of *Wild is the Wind*, previously covered by Nina Simone, and his own song *Word on a Wing*. For my part, I think they

work just fine especially if one thinks of them as ersatz Berlin cabaret, somewhat tongue-in-cheek but also catering to Bowie's histrionic desire to become something of a diva. It's easy to imagine Bowie singing them not as the Thin White Duke but as the Gold Sequined Duchess.

Either way, I always think of *Station to Station* as Bowie's best effort. He may have been drugged to the eyeballs and driven three-quarters insane with fame, but he pulled something out of the hat that he has never been quite able to repeat.

Arthur Conan Doyle The Adventures of Sherlock Holmes (1887)

For many reasons Sherlock Holmes has experienced an extraordinary revival lately. First, with Robert Downey Jr's portrayal as Holmes the action man, and more recently with Benedict Cumberbatch's rendering for the BBC of a Holmes with a touch of Asperger's Syndrome living in modern London. It would be nice to know that someone could deduce everything and anything from the most prosaic of circumstances.

Strangely enough, Downey's



Holmes is not as far removed from Conan Doyle's original as one might think. Doyle's

Holmes was a practitioner of obscure martial arts, a heavy cocaine user and could be extraordinarily manic. He never wore a deerstalker, never said "Elementary, my dear Watson," and explored a dark and sinister side of London where anything was possible.

The reasons why Holmes was so brilliant was partly because his offsider, John Watson MD was so slow. And as it got boring having Holmes so relentlessly out-clevering everybody, it was necessary to introduce an arch-

enemy, James Moriarty, perhaps the first supervillain. When Conan Doyle eventually got fed up with both of them, he killed them off at Reichenbach Falls, only to have to resurrect Holmes after the resulting public outcry.

Every superscientist from Professor X to Dr Thaddeus Venture takes Holmes as his template. Not only does he know everything there is to know about everything, but he is completely self-sufficient. Superheroes might have wives or husbands, but superscientists never do. Of course there has been speculation that the relationship between Holmes and Watson was less than

platonic. But I think that idea founders on the reality that for Holmes, sex is a peculiar activity that those strange beings called humans engage in, those creatures who are troubled by emotions.

Holmes' London has also become the de facto representation of Victorian England. Whether you read the comics of Alan Moore, or read steampunk, Holmes' London even outdoes that of Dickens: the seedy criminals, hysterical aristocrats, gangs of homeless boys, bizarre names and lives all conjure the smoky metropolis which has a veneer of piety but a black and devious heart.

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Penfolds Bin 95 Grange

Fruit of the vine
by Terry Beltrane

My last piece on Penfolds was coincidentally written two weeks before the annual release of the Penfolds 'Bin' range. So I guess it's only appropriate to finish the story that led to the global recognition of this august winemaking family.

Winemakers are a bit like pot growers; they take their 'art' seriously and don't like people messing with their stuff. It's their art and they call the shots, the only acceptance being how much of each variety has been called for. In 1951 a bloke named Max Schubert was the chief winemaker for the then Penfold family still based at Magill despite the beginnings of a massive winery complex being established in the Barossa Valley. Now, as I mentioned last month, Max wanted to not only make a red wine "as good as the top shelf stuff from Bordeaux", but one that would age and mature with grace and complexity.

So Max selected the best Shiraz he had that year and made this wine that was BIG, and shoved it into some brand new American oak Puncheons (600 litres each). He left the wine to develop for two years (meanwhile making this experimental wine each year and sticking it into brand new American oak) and then finally showed the original to his bosses, there being several family members on the board. They were appalled! This wine was so far out of sync with the common quaffing red that was available at the time (remember back then that 80% of wine consumed in Australia was fortified; Port, Sherry and Muscat). Max was told to desist immediately and get back to making wine. Besides, the imported American oak was whacking out the budget.

Max said (to himself) "Fuck You" and continued to make this wine every year regardless. In 1955 he exhibited the 1951 vintage wine at the Adelaide Royal Wine Show, at the time the most prestigious of national capital city wine shows, under the label of Bin 95 Grange Hermitage, 'Hermitage' at the time being the name we used for the grape variety Shiraz.



The wine swept all before it taking out a gold medal in its class and the Championship of the wine show. Suddenly Max had the Penfold family's attention. They were a bit upset that their directives had been ignored but had to concede that Max was onto something they couldn't ignore and were pleased that there were consecutive vintages of this wine in the cellars. And so Grange was born and released into the market in 1956 with the first vintage being the 1951.

The wine always had pedigree and was always considered as one of Australia's best red wines and while expensive compared to many if its peers, was never a really 'expensive' red. Prices increased incrementally and by the mid 1980s with the red wine boom in Australia the wine was becoming a bit of a collectors' item, and priced accordingly. That all changed in 1995 when the 1990 vintage was released and it was ranked as the world's Best Wine by a bloke named Robert Parker, a globally influential writer for the prestigious Wine Spectator Magazine. Demand went stratospheric – and so did the price. Anybody who drank red wanted Grange. I recall Greg Norman's then manager phoning from Florida to get 'several' cases of this wine (Greg was very faithful to his Aussie reds) only to be told there was none left in stock. His response was, "Well make some more"; come in pot grower, if you get my drift.

Penfolds had a very loyal

customer (amongst many) who operated a fine wine liquor store, and we were asked to conduct a line up of Penfolds reds at a 'wine expo' this guy was going to run. He wanted to put up a bottle of Grange for his customers to have a taste, which I strongly advised against, as I was the bunny who was going to be behind the tasting bench. A time had been set for when the Grange was to be tasted and a half hour before 'they' started lining up until 'they' were 6 deep at the bench. As I pulled the cork this surging wall of 'humanity' went ballistic, bulldozed the bench, sitting me on my arse and Grange spilling out onto the grass. What was left in the bottle was ripped from my hand while 'they' stomped and scrabbled over me to get a taste of some bloody red wine.

For some months on a Saturday afternoon I was required to conduct tours and private tastings at the \$12 million refurbished Penfolds Magill winery for winners of a national promotional event. The lovely Heather would often accompany me to assist and stop me from going troppo. Each of the tastings included the 1990 Grange and because often there were only 2-5 people, there was always wine left over, mostly more than half a bottle. Heather and I would grab that, a couple of the others as back up and go buy some fish and chips, sit on the banks of the River Torrens and drink Grange. Nice work when you can get it.

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The world according to

A mosaic plate sits proudly in the backyard reminding us of our June wedding anniversary, the happiest day of our lives. I am thankful for three things:

1. No-one told us the rules of being married, and we still haven't got a clue. We got a bigger manual for our fridge. But we have adapted to each other over the years and live in relative harmony considering the state we're in. The only rule we know is that you have to throw any polygamous tendencies to the wind and sleep with the same person for the rest of your life until death's sweet embrace. This is our 7th anniversary. We argue whether the 'seven year itch' is a legal/moral loophole?
2. The older we get, the more amused we are at our blunders, miscommunications, and scatological sense of humour. There's always something to laugh at, even if it is only a trumpeting fart. Especially if he lights it.
3. Despite being different races and religions we were allowed to get married. Just lucky we are opposite sexes. Marriage is about love, commitment and bonding families. It is not about sex – ask any long term married person. That laws still

Magenta Appel-Pye



exist disallowing same-sex marriage is archaic and sexist. These people are valued members of our communities. Anyway, it would be a good thing for the economy. Weddings are big business.

On our wedding day I received the quaint moniker of Mrs Appel-Pye. Husband's family name, Appel - accent on the 'pel', and my family name, Pye. The things we do for love. He didn't. Might people laugh at or ridicule him for this strange name? Of course they do.

Living in the Woodenbong hills – Mount Clunie

by Marilyn Scott

I found Mt Clunie Cabins by turning off the Mt Lindsay Highway about 10 mins west of Woodenbong. The road was a bit bumpy in parts, but as I passed through Bald Knob State Forest, the atmosphere was enchanting. Into Mount Clunie Rd and the rich red soil is just gorgeous, the gentle winding of the road as it climbs to the base of Mount Clunie. "Wow," I thought as I arrived at the end of the road and got out of the car, "How blessed are these people to be given this sacred land to caretake?"

I'd snuck off to feast on the beauty and take a few photos when Fran came to the front gate and welcomed me with a tour of the garden. The first thing I noticed was the temperature, it was cooler and wetter. I was mesmerized by the gorgeous garden. There were hundreds of varieties of Grevillias and the bird life was really impressive. A very large vegetable garden, a rainforest patch, and two tranquil pools fed by the run-off from the water tanks, are equally impressive sections of the garden.

Jim and Fran Standing began their life together in this special spot in 1992. The property previously belonged to Jim's family. Jim grew up here, left the area and returned when his father was unwell. Jim's father was a sawmillier and purchased the property as a stand of timber. Jim recalls how the land was full of huge trees and massive boulders and how most of the trees were cut down and the boulders pushed aside. Jim was always fond of native trees, even having pet trees and remembers the ones that were taken away.

Fran had always been a keen gardener and after arriving at the property wanted to put in a native garden, actually a birdscape garden. Understanding that the birds need water, food and thickets and a place to hide... they began.

"The garden began bit by bit, it grew and continues to grow, it's a never ending work of love," Fran said.

"You have to manage your garden, planting



and pruning doesn't take care of itself. You also need lots of mulch".

After being diagnosed with cancer in 1996 and again in 1997, Fran thought she may need to stop gardening, but her doctor advised her to keep her life normal. Fran considers herself fortunate to have survived. I'm sure her environment has been an incredibly healing influence.

The idea to put cabins in came about in 1998. Like a lot of people on the land; the couple needed to look at different streams of income. The cabins were erected by a local builder using local timber.

The cabins are very popular and provide a perfect place to relax and absorb the beauty of the area. There are now permanent bookings for Easter, Christmas and New Year.

Some people from the Queensland Hibernian Society did a botanical study of the property, expecting to be there no more than two days, but each time they went to a different part they found more species - shrubs, trees, groundcovers, epiphytes, ferns and orchids.

Half of the property is now fenced off as an environmental areas. Fran and Jim received a grant from the Federal Government, matching dollar for dollar, to do this. The fencing was done with star pickets posts so they 'didn't have to fell the forest to save the forest'. These areas are now full of beautiful big trees. No firewood is collected from these areas, their natural habitat respected.

There's a lot more to say about Mount Clunie Cabins... may be best you see it for yourself – pay them a visit.

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Numbers, numbers, numbers – numb, number, even number



by **Len Martin**

Oh the exigencies of the English language – the ambiguities. To try to avoid the ambiguities one uses numbers, one attempts to quantify (or is it “quantitate”? I’m never sure) the qualitative, so as to avoid... a void. But then again, perhaps the qualitative is unquantifiable. Are you still with me? Are you wondering, “Has he finally lost his marbles?” Do the younger among you actually know what “marbles” are? But I digress.

A fine, bright, blue-sky autumn day in May. The chance to wander through a magical, tender, beautifully conserved rainforest. To enjoy, and I quote, a “Grade

2-3, 5-km, 5-hr walk through rainforest, all on tracks with easy grades and no lawyer vine!” and “Highly recommended for nature lovers”. Yet, disappointingly, only eight turned up, three being the leader and his grandsons, Tyler and Cody. However, we did have a first with Jan of Multitask bringing Les, a resident of Mulgum House and keen photographer, to enjoy the day. Why so few for such an idyllic venture? Well it was 13th May and Mothers Day, and I know one club member who stayed home to be with ‘Mother’ – though not his own. Perhaps it was lingering doubts as to the Durrant “Grade 2-3”, since this newly fledged septuagenarian’s fitness leaves that of even

younger people (let alone older people like me) in shreds. A Durrant grade 2 could be another’s grade 3 or even more.

Nonetheless we little band pottered through Don’s new plantings – 6000 trees – at the edge of his established rainforest. It became a little too steep for Les, so he and Jan returned to explore the flatter tracks near our starting point. Don took this route to bring me, in particular, to a camp of Grey-headed Flying-foxes, high up in the canopy. Alas, shortly afterwards, I too succumbed to the slopes – not Don’s fault, but because of an unfortunate weakness in the muscles of the lower abdomen – a syndrome common in the older male. I left the others, returning

along a gentle track through mature rainforest to relax in idyllic surroundings with Jan and Les. Our return to the road involved some quite thrilling off-roading in the Landrover, during which we came to Don’s pumpkin patch – a huge area of pumpkins amid his young trees. A massive pumpkin hunt ensued and the Landy returned to Nimbin with numberless pumpkins for, amongst others, Gail Clarke’s soup kitchen.

Now the weather was nowhere near as fine on 27th May for David Holston’s Black Scrub walk in Mt Jerusalem National Park, yet 20 people turned up. I knew that even without the unfortunate condition mentioned above, at 78, I

was not up to this Grade 5, 11km, 7hr circuit walk, via a gravel trail for about 5km to gain 480m to the top of Mt Chowan at 523m then down off track via a ridge with a few vantage points travelling through Eucalypt and rainforests to a tributary of Chowan Creek, following the creek down passing a number of falls with plunge pools then, when reaching the bottom of the largest fall, we will do some large boulder rock-hopping to the creek junction.

Because I was unable to go on this adventure, what I now describe comes from a club committee member who did complete the walk. Alas, a number of walkers found the going difficult, the walk was slowed, and some original targets were not attained. Apparently some of the visiting walkers were used to walking the distance – but not over such rough

terrain or over such gradients – yet the walk was rated as grade 5, which is specified in our program as, “Off-track or difficult terrain. May include steep sections of unmodified surfaces, rock scrambling, creek walking and crossing... may be short and difficult. Not suitable for beginners”.

Moreover, the actual walk description finished with, “We then go back up the main creek, pass more pools and other falls to the cars. This will be a reasonably long day and only for those confident in heights and rock hopping and, at times, climbing over large boulders – you have been warned!”

What more should we do? How can we prevent this happening again? David Holston is an experienced and caring leader, extremely fit, and one who might himself regard this particular expedition as “a walk in the park”. I have been on many of David’s walks and have sometimes found them more difficult than expected. By the same token I have also been on walks that I have, in my upper seventies, found undemanding – yet they have been quite difficult for folks significantly younger than me. By my reckoning, the grading of 5 was absolutely appropriate for this particular walk, as was the description of the roughness of terrain and the height to be traversed.

I believe that it is imperative for anyone who is walking with the club for the first time, and has any doubts as to their own ability, to consult with the leader beforehand. Happy footsteps.

Walks Program for June

Sunday 17th June

Toonumbar Rocks (20 mins west of Kyogle)

Leader Don Durrant (6633-3138, at night)

Grade 1 - 4, 3 hr, 3km some easy walking on track and some rock hopping. Rock formations, orchids and overhangs.

Meet 8am Nimbin car park for car-pooling, then drive in convoy to Don’s place – bit over an hour. Meet the leader at Vidlers Road, Afterlee, then drive 5km to the start of the walk. **Bring** food for picnic and water.

If you have not walked with the club before, please check with the leader to confirm that you will be able to manage this walk.

Sunday 23rd June

Doon Doon Saddle – to Nightcap Bluff and Saddle – to Mt Jerusalem

Leader David Holston (0452-471-327)

Grade 3, two return walks taking 5-6 hr. Walk 1: 3km return to Doon Doon Bluff (via Historic Nightcap Track) with a number of spectacular lookouts along route and a possible 1km return extension to the historic sleep tree. Walk 2: after lunch at the Saddle we will walk in the opposite direction along Mt Jerusalem Road towards Mt Jerusalem Trig Station (distance will depend on time available) – again the views at the lookouts are spectacular

Meet 8am Nimbin Carpark or 8.45am at corner of Doon Doon Rd & Mt Jerusalem Rd, Doon Doon. There is no vehicle access to the saddle which means an extra 40 min walk at start and finish. **Bring** lunch and water. Walk will depend on weather conditions before this event.

FUTURE EVENTS

Expressions of interest sought for

Fraser Island Great Walk

Leader Michael Smith (6689-9291)

Grade 3, Dilli Village to Happy Valley

August 10th to 17th, with 2 additional days of the weekend to further explore the island (total 10 days). We will organise for camping gear to be trucked between each campsite, each day, so that we only have to carry day packs. Forests, lakes and sand. Camping and barge fees approx \$125 each. Fuel contribution approx. \$50 per person. BYO food, water and camping gear.

Program: Day 1 to Lake Benaroon 13.5km, 5hr; Day 2 to Central Station 12km, 5hr; Day3 to Lake Wabby, 18.5km, 7hr; Day 4 to Valley of the Giants, 20km, 6hr; Day5 to Happy Valley, 20km, 7hr.

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).

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Nimbin Garden Club Notes



by Gillian Jones

Club visit to Byrill Creek – Saturday 19th May

The garden of Will Yates and Athol McKenzie in Pretty Gully was an inviting place to be for over 25 members of the Nimbin Garden Club on a warm bright autumnal afternoon. Located in Byrill Creek, with Wollumbin peeking over the hill, the wooded valley was calm and magical with a wonderful feeling of peace and harmony.

The home and garden, set on a north-sloping one hectare, is one of 14 shares on the 200-acre community which was established around 20 years ago.

Layers of hand-hewn terraces on the north and eastern facing slopes have been filled with a huge variety of plants for the past two years. When the garden and house were bought, some of the terraces were established but covered with Singapore daisy, lantana and other rampant weeds.

Today there are larger established trees from the former owners with younger citrus and a huge variety of

other trees surrounding the veggie and herb gardens. Some of the unusual trees include NZ Kauri, Swamp Cypress (*Taxodium*), White Magnolia (*M. denudata*), Gordonia and elephant apple, to name a few.

Gingers, heliconias, begonias, bromeliads, cream cliveas, as well as tree ferns, pawpaws, palms and zygocactus (now known as *Schlumbergera*) were all planted to provide a rich creative tapestry of colour and form.

Herbs include Thai and lemon basil, comfrey, thyme, rosemary, parsley, Thai coriander with hedges of tumeric, and gingers and galangal. The veggie gardens were brimming with a variety of lettuce, peas, beans, spinach, tomatoes and peppers, protected from birds and wallabies with low fences and cages.

A huge variety of cacti and succulents were potted around a terrace with a white gravel base for ease of weeding and providing a great sitting spot. The unusual shapes colours and sizes of succulents included Kalanchoe (thick Dr Seuss-looking aliens) jades (*Crassula sp.*), Euphorbia and Echiveria as well as mandala-like cacti – a dream for those who love unusual specimens.

Avid gardeners, Will and Athol have built up the soil from a heavy clay base using gravels, river sand and cracker dust to build minerals into the soil. The weed free and tidy garden beds are a tribute to the love and attention and the way in which they both work together.

The boys kept visiting friends in the valley for a couple of years before they decided to move up from the central

coast.

The house is made from boulders all gathered from the slopes with huge beams and poles which creates a sturdy inviting space with open-plan living and views around the garden, forest and valley. All water is from the property – rain water and the creek – and the house is self-sufficient with solar power.

The verandahs have hollow logs for micro bats to nest in, and the home felt cosy and inviting, a place of peace and creativity.

When we arrived for the afternoon visit, their pride and love of their garden was self-evident and we all felt extremely welcomed and privileged to live in Nimbin with our surrounding valleys and new generous friends. Who would guess that these marvelous gardens lay tucked away down side roads!



AGM

The next garden club visit is the AGM and will be held on Saturday 16th June at the home of Dick Hopkins and Gillian Jones in Hensen Road. Turn into Crofton Road and Hensen Road is the second road on the left about 3kms from the Blue Knob Road turnoff. Go over the bridge on Henson Road and turn sharp right just over the bridge, you will see the signs. There is ample parking inside the gate.



From the Rainbow Region to the Island of Rainbows

Ironically Yours

Travel diary of the irreverent
by Dionne May

It's ANZAC Day and I have ventured to Atauro Island, about 20 kms off the coast of Timor Leste. I am camping in a tent on this most patriotic day and this seems perfectly attuned with my Aussie roots. I was initially surprised that my gazebo at \$30 US per night was nothing more than a thatched hut, or rather platform, with a tent on it. No verandah, no furniture, no hammock. But the mattress was thick and comfortable and simplicity is always good for the soul. I am maybe two metres at most from the gentle lapping clear waters and awake to an amazing unfettered view of the sun rising over the ocean. Not so lovely are the tiny ants that manage to invade my bed during the day but I ingeniously hung my dried banana snacks in the pocket of the tent which has become the main attraction rather than me!

I am staying at an Eco-Lodge called Barry's, which is run by an Australian and his lovely Timorese wife Lina. It is fully solar powered with composting toilets, permaculture gardens, recycled grey water and solar-treated spring water for drinking. After the environmental horror that is Dili and its infamous 'Dili dust' that hangs in a thick shroud over the island, I breathed an enormous sigh of relief and pleasure to meet kindred spirits and breathe fresh air!

I spent the morning going to the small local village of Villa where a famous local NGO, Bonecas de Atauro produces beautiful handcrafted dolls and bags. In a large room about 12 women sit at antique sewing machines creating these amazing souvenirs in vibrant colours. Similar to the theme of the Cabbage Patch Dolls, no two are the same. I then wandered down the streets being greeted joyfully by the children and found myself caught up in the drama of an

angry, escaped, large black goat. The only disturbing aspect of the trip was the predominance of teenagers walking around with lethal looking machetes in their hands. On enquiry later I discovered that it was 'clean up' day at school... it would pay for their teachers to be VERY nice to these kids!

The heat was blistering hot, so I hitched a ride back in a tuk-tuk, a creative invention of a motorbike fitted with a tray on the back to transport all sorts of goods and up to maybe eight people, in time for lunch and siesta. With the rhythmic lapping of the sea and a lovely breeze, I slept like a baby for three solid hours and awoke to the singing voices of the local fishermen. From my own culture, which is largely devoid of public singing, the sound of people singing as they work is literally music to my ears. Women wander down the beach with their heavy baskets of washing on their heads, singing. Children sit under shady trees, singing. Men are out fishing in slim, hand-built boats, singing. I'm not sure if today's catch was exceptionally good or this guy was exceptionally happy but even at a distance of 1km off shore his voice was rendered almost hoarse by his exuberant singing!

So as the day turned to dusk the sky was lit up by the biggest full rainbow I have ever seen. As the rainbow faded the pink and orange merged into hazy purples and blue hues against a blackening ocean... aaaaah!

On my final day on the island I was lucky enough to be invited to join the water-taxi team to go snorkeling when they went diving on the western side of the island. This was such a bonus as the sand on this side is white and the water is so clear you can see the coral 15m down from the boat. Our return to Dili was blessed with another dramatic rainbow display that was the perfect backdrop for about three dozen pilot and melon-headed whales frolicking in the water! Another great adventure!



My gazebo at \$30 US per night.



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Fluoride – the next nightmare

by **Brendan (Mookx) Hanley**

“Fluoride reduces an individual’s power to resist domination, by slowly poisoning and narcotising a certain area of the brain, thus making him submissive to the will of those who wish to govern him.”
– Charles E. Perkins (chemist, 1954)

Fluoride is more poisonous than lead, and just slightly less poisonous than arsenic. It accumulates in bone over the years. It is not excreted.

Fluoride results in a sizeable and significant increase in genetic damage. 10,000 or more fluoridation-linked cancer deaths occur yearly in the United States. The ability of fluoride to transform normal cells into cancer cells is confirmed... liver cancer... oral tumours and bone cancer. Osteo-sarcoma, a type of bone cancer, is far higher in young men exposed to fluoridated water as compared to those who were not.

Fluoride inhibits enzyme systems, damages the immune system, contributes to calcification of soft tissues, worsens arthritis and causes dental fluorosis in children. Their enamel becomes mottled and discoloured, the end result being damaged teeth that have essentially rotted from the inside out.

United States dental records of over 39,000 school children, aged 5 to 17, showed that the number of damaged teeth per child was virtually the same in fluoridated and non-fluoridated areas. The Department of Health for Auckland, New Zealand, investigated tooth decay statistics from about 60,000 12 to 13-year old children and showed that fluoridation had no significant effect on the rate of tooth decay.

Young children have the highest risk of severe tooth damage from fluoride. Even low ingestion levels cause the direct depositing of fluoride into the teeth, brain and other bodily tissues and organs, which, besides causing fluorosis, also causes disorders of the brain and nervous system, kidneys and bones.

Fluoride intake causes cognitive damage. Over 60 percent of the United States’ water supply is fluoridated. Fluoride acts in a way that lowers the I.Q.

Prior to 1945, fluoride was properly regarded as an environmental pollutant. It destroyed crops and animals, leading to many lawsuits against industries, such as the aluminium and phosphate fertiliser industries, whose

waste products contain large quantities of fluoride. As a result of clever public relations campaigns, fluoride was transformed from an environmental pollutant to an essential nutrient necessary for producing healthy teeth. The science was poor, but the PR campaign was great. Being against fluoride was like being against motherhood or apple pie. Industries not only made millions from selling this environmental pollutant to water and toothpaste companies, but more importantly, it saved billions of dollars that would be required to clean it up.

Boiling water removes chlorine, but concentrates fluoride. Water filters do not remove fluoride, unless they use reverse osmosis. Everyone should avoid fluoridated toothpaste. The concentration of fluoride in water is one ppm, in toothpaste 1,000 ppm and in fluoride dental rinses 10,000 ppm.

Research in Holland found that people using fluoridated water experienced health problems from gastrointestinal disorders to mouth sores to rashes to headaches to forms of arthritis to more serious concerns such as cancers and neurological complaints.

The accumulation of fluoride in the pineal gland can reduce the gland’s synthesis of melatonin, a hormone that helps regulate the onset of puberty. Fluoride affects sexual maturation, calcium metabolism, parathyroid function, post-menopausal osteoporosis, cancer, and psychiatric disease.

Up until the 1970s, European doctors used fluoride as a thyroid-suppressing medication for patients with hyperthyroidism (over-active thyroid). Fluoride was utilised because it was found effective at reducing the activity of the thyroid gland even at doses as low as 2 mg/day. Today, there is widespread problem of hypothyroidism (under-active thyroid) in the United States. Symptoms of hypothyroidism include obesity, lethargy, depression, and heart disease.

Fluoride is well known to cause bone disease. Evidence indicates that, although fluoride might increase bone volume, there is less strength. Studies have found an association between dental fluorosis and increased bone fracture in children and between long-term consumption of fluoridated water and increased hip fracture in the elderly.

Fluoride exposure has also been linked to bladder cancer.

Gastrointestinal ailments are produced following ingestion of 1 mg tablets of fluoride or consumption of 1 ppm fluoridated water.

Infant formulas reconstituted with fluoride water can provide 100 to 200 times more fluoride than breast milk, or cow’s milk.

Fluoride is found in all sorts of food and beverages, not to mention that it is absorbed through the skin every time people wash their hands with or take a shower in fluoridated water.

There simply is no legitimate reason to fluoridate water. Doing so forcibly medicates an entire population with a carcinogenic, chemical drug. There really is no effective way to avoid it entirely, and nobody really knows how much is ingested or absorbed on a daily basis because exposure is too widespread to calculate. But political pressure and bad science have continued to justify water fluoridation in most major cities, despite growing mountains of evidence showing its dangers.

The chemicals used for fluoridation are not high purity, pharmaceutical quality products. Rather they are by-products of aluminium and fertiliser manufacturing and contain a high concentration of toxins and heavy metals such as arsenic, lead and chromium. All proven to be carcinogens.

Sodium fluoride was on the market pre-1938, but not to stop cavities and not for any medical reason. Sodium fluoride sold as a rat poison. Sodium fluoride safely and effectively killed rats before 1938. Now it is safe to give to little children to prevent tooth decay?

Ninety-seven percent of Western Europe has chosen fluoride-free water. This includes: Austria, Belgium, Denmark, Finland, France, Germany, Iceland, Italy, Luxembourg, Netherlands, Northern Ireland, Norway, Scotland, Sweden, and Switzerland. Western Europe allows individuals the right to choose, or refuse, fluoride.

Even before World War II, lawsuits started because people, crops and livestock were being harmed by surrounding industrial facilities using fluoride. There was an industry and government cover-up because fluoride was too important to be crippled by massive litigation and payout. What better way to convince the public and juries how benign fluoride was than by showing how beneficial it was in the drinking water?

In 2003 the UK government passed a new law that exempts them and the water companies from all claims as a result of disease or death from fluoride in drinking water.

So, what the hell is this stuff doing in public water supplies?

Bindjareb Pinjarra

*As our journey together finished,
And the laughter subsided,
At the end,
After the savagery of the guns,
After the slaughter,
You stood tall above us,
Nyoongar Brothers,*

*On the edge of the darkened stage,
Gathering the earth
To cast into the river,
To honour the Elders,
To remember the Dead*

*Lest we forget
Lest we forget*

*In the silent river below,
This old white-fella
Spread his fingers to catch the earth
His heart opened to catch your memories
The slights, the wrongs,
The disposessions, the deaths*

*He will never be the same again,
Even as he writes this he weeps.*

It must never happen again.

*Lest we forget
Lest we forget*

What greater theatre can there be than this?

**Len Martin
Nimbin
Bundjalung Country**

If you get the chance, see Bindjareb Pinjarra, one of the greatest theatrical experiences of my life – you’ll never be the same again.

Three black-fellas and three white-fellas sharing what some have called a black armband history of Australia – and what many see as a largely unwritten history.

We belly-laughed, we wept and some of us were “killed”, as the six played a hundred parts or more, with no costume changes, and simple wooden props – this was the ultimate in commedia dell’arte all’improvviso, with brilliant, mind-blowing responses to audience suggestions.

NORPA, bring it back for those unfortunates who missed it this time round – we’ll certainly go again.

QUICK QUIZ

TRIVIA - BOWLO

Questions

- Who is the so-called faceless man who resigned from the Senate in March this year?
- What is the other name for the axolotl?
- Name the three animals appearing in the Chinese zodiac that are NOT mammals
- Who was the American Illustrator famous for his covers of The Saturday Evening Post?
- Who won the Oscar in 2012 for Best Supporting Actor?
- Who was the Frenchman who built the Suez Canal?
- Who was the Nobel Prize winning Israeli PM assassinated in 1992 by a fanatical Jew?
- What does the abbreviation ASIO stand for?
- The longest river in South Africa forms the border between that country and both Namibia and Lesotho. What is its name?
- Where on your body would you wear an Espadrille?

Devised by the Nimbin Bowlo's own Quizmaster, Marty

Answers

1. Mark Abib
2. Salamander
3. Snake Rooster
4. Norman Rockwell.
5. Christopher Plummer for his role in Begin
6. Ferdinand de Lesseps
7. Yitzhak Rabin
8. Australian Security Intelligence
9. The Orange River
10. On your foot

Work underway

Nimbin Crossword Solution

From Page 23

1	R	U	D	E		E	X	T	R	A	D	I	T	E	
2	I	S		G	R	O	W	L		A	E	E	A		
3	G	A		C	O	N	S	U	M	C	L				
4	G		U	N	C	O	N	S	U	M	E	D			
5	A	G		A	R	I	E	G	S						
6	Z	N		V	T	T		D	O	A					
7	U	S		U	R		O	P	U	S		A	N	O	N
8	A		A	S		S		U	G		G	A	N	W	
9	A	M		V		U	N		U	O	A				
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11	A	L		A	C	A	S	E	D	E	N				
12	W	I	K	I	L	E	A	K	S						
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8.00am	8.45am	8.00am	8.25am
12.00pm	12.35pm *	3.25pm	4.00pm
2.35pm	3.10pm	5.30pm	6.00pm
3.20pm	4.15pm		
5.30pm	6.00pm		
Leaving	Arriving	Leaving	Arriving
Nimbin – Main St. (Park)	Lismore Transit Centre	Nimbin – Main St. (Park)	Lismore Transit Centre
7.52am	8.50am	7.30am	8.00am
9.00am	9.35am	9.00am	9.35am
12.45pm	1.15pm *	4.25pm	5.00pm
3.25pm	4.10pm	6.05pm	6.35pm
4.25pm	5.00pm		
6.05pm	6.35pm		

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Headers teams heading upwards



One of the goals in the Womens Fourth Division win against Lismore Workers. Photo by PAC



Xian (10's) tackling. Photo by Angus Gough



Miko scoring one off his four goals against Casino. Photo by PAC

by Simone Rutley

The month of May has proved to be very fruitful for our men's 5th division team. A 4-2 away defeat at Uki was followed by three successive wins that see us sitting in the top three in the point-score comp. The run began with a hard-fought

2-1 win at home over a resilient Alstonville side. We backed up from that game with another home victory, destroying Casino 9-1 with some fantastic goals and a fluid passing game that had the crowd enthralled.

A potentially tricky away game at Byron Bay was next up, but despite a few lapses in concentration we showed enough class to run out 7-3 winners. As top scorers in the division we are starting to realise our full potential and look forward to our next game with relish! (Which was on Saturday 2nd June Headers beating Goonellabah 4-0 with there goalie saving a heap of goals in the first half.) Ed.

Our women are heading in the same direction. They have had two wins in a row,

the most recent at home last Sunday in front of an enthusiastic home crowd. Despite a number of serious injuries, that have put some members out for the season, the team's dedication to developing their ball skills and fitness is beginning to pay dividends. Against The Workers in a 2-1 win they just kept running and always worked the ball to get where they wanted it to go.

The junior teams have been enjoying the recent good weather. There have been a couple of Saturdays when the whole club has played at home. It was a joy to see everyone playing soccer and having a ball. A big thank you to all the coaches and managers and other volunteers who make it possible. Many of these

people have stepped up to the plate with little or no soccer experience. It can be quite a daunting challenge, but without these dedicated parents and friends, our kids wouldn't be able to play.

GO THE MIGHTY HEADERS!

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



The five girls in the mixed junior grade 16/17 team Mia, Ginger, Maddie, Tess and Cedar. Photo by Steve Mackney



11s Headers player pressing her Casino opponent. Photo by Angus Gough

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NIMBIN GREEN

Learn to Bowl Classes

Like to lose some weight, meet new friends and learn a new sport?

Then come along to Nimbin Bowling Club's 'Learn to Bowl' classes every Wednesday between 10am and noon. No experience is necessary, and bowls are provided. Flat bottomed shoes (or bare feet) are required to protect the green surface.

Classes will be held for four consecutive Wednesdays commencing Wednesday 20th June and running through to Wednesday 11th July. A mid-week social competition will then commence on the 18th July for anyone interested, including new and inexperienced bowlers.

The idea of the classes is to encourage Nimbin Bowling Club membership, while promoting a healthy outdoor lifestyle for Nimbin residents. Social membership to the club is \$5 annually, with social bowls being free to members.

For further details, please contact NBC on 6689-1250 Tuesday to Friday between Midday and 7pm.



Biddies
FRIDAY 15 JUNE, 7.30PM by Don Reid

