

Herbal tea and pregnancy

by Rebecca Ryall

Are herb teas safe to use during pregnancy?

Whilst many sources recommend that the use of herbs be avoided during pregnancy, this recommendation relates more particularly to the use of herbal tinctures or supplements, and is in itself a very broad and misleading recommendation.

Nature offers an abundance of sources of vital minerals and nutrients, and herb teas are an ideal way of using these. While herbs which have been shown to stimulate the uterus should generally be avoided during pregnancy (such as Golden Seal, Juniper, Pennyroyal, Sage, Thuja and Wormwood), there is a time and a place for everything, and uterine stimulants may be perfectly indicated in a situation where labour needs to be induced or accelerated.

Uterine tonics are herbs which bring tone and strength to the uterus, and while many sources recommend avoidance of these herbs, a cup a day of Raspberry Leaf tea throughout pregnancy (or for the last three months at the very least) may aid and tone the tissue and facilitate an easier and more enjoyable labour. Herbal teas are the gentlest and safest way to use herbs, and as at most times in life, it is perfectly safe to use a correctly indicated herb during pregnancy.

Herbs to use during pregnancy

While pregnancy itself hardly constitutes a 'disease', there are certain aspects of pregnancy which some women find painful or uncomfortable.

Rather than medicate for these complaints with

pharmaceuticals, it makes sense to harness the gentle, restorative properties of herbs to help bring the expectant mother back to a place of ease and comfort.

Herbs for morning sickness

This is a common occurrence during early pregnancy and although it occurs most frequently in the morning, this nausea and lightheadedness can happen at other times, too.

This is generally due to hormonal shifts in the body, combined with low blood sugar, and often low blood pressure. A herb tea made by combining any or all of the following, consumed 2-3 times daily, should bring relief: Chamomile; Raspberry leaves; Catmint; Meadowsweet (this is particularly helpful for heartburn, too); Ginger – by itself in hot water, or added to a herbal or caffeinated tea.

Herbs for anaemia

Anaemia, or low iron, during pregnancy is quite common, due to the increased needs of gestation.

Iron deficiency can lead to deficiency of zinc, and is especially a concern towards the end of pregnancy, in case of blood loss during labour. Many women find that pharmaceutical iron preparations lead to disordered digestion (constipation, bloating and pain). Many herbs have been shown to be high in iron, or to aid the body's absorption of iron. The following herbs are useful in maintaining adequate iron levels, when used within the context of a sensible diet: Nettles; Yellow dock; Parsley; Red clover; Dandelion.

Herbs for stress

Preparing for birth, and its inevitable changes to lifestyle

and relationships, can be a stressful time for many expectant mothers and their partners or families. Early relief of fear and anxiety will do much to aid a comfortable pregnancy and enjoyable labour, and assist in the early bonding between new mother and infant.

Herb teas are a simple way of normalising the nervous system, leading to relief of stress and muscle aches and pains, and ensuring a good night's sleep. A combination of any of the following herbs during pregnancy may be helpful: Chamomile; Lime blossom; Lemon balm; Passionflower; Valerian.

With the exception of valerian, all of these herbs will continue to be of use after birth, as a nursing mother will pass on the calming and relaxant qualities to her new baby, through her milk.

Tea Medica's Pregnancy Tea is an ideal combination of herbs blended to address the needs of expectant mothers. Drinking 2-3 cups daily of this blend will help ensure your vitamin and mineral needs are adequate, that your digestion is



Raspberry tea

working smoothly, and that you are getting a good night's sleep, in preparation for this beautiful and joyful event which awaits. Enjoy your cuppa!

Note: If you are in any doubt about the safety of drinking a particular herbal tea whilst pregnant, please consult a naturopath or herbalist for advice.

The TeaMedica dispensary, located at 81 Cullen St Nimbin (in the Community Centre) is open each Tuesday and Thursday, between 10am and 3pm. Drop in to browse the range of herbal teas and stylish teaware, or even discuss a custom blend to suit your individual needs. Visit the website at www.teamedica.com.au or phone Rebecca on 0423-596-368 or 6689-7227.

Vegan Lovebites

by Nettie Lovejoy

And when you crush an Apple with your teeth. Say to it - in your Heart, "Your seeds shall live in my body, And the buds of your tomorrow shall blossom in my heart, And your fragrance shall be my breath, And together we shall rejoice through all seasons." by Kahlil Gibran.

Oh! if only that was the phrase we would use, every time we put food to our mouth. What loving, sweet humans we would all be. Loving to ourselves of wanting only the best for our mind, body and spirit and every other being. Having a plant based eating pattern is truly the most perfect diet for humans in this evolutionary/revolutionary phase happening on Mother Earth. Think about it. **War and killing has to stop.**

And I mean the internal war that happens in our body every time we eat flesh from a sentient being that shares this amazing planet with us. These beings that we are sacrificing for our palate – they too, like us have families, homes, souls, they experience joy, sharing, bravery, grief, fear, loss and sadness. We need to show 100% compassion for them. To make these necessary changes is not difficult. Be gentle with yourself. I'm not trying to make anyone feel guilty. I just want nothing but the best for all of us. If I can do it. You can too. "Why do I have to give up all those yummy, tasty things I like? How can I do it? It seems so difficult and boring." I can hear it loudly in response.

Consider your diet now, how can you replace and improve it. Start by replacing one meal - just fruit, with the seasonal influence and natural ripening. Have dried fruit/nuts or fresh fruit in bowls at home for easy grazing, when it is in sight you are more likely to eat it. Make your own mixed packets of nuts/dried fruit for your bag for when you go out and get hungry. Replace milks/yoghurts/icecream/cheeses with soya, rice, almond, oat types. Replace the flesh with seasoned tofu, tempeh, there are also some amazing substitute sausages, seafood, chicken, roasts that you can

buy from asian/health shops and supermarkets just to help you make the transition. Honestly, there are so many vegetarian/vegan recipes on the net. It's difficult to choose, which one to cook first. Experiment. Make time, have fun with spices, herbs, colours, textures. Make it a personal experience when preparing your meal knowing you are gratifying you and your family's tastes and bodies with health and happiness. Put the joy and peace back into your mouthfuls. With this change, an increasing awareness and intuition will play a role in your lifestyle evolution. Avoid worrying too much at first when making this crucial change to your diet. Just implement it gradually, then it will be bound in your web of knowing, that you are a lifesaver and are helping to heal our Mother Earth and that you're on the path to loving yourself 100%.



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Recipe

This month I have an amazing Almond Cream I invented to eat with fresh fruit, sweet pies or cakes.

Method: Soak 2 Cups of raw almonds in filtered water (tap water makes it rancid). Drain and towel dry nuts - if no time, just nuts will do - process til fine, Add 4 Tbsps Rice Malt or Agave, ½ Cup of Soya milk, 2 tspns pure Vanilla paste, 2 Cav. Bananas. Process til creamy texture. Add more milk if necessary. (Optional:- 1 Tbspoon Spirulina, Brewers yeast, passionfruit, pears or any other soft fruit). When I serve fruit salad up, I layer it with heaped spoons of this cream, passionfruit, a spoonful of shaved coconut processed with some soya milk and some vanilla paste over the almond cream and diced dried apricots or halva to pretty it up. Mmm.

Walk on the light side. Be Veg, Go Green, Save The Planet – Oceans of Love, Nettie.

Stroke identification

You may have heard this tragic story before, but it's all too common an occurrence:

During a barbecue, a woman stumbled and took a little fall – she assured everyone that she was fine (they offered to call paramedics)... she said she had just tripped over a brick because of her new shoes. They got her cleaned up and got her a new plate of food. While she appeared a bit shaken up, Jane went about enjoying herself the rest of the evening.

Jane's husband called later telling everyone that his wife had been taken to the hospital and at 6pm Jane passed away. She had suffered a stroke at the barbecue. Had they known how to identify the signs of a stroke, perhaps Jane would be with us today. Some don't die. They end up in a helpless, hopeless condition instead.

A bystander can recognise a stroke by asking three simple questions:

- S – ask the individual to SMILE;
- T – ask the person to TALK and SPEAK A SIMPLE SENTENCE (coherently), (eg. 'It is sunny out today'); and
- R – ask him or her to RAISE BOTH ARMS.

New sign of a stroke: Stick out your tongue

Another sign of a stroke is this: Ask the person to stick out their tongue. If the tongue is crooked, if it goes to one side or the other, that is also an indication of a stroke.

If he or she has trouble with **any one** of these tasks, call an emergency number immediately and describe the symptoms to the doctor

If a neurologist can get to a stroke victim within three hours he can totally reverse the effects of a stroke. The trick is in getting a stroke recognized, diagnosed, and then getting the patient medically cared for within three hours, which can be tough.

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Toxic Fashion

by David McMinn

Several years ago, I had some old clothes marked with 100% cotton on the label and I thought they would be suitable for mulch. Just recently I was digging around in my garden and came across the same clothes and they were almost intact. Obviously something was seriously wrong, as the cotton should have completely decomposed. I did a few googles and became very concerned about what came up on the internet.

Most people fail to appreciate how toxic their clothes really are. There are the synthetic dyes, the fabric conditioners, the fungicides, stain resisters, fire retardants, the deodorizers and the list goes on. The manufacturers are loathe to inform the public exactly what goes into their products because ignorance is great for business.

A 'wash before wear' label appears on some clothes for a very good reason – to leach out the toxic chemicals. I ignored this warning on a T-shirt and ended up with green skin from the chemical dye. It is wise to always wash new clothes a few times before use.

If you live in the country, washing your clothes could result in toxic chemicals ending up in your septic or grey water system. Just how persistent they are in the environment is debatable and would vary from chemical to chemical. It may be advisable not to eat vegetables and fruit growing near the overflow pipes from these systems.

Clothes made from nylon and polyester release micro fibres every time they are washed. These do not biodegrade and end up in the oceans where they accumulate in the flesh of fish and other marine life. This is a very good reason to avoid synthetics.

Children are particularly vulnerable as they have thinner, more permeable skin and less developed detoxification systems. Parents

should be aware of the problem and take extra precautions, as clothing can be a hidden source of toxic chemicals to young bodies.

In an August 2011 report, Greenpeace found that 14 of the most popular US clothing brands tested positive for toxic chemicals known as nonylphenol ethoxylates. These break down into chemicals that are persistent and have hormone-disrupting properties. According to Greenpeace, "Even at low levels, it represents a big threat to the environment and human health." Some major US fashion companies subsequently announced that they would be eliminating hazardous chemicals from their products by 2020. That is 8 years away, and the same companies would have known about the hazardous chemical problem for many years.



Dr Lanz, author of Chemical Free Kids, commented that "Over 80,000 chemicals are now registered for use in Australia" and "75% of these have never been tested for their toxicity on the human body or the environment." We absorb these chemicals every day via the clothes we wear, the food

we eat, the buildings we live in and so forth.

What are your options to toxic fashion? Buying from op shops is excellent, as the clothes have been washed many times and any toxic chemicals would have been leached out. This approach is also good environmentally, as it recycles someone else's discards and reduces your carbon footprint.

Another alternative is to buy clothes made from natural fibres derived from organic cotton, hemp or wool. Hazardous chemicals are not utilized to grow the fibre and then process it into textiles. Organic clothes are more expensive, but for many people the extra cost is worth it. Bamboo may seem like a viable green choice, but its manufacture into textiles is highly polluting.

Please discard your old clothes responsibly – if they are in good condition, recycle them at Nimbin St Vinnies, with the rest going to landfill. You may look fabulous in your latest fashion outfit, but think of the consequences.

Bowen Therapy and Carpal Tunnel

by Tonia Haynes

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

Wrists are such an important part of our anatomy and mostly ignored until they suddenly malfunction

With a flick of the wrist we threw the ball 50 metres: her wrist flexed as her fingers flew across the strings: it's all in the wrist etc.

And best of all, "Always try to keep your heart connected to your wrist

Coz everybody knows that you can't shake hands with a fist."

– sung by Guy Clark, 1988 Unfortunately, wrists are a bit like that delicate neck that holds up our oh-so-heavy head.

They are also slender and the muscles that support them are minimal. Nevertheless they have the mammoth task of assisting in keeping our shoulders, arms and fingers in good working order.

The median nerve, which begins in our neck and runs down our arm to our hand so that we can move and feel stuff, on its journey passes through a cavity called the carpal tunnel, which lives in the wrist. The carpal tunnel, on average, has the circumference of the tip of an index finger

Not a very large hole to fill if the body decides. Oh goody! Let's block this one with calcification and arthritis.

Whether one is a creationist, evolutionist, skeptic or a touch of everything, I personally feel that mutual protest as to the design faults of the human body should be on the environmental agenda this year.

Basically, Carpal Tunnel Syndrome means the median nerve is being squashed, because the carpal tunnel has shrunk.

Mild symptoms are tingling in fingers and thumbs and less flexibility in the hands, medium symptoms also include some burning pain and numbness in the hand. Severe symptoms involve all of the above and may also include pain in the shoulders and neck.

Causes:

- Neck problems
- Injury that has caused swollen tendons in the wrist
- Repetitive strain from doing a similar action repeatedly, eg: computer, musical instrument, lollipop operator.
- Osteo arthritis, and
- Rheumatoid arthritis.

There may be other causes, but the jury is still muttering about those.

The usual journey for Carpal Tunnel Syndrome sufferer is a Specialist and then a Neurologist who will read some complicated wavelengths and numbers in order to diagnose how severe the issue.

Mostly, surgery will be advised, and from feedback, surgery can be helpful.

But if the Carpal Tunnel syndrome is mild or medium, Bowen Therapy can also be very helpful. Realignment of the neck and releasing of the shoulders, arms and wrists can work wonders with Carpal Tunnel.

I know this is true because it was a punishment sent to me for my sins some years ago. I did not have surgery and my carpals generally gambol along quite happily these days.

In the meantime, I offer you all two exercises that will assist in diminishing Carpal Tunnel Syndrome.

I would also strongly suggest that the imbibing of colloidal minerals will assist in breaking down any calcification in the wrists as well as the rest of the body.

Remember, we do not get all our minerals or trace elements from our food unless it is grown in mineral efficient soil, which mostly, it is not.

We cannot expect our bodies to perform like a Rolls Royce if we fuel it with two stroke oil.

Exercise 1.

Sit on a straight backed chair without side arms.

Arms straight, place hands flat, palms down and fingers



extended beside your hips on the seat.

Lean forward until you can feel the stretch in your wrists.

Hold for five. Repeat five times, three times per day.

Exercise 2.

Straighten arms out to the front at chest level. Extend wrists backwards and stretch fingers as if you were doing a handstand. Hold for five.

With arms still straight to the front at chest level, straighten wrists, relax fingers and curl hand into a fist. Bend fist downward. Hold for five.

Keeping arms straight to the front, straighten wrist and relax fingers. Hold for five.

Repeat 10 times then drop arms to the sides and shake them for a few seconds.

Remember, be gentle with yourself. Carpal Tunnel can be a sore and sad situation, so don't push past your limit and if you wish to ease the pain so that the exercises are more comfortable to practice, I can certainly help.

Times are a changing and so have my days in clinic. I will now be in clinic at Nimbin, Tuesdays and Thursdays.

Phone for an appointment now, for relief from back, neck, hip, shoulder, jaw and limb problems. Phone 02 6689-0240, Mobile 0439-794-420.

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Cook's corner with Carolyne

Caribbean Chicken

Ingredients
3 small chicken, halved
2 tbls. crushed black peppercorns
1 tspn. ground coriander

Lime Marinade
¼ cup/60ml. white rum
2 tspn. finely grated lime rind
1 tbls. lime juice
2 tbls. honey
2 cloves of garlic, crushed
1 tspn. grated fresh ginger

Method
Combine rum, lime rind, lime juice, honey, garlic and ginger.
Place chicken into a shallow glass or ceramic dish, pour over marinade, turn to coat (cover). Marinate at room temperature for 1 hour.
Drain chickens. Reserve marinade. Thread a skewer through wings and legs of each chicken half. Brush with reserve marinade. Combine black pepper and coriander and rub over the skin of birds.
Cook, turning frequently, on a lightly oiled preheated medium BBQ grill or under a grill for 15-20 minutes or until the chicken is cooked through.
Serve with a tossed salad.

This is a lovely meal, finished with a desert of Lime and Lemon Pots. (The recipe was in Cook's Corner last year, or ring me for it.)
'Til next month enjoy, Carolyne.

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Living in the Woodenbong hills

by Marilyn Scott

After a stimulating and inspired weekend at Mullum, staying at the Rising Phoenix Retreat, absorbing the magick of the rainforest and the marvellous Bruce Lipton, I came back tired and inspired – and with a sprained ankle. So this month's story is one closer to home.

I feel grateful, often, for all the magick and wonder that surrounds me. I look out from my verandah at incredible beauty. I see it, feel it and absorb it. I feel incredibly fortunate. This place is pure magick! Magick Moments was the name of my business before I came to Woodenbong, my beautiful Magick Moments Healing Centre. It seems magick moments follow me – in reality, every moment is magickal.

I 'saw' this place, which I called Mahalia, many years ago – it kept appearing in my mind's eye, a vision of a Sacred Healing Retreat. It manifested. But I couldn't have imagined the feeling... the powerful sacredness that emanates and surrounds, everything. It's a special place. The presence of the ancestors is both palpable and honouring.

I did ask if I could be the next caretaker of this land, this property. It's not something that I ever imagined to ask before, just 'came' to me. I guess I was accepted, 'cause I'm here.

I began, with gusto, the tasks and preparations for the opening of the 'Retreat', believing it was needed and was time... but life had other plans. It was time and was needed, by me.



I spent a year sitting or mostly lying down, on this wonderful verandah, just absorbing the healing energy. I realised that I'd stumbled across a very powerful place. Yes, I had to let go, let go of my plans, what I wanted to do, because I couldn't do much. I went through many things, a kind of shamanic journey. I was here for my healing – "healer, heal thyself first" – something with which I am very familiar.

I slept, I cried bucket loads, I rested, I healed and I began a garden. I felt like I experienced the entire tiredness of my life, all the grief and the sadness. I was alone, but I wasn't – I felt the presence of others, a presence, which is hard to find words for, so 'still' and 'present'.

I love being in the garden, watching things grow and flourish, feeling the nature spirits, dearest Mother Nature with her abundant arms and love, teaches and caresses. I've been held, I've been nurtured, I've been healed and loved, I've learned to let go, and to feel wonder at the magnificent beauty that surrounds me... I feel very lucky, I often say Thank You!

Sustainable Agriculture workshops

Dr. Maarten Stapper is a farming systems agronomist whose main focus is helping farmers improve the profitability of their operations by harnessing the power of natural, healthy soil processes and reducing external inputs. He is hosting a series of soilcare workshops locally on 10th, 15th, 16th and 17th March.

Maarten's work helps farmers understand those practices that negatively impact on soil health. A healthy soil produces better crops and pastures, requiring less fertilisers and agro-chemicals for similar productivity, and resulting in healthier feed for animals and healthier food for humans.

Participants are encouraged to bring two plants of the same species and have the opportunity to discuss paddock management around the examples.

Maarten's web page, contact details and links to his Australian Story can be found at <http://drmaartenstapper.com.au>

ASTRO FORECASTS BY TINA MEWS

YOUR MONTHLY REVIEW OF WHAT'S HAPPENING IN THE HEAVENS

March



We have reached in the yearly cycle Pisces, the last sign of the zodiac. The mythic motif associated with this sign are the "Two Fishes" that cannot be separated; it symbolizes the strong connection, that individuals born at this time of the year have, to the boundless ocean of the 'unconscious' and its creative potentialities. It also tells us that within every ending lies already the seed for new beginnings as all life is subject to a continual process of transformation. Pisces is a water sign and people under its influence are said to be receptive, creative, empathetic and 'irrational'. In fact, they often need more sleep than others, allowing them to spend sufficient time in the world of dreams and imaginations. One of the main difficulties encountered by many Pisceans is the establishment and maintenance of healthy boundaries. This remains a very important lifelong task that requires mastering as a measure of protection from detrimental outside influences.

At the moment it seems to be more difficult for everybody to remain focused in the here-and-now. Neptune and Chiron have been traveling conjoint through the elusive Piscean waters (since early February) adding to an atmosphere of mental fog and confusion, making it harder to distinguish between fact and fiction. However, artistic endeavors flourish under Neptune's ethereal guidance and Chiron can lend a helping hand to those who like to heal old karmic wounds. On March 8, the day of the Full Moon we might be asked to create a new balance between following our ideals versus being practical. Piscean energy emphasizes the need for trusting our intuition and to go with what feels right, choosing a path of less attachment to personal outcomes.

The Full Moon will be conjoined with the warrior planet Mars; therefore let's remain observant and alert instead of acting impulsively, because this could spark off conflicts in relationships. We are advised to slow down as Mercury is approaching its 3-week retrograde phase on March 12 (until April 4). We need this time for reflective contemplation and re-organising the parts of our life that are not working well. This is not a good time for starting new projects or signing contracts. Expect delays and difficulties in the area of communication and travel.

The really good news is that we can look forward to a Grand Trine in the stabilizing Earth signs (March 13 – 15) harmoniously aligning lovely Venus and benevolent Jupiter with Mars and Pluto. Mars and Pluto represent cosmic energies that can challenge our peace of mind; however in the formation of a Grand Trine they can be very effective providing us with extra energy and endurance. On these days we can accomplish a lot especially in regards to grounding our vision and re-connecting with our spiritual roots.

The Autumn Equinox in the Southern Hemisphere falls on March 20, when the Sun enters Aries, the sign of new beginnings. By then, Mars will be opposing the Neptune/Moon/Chiron conjunction in watery Pisces, promising more heavy rains and floods.

Aries

In these last days before your solar return you could have the opportunity of generating extra resources. Take a step-by-step approach and make sure that your cause is aligned with your evolutionary purpose benefiting not only you but others as well. Regard outer restrictions as an invitation towards a more balanced approach.

Taurus

This is an excellent time for working on your vision. Create your intentions and good wishes and imagine them as already fulfilled. On what level do you like to resonate with the universe? Explore new ways of self-expression that enhance your sense of meaning and relatedness with the world at large.

Gemini

Instead of fearing that your imagination is running away with you, stop for a moment, ground yourself and start building a container for the inflowing creative energies. Surrender to the process and trust that you will get all the guidance that you need. Once you have entered the flow of things you will find new directions.

Cancer

Right now your horizons could be expanding as new friends are entering your life who share the same ideas. Remain open for new insights and broaden your understanding of things. This is a great moment in time for being a bit more detached and you can view your life with distance and perspective.

Leo

Use the energies of the moment for purposeful structure and direct your energies for the sake of improving your life's circumstances. Make sure that your special abilities are recognised. You might have the power to transform negative situations in your immediate surroundings with ease and little effort.

Virgo

The urge to express yourself from the inside of your being has been kindled since Mars entered your suns sign late last year. Strengthen your sense of identity by pursuing those activities and interests which make you feel alive. Align yourself with the working of the cosmic creative forces for inspiration and guidance.

Libra

Make use of Saturn's restrictive force now. Losing one's direction is one thing, re-focusing by moving onto the next evolutionary level

is another. You are asked to heal old karmic wounds. Get in touch with it, work it through and release it. Any real changes now will make your life richer and more rewarding in the long run.

Scorpio

Right now, you might be able to attract people into your life with whom you can work in a co-operative and creative way. New relationships and alliances might be forming with like-minded souls. Communicate your ideas and tune into the perspectives of others; you might find that there are a lot of similarities.

Sagittarius

Tap into the stabilizing influences at mid-month and ground your vision in practical goals. Take your time to structure and direct your energies and abilities well. You might be able to improve your work conditions now. Avoid any overindulgence in fatty or sweet foods.

Capricorn

Use the energies of the moment to increase your creative abilities by allowing new ideas to enter your mind. Look for experiences that open up new dimensions of reality versus defending old beliefs. Put to rest any subconscious fears of 'not being good enough'.

Aquarius

You might want to put aside some special time right now and reflect upon your inner truth. What are your roots and where do you belong? Who is part of your tribe and what do you need for feeling secure and safe? Things, relationships and life circumstances are about to change into a new form.

Pisces

It is your time to develop a new kind of consciousness that is based on the healing of old karmic wounds. It is essential that you approach this task with a very pragmatic attitude to avoid losing your sense of objective reality. Work through any relationship difficulties with sufficient consideration for your own needs as well as the other person's point of view.

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Reviewed by Stephen Wright

Many things in life only come around once, and are barely experienced before they are gone. In the same way, when the opportunity arises to review a film that may well qualify as the worst of all time, one should seize the opportunity with both hands

The Phantom Menace is like a road crash staged by Cecil De Mille. It is like making public all your psychoses and turning them into an Andrew Lloyd Webber stage show. It is like being invited to a Beverley Hills party and being served squirrel vomit. The English language has its limitations, and one of them is the ability to encompass the really amazing stupidity of *The Phantom Menace*. This is a film that probably ruined the career of Ewan McGregor, destroyed the life of the child who

played Anakin Skywalker, revealed George Lucas to have the emotional sophistication of Rupert Murdoch, gave us one of the most reviled characters in cinematic history in Jar-Jar Binks and took the Star Wars franchise from a kind of comic-book naivety to weird depths of grandiosity, misogyny, racism and creepiness. And that's just the backstory.

From the title (why is it even called *The Phantom Menace*?) to the film's villain (who looks like the fifth member of Kiss) it is like a vast and complex experiment constructed by a Demi-urge with too much time on its hands on how to make an absurd, pretentious, chaotic film that insults the intelligence of adults and children equally. Even in terms of the existing Star Wars universe, *The Phantom Menace* makes no sense whatsoever. The Force, previously a universal phenomenon that everyone was affected by to some degree, is altered to become an elite ability that can be measured by the number of special germs in your blood. The Jedi, once humble servants of all beings in the Lucasian universe, become a race of super-soldiers with priestly powers and authority who live in a 'temple' with more grand trappings than Trump Tower.

The Phantom Menace has a script that reads as though it has been dictated by an illiterate computer nerd who has

been getting his advice on character development from Mr Spock. In the original *Star Wars* film Princess Leia was feisty, loud-mouthed, independent, smart and needed a man like a bike needs a flat tyre. One would have to go back to the films of the 1950's to find a woman with the one-dimensional qualities of *The Phantom Menace's* Queen Amidala.

The *Phantom Menace* is endlessly dissectable and one can gain a strange pleasure from its terribleness, because there is so much of it. There are hundreds of examples of events, objects and actions that make no sense whatsoever. Why are the robots of the Empire's armies so pathetic and easily destroyed? (My washing machine has greater combat capabilities.) Why does the blockade of Queen Amidala's planet by dozens of massive heavily-armed starships seem unable to keep out a tiny unarmed craft with their most valuable prisoner on board? If your spaceship is attacked, how can the attacking ship knock out your force field generator? Isn't that protected by the force field?

Alas these and many other conundrums may never be solved. That's George Lucas for you; a riddle, wrapped inside a puzzle, wrapped inside an ego the size of the Death Star. Joke: What film is worse than *The Phantom Menace*? *The Phantom Menace 3D*.

Nimbin Crossword

2012-3
by Sunic



Across

1. Amazed
3. People of Arabia
7. (and 8 across, and 16 across) Prevent Coal Seam Gas exploration – and don't let the cows out (4,3,4)
8. See 7 across.
11. Fencing sword
12. It's warming
14. Foxy lady
16. See 7 across.
18. Belief
21. Flowing ice
22. Before (birth or the flood)? Forced bet
23. Sum up?
24. Defeated at chess, my friend
25. Opponent

26. Nonscientific branches of knowledge?

Down

2. Great joy
3. Soviet assault rifle series
4. Delicious smells
5. Impediment? Stop-start
6. Species-rich
9. Life's-ladder? (doubled in Watson's dream)
10. After labour
13. Misplaced?
15. Blow up
17. Shaft a wheel rotates around
19. No, err, regrets – it's a kind of heron!
20. Place, scene, or setting
22. Region
24. Belonging to me

Solution Page 27

Reviews from the Crypt

by Stephen Wright

The Amsterdam Cops series (1975-1999)

Jan Willem van der Wetering

I've recently become a fan of some detective novels, a genre that with the exception of Raymond Chandler and Dashiell Hammet I've usually avoided.

Janwillem van der Wetering wrote a dozen or more novels featuring two detectives working in Amsterdam's homicide department. Rinus de Gier is young, quizzical, good-looking and very attached to his cat. Henk Grijpstra,

his boss and colleague, is middle-aged and overweight and bowed down with the cares of domestic life. Grijpstra once dreamed of being a jazz drummer, and keeps a set of drums, appropriated from a felon, in his office. De Gier plays the bamboo flute and they jam together at odd moments in their investigations.

Wetering was a practicing Buddhist in the Zen tradition



and he has a tough-minded and ironic and humorous approach to his material. There is much musing on motives, helped along by de Gier and Grijpstra's superior The Commissar, an elderly man, somewhat

mysterious, who intervenes in their cases with gnomish philosophical commentary. Van der Wetering's style is perfectly suited to his material. It's spare, dry and even and allows the humour in his

narratives to shine through. Who-done-it takes second place to de Gier and Grijpstra's processes of discovery and their insights and reflections on the processes of living.

Wetering worked for a time in the Amsterdam police as a kind of volunteer officer, so his description of the workings of Dutch police procedure has a fly-on-the wall quality leavened with an eye for the comical. I don't think there's been a TV series or a movie, but the Amsterdam Cops series is great buddy-flick material, and would be an refreshing counterpoint to the guns-and-cars genre.

Germfree Adolescents: (1978) X-Ray-Spex

The sound of X-Ray-Spex was the sound of two young women; Twenty year old Poly Styrene and seventeen year old Lora Logic. Poly wrote the songs with lyrics that were humorous and acidic takes on the poisonous pressures on young girls. She also sang them in a rasping metallic drill of a voice that has lost none of its electricity. Lora Logic played sax, her honking wailing tones a perfect and idiosyncratic foil to Poly's voice and the band's raw three-chord thrash.

Poly was half-Somali, wore braces, had a weird Afro and cared not about being conventionally beautiful. When

she screamed the lyrics of 'Art-I-Ficial' you knew she meant it: 'When I put on my make-up/A pretty little mask, not me/That's the way a girl should be/In a consumer society.'

Poly had an instinctive grasp of the poetic image, something she had in common with the The Clash's Joe Strummer, but Poly was even more primal. 'My kind is like....a plastic bag' Poly intones and away we go on another Poly-Lora roller coaster.

X-Ray-Spex only produced one album, but with something this original, why bother with another. Poly died last year of breast cancer, still revered by her fans, wry and uncompromising to the end. She spoke of X-Ray-Spex in the same ironic way Johnny Rotten spoke of the Sex

Pistols: "I really do think that the crowning glory of the Sex Pistols is that we always failed at the big occasions. When the chips were down, we never came through."



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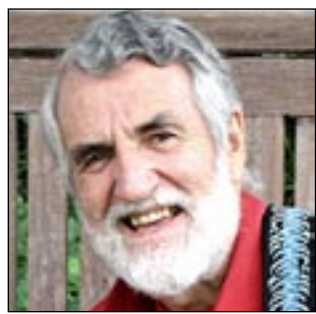
Religion... the hoax is over

Well me mother's just turned orange
And me dad's gone navy blue (Salvo!)
Me nanna's into Zen, and sister's up
the Tantric flue
Me brother's into Tao and the dog's a
Buddhist too
Aint it great how it brings us all
together

Racism, specism, homophobia,
misogyny, reactionism, superstition...
throw them all in the blender... add
a drop of hatred, ignorance, warfare,
inquisition, torture, manipulation,
greed, paedophilia and plain old
bullshit... and there you have it.
Religion!

You can't have a war without it.
You can keep people poor and under
control with it!
Religion! Religion! Ain't it great how
it brings us all together?
Religion! Religion! It's good and it's
clean and it's fun, fun, fun
Religion! Religion! It's just like the
footy and the weather
Religion! Religion! Ain't it great how
there's some for everyone?

At the tender age of four and a
half I was sent to a school run by
Brigidine Nuns. My first teacher
was Mother Agatha. She was born,
in my estimation, somewhere in
the second half of the nineteenth
century. As a very imaginative kid
I would run home terrified in the
rain, fake illnesses, do anything to
get away from the barrage of fire

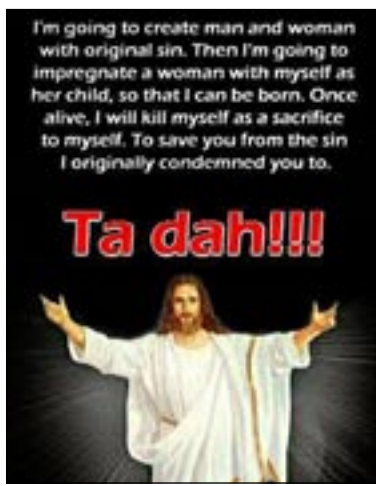


Mookxamitosis
by Brendan (Mookx) Hanley

and brimstone that this deluded old
woman would pour down on our
innocent baby heads. I got reamed
for this behaviour. No wonder I'm so
messed up!

You could go to Hell for saying or
thinking anything. "Gee" was a major
no-no (short for blasphemous "Jesus")
as "gosh" was for "God". "Bloody" or
"Bum" would have you barbecued
for eternity. Despite all this, we were
God's Catholics and everyone else
in the world was a doomed non-
Catholic. Simple eh? Like Muslims
and Infidels! We're okay... you're all
rooted! We were superior. God's
chosen dumplings. And all you lot are
going to burn... forever!

This kind of mind-set is well over
half-way to warfare already. If all that
mob are stuffed anyway, why not
drop a few bombs on 'em and help
God along. As Bob Dylan once sang...
"With God on our Side!" Don't you
boggle when America decimates
a country, killing millions of men,
women, children, babies, animals,
trees, rivers... all God's creation? Then



they say "God Bless America!" How
cool is that?

Me uncle's Kundalini rose
And out the door he flew
Auntie Pat O-D'd the cat while
practising Kung Fu
And Grandpa's into Sufi dancing
outside in the nude
Ain't it great how it brings us all
together

Probably the saddest part about
religion is what it has done, and
still doing to indigenous peoples
everywhere. Naked people in villages
and tribes close to nature, living
and dying, eating, sleeping, playing,
hunting, foraging, weeing and
pooing, sorting life out generation
after generation. True, many of these
peoples had their own "religions",
often embracing some not-so-savoury
practices like human sacrifice,
cannibalism etc... but what our mealy-
mouthed, hypocritical "Christian"
missionaries have been responsible for

is arguably even worse.

In Fiji, there are so many
different "Christian" religions it
makes your head spin. Churches
abound in every nook and cranny
of every island, always standing
conspicuously on primo real estate.
You could start a "Church of the
Holy Gumboot" anywhere in
Fiji tomorrow and have a paying
following in no time. I've seen
poverty-stricken villagers putting
in three hard days labour a week
making copra from coconuts... just
so they could pay the weekly blood-
money to the smiling pastor at the
church of their "choice". I wonder
where that money ends up! I've been
in small villages that reminded me of
early Tuntable days. Modest houses,
fruit trees, muddy tracks... and right
in the midst of the Community, four
(count them) different churches. Each
one luring a loyal crew every Sunday
to come and pay to save their souls.
I dreamt I went to Heaven and was
taken straight to God
He said, "Bow down before me, you
whingeing little sod!
Go back and make me money or I'll
prod ya with me rod!"
Ain't it great how it brings us all
together

Then there's the mythology. Virgin
births, guys who raise themselves
from the dead, walk on water and
make Grange Hermitage out of a
jug of water. Then they leave 2000
odd years of bloodshed, control,
deprivation and horror in their wake.
Any outrageously implausible trip
they invent is immediately vindicated



by the fact that God did it and it's
a "miracle"... beyond scepticism and
questioning. And it's all such a "bloke"
thing. Dad, son and spook run the
show. Women are virgins or whores
to be seen and not heard. And that's
just Christian stuff. Let's not talk
about Islam and females! They give
a whole different meaning to getting
stoned!

There's the Proddies and the Catholics
and the Krishna's crew-cut crew
The Hindus, Hoodoos, Voodooos,
Gurus... Muslims and the Jews
The charismatic, fundamental, born-
again witchy poos
Ain't it great how it brings us all
together

Current Neptune in Pisces and
Pluto in Capricorn marks the end
of the myth. As Billy Thorpe once
said "The hoax is over!" The appeal
is to find love and compassion for all
creation inside yourself... and screw
the churches, dogma, stupid fairytale
beliefs and calls-to-arms in the name
of God!

Sorry if my karma just ran over
your dogma.
Lyrics from song "Religion" (c) B.J. Hanley 1979

The Exhibition



Fruit of the vine
by Terry Beltrane

Arthur used to (possibly still
does) operate a wine agency,
"Classic Wines", that specialised
in small producers of top quality
wines; think Henschke, Coriole,
Coldstream Hills and the like.
Unlike most other agencies and
wine sales people who would provide
a bottle of a new release to the
newspapers or retail outlets, Arthur
would conduct a tasting twice a year
in his warehouse premises and invite
20 - 30 wine people (restaurateurs,
hoteliers, fine wine retailers)
who would most likely buy these
expensive wines.

I used to get an invite because I
was the 'wine selector/buyer' for
Regency Institute, an internationally

recognised hospitality training
venue located in Adelaide. The
Institute's cellar comprised over
250 dozen bottles of both local and
imported wines used for teaching
students in wine knowledge at
varying degrees of competence
over their 3 year course in Degree
of Hospitality Management. It
doesn't take much to work out that
with all these students entering
the hospitality industry that the
wines they tasted during the course
of their studies would have some
bearing on their purchases once
employed in management positions
- Arthur knew this, hence my
invitations to his select tastings.

These tastings were bloody
excellent! There was a long cedar
table bedecked by the range of
wines on show, 25-30 bottles, corks
pulled, whites on one side and reds
on the other and more 'out back'.
There were platters of crackers for
cheddars, Camembert for baguette
and pumpernickel for smoked
Barossa sausage. Lightly pickled
cucumbers, bowls of locally pressed
virgin olive oil to be dipped with
toasted slices of Turkish bread.
Through some element of Arthur's
Greek humour, he'd had the walls
of this 'tasting room' festooned
with prints by Robert Searle, a UK
artist, who among other works, took

the piss out of the 'seriousness' of
wine by creating a series of quirky
cartoons/caricatures.

On this particular evening, as
we were all getting into it, a young
guy with back pack, beret, black
Volley's and goatee walks into the
tasting, takes a quick perusal, grabs
a glass, fills it, has a taste, nods his
appreciation, knocks back the booze
and does a refill with something else.
Then he whacks off a mammoth
size chunk of Camembert, sticks it
between a few slices of baguette and
proceeds to walk around the room
looking at the prints hanging on
the wall while he's knocking back
the next glass. We all figure it's not
our place to say anything so a few
minutes later Arthur approaches
the guy and asks if he can help him
with anything, Arthur being a very
diplomatic individual of gentlemanly
persuasion.

The guy replies, "This is the best
exhibition opening I've been to. The
quality of the food and wine must
have cost you a fortune, but I have
to be honest and tell you that the
paintings are crap and they won't
cover your costs". Arthur kindly
explained the circumstances and
the guy says "Thanks, can I get an
invite to the next tasting" and calmly
walks out the door.

Wine info: terryb88@tpg.com.au

The world according to Magenta Appel-Pye



If my husband does anything around the house, - "I dug a hole!" - he
expects compliments, cuddles and a cake!

I recently did five loads of washing on that freak sunny day, in
between torrential rain and flooding, a household miracle where the
woman has to be so finely attuned to the weather that she can detect
the merest smell of imminent dry-clothes ruining rain and get the
washing off before the first one falls. It's a highly developed skill, only
truly appreciated by other laundresses. I bolt outside and perform
clothes-line karate like a black belt. "Master, please hold the deluge
until I get this washing off!". "Cane toad, when you can get it all off
before the first drop, then you wont have damp, dirty, mould-inducing
clothes strewn all over your house. Good luck."

What a sense of pleasure as I put my hubby's socks and gutkis away,
that I have fulfilled my wifely duty (well, one of them anyway!).

But do I get thanked? Not even noticed. Only noticed if it doesn't
happen and I didn't win the weather lotto and have no dryer.

So I mention it and the response? A grunt. Not even a real word.
The dog is more appreciative and he doesn't mind if his bedding is
filthy. "The smellier the better, I'm a dog's dog". At least he jumped in
his clean, dry bed and wagged his tail whilst grunting.

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Bushwalking is good for young and old



Young and old on forest giant

by Len Martin

Our first walk of 2012 was a mid-week old favourite - the Pholis Gap Circuit on Mount Nardi - close to Nimbin - featuring top quality World Heritage rainforest. The weather was remarkably kind, and eleven adults (one overseas visitor) and two children turned up at the start. Having done the walk so many times, I saw it in my mind's eye as "very easy" described it in our program as "no steep grades". However, on the way out it struck me that we were descending fairly sharply on a slippery track with quite a few steps, with a dad carrying a very young daughter on his back, while a somewhat larger son trotted along enthusiastically beside us. What would happen when the lad tired out and had to be carried back up?

I needn't have worried, young Eden, a three year old (though very nearly four), roughly 75 years younger than me, enjoyed every minute of the 4 km walk, examining so many interesting things and showing them to the adults. The way down is rich in Walking Stick Palms, with numerous pendants of unripe fruit hanging down - they are spectacularly bright red when ripe, which could be now, as I write. We spent some time on a newly-fallen giant - one of the massive Eucalypts on the escarpment edge, near the gap.

The return route up the old forestry road is nowhere near

as steep as the way down, but surprisingly the National Parks sign at Pholis Gap Lookout did not show it. A few years back, the NRMA map of Northern Rivers still showed it as a drivable road. In the six years since our club formed the rainforest has regenerated over the track - the dreaded mist-weed has almost disappeared. There are only a few spots without canopy. These are rich in native raspberries, most much higher than young Eden, but he negotiated them well. When we finally made the bitumen, he raced me up the hill to the car-park. Exercise seems to be good for everything. It decreases the incidence of cancer, diabetes, dementia, obesity, depression, heart-disease - the list seems never-ending, particularly relevant to an increasingly aged population. As with so many things, it is probably true that the younger one starts, the better - certainly true for muscle and bone strength. But I suspect exercise also aids brain development, making the developing child mentally brighter and stronger - like Eden.

As usual, the walk took longer than the program's "1.5h". As we left Mt Nardi, well after mid-day, the rain started, and continued, heavily. By 3pm we were flooded in at home. Weren't we fortunate? We were unable to go on February 25th's Mt Nardi to Dirangah Rocks, led by Michael Smith. A very rainy morning, but Michael



At Broadwater



Broadwater panorama

goes whatever the weather, so I was not surprised to get an emailed "walk report" - but it was very brief: "No one turned up". However, the previous week ten adults (one overseas visitor) had greatly enjoyed Michael's Broadwater-Headl-to-Salty-Lagoon walk. A short stretch of heathland, then onto the beach with a falling tide to enjoy the spectacular formations of the soft black and dark brown "Coffee Rock" - the fossilised remnants of old Wallum swamps - and wonderful miniature landforms: natural arches, canyons, bays, and on this occasion myriads of miniature water-falls demonstrating the erosive power of water. Alas, there was also much evidence of the erosive power of



President pointing at Pipis

FWD tyres as described recently by S. Sorrensen in the *Northern Rivers Echo* - I share his enthusiasm.

This walk also took longer than the program specified because there were so many wonders to look at or photograph - Sea Eagles, Ospreys, rocks, water, clouds, Bubbler Crab patterns in the sand. At one stage I looked up from photographing yet another something or other to see our President standing by a rock pointing down to the water. She just stood there like a statue. What was up? What was up was a pool full of Pipis, big ones, small ones, dozens, feet out actively digging, then just sitting there with their siphons extended filter feeding away, happy as Larry (one assumes) and totally undisturbed, thanks to Judy. For me, yet another once-in-a-lifetime experience. One just has to be there at the right time.

Yes, we made it to Salty Lagoon where Michael flew his kite and

pairs of large dragonflies were laying eggs in the lagoon, and some people swam in the ocean. The clouds moderated the sun, the breeze was cool and we enjoyed a leisurely

return to the vehicles to discover just how hot it was inland. Thank you Michael for a great walk and thank you Judy for the ultimate Pipi experience.

Nimbin Bushwalkers Club Inc. Walks Program for March

Wednesday 14th

Mount Jerusalem National Park, Huonbrook to Byron Bay Lookout, Jerusalem Mountain Road

Leader Catherine Baker (6684-2160)

Grade 2, 3hr return. Shaded walk on formed track, nothing steep. Cleared picnic area with good view of Mt Warning.

Meet 8am Nimbin carpark or 9.15am junction of Wilsons Creek Road and Coolamon Scenic Road (opposite Mullumbimby golf course). **Bring** Water, lunch, hat, leech repellent.

Friday 16th-19th

Broughton Island, near Newcastle (club members only)

Leader Michael Smith (6689-9291)

A 3-day camp on a deserted island, brimming with wildlife and the best fishing spot in NSW, only one place left. For a prospectus email: koonorigan@gmail.com

Sunday 18th

Tyagarah Nature Reserve Rocks

Leader David Holston (0452-471-327, SMS & message bank)

Grade 2, 10km 4-5hr walk via beach and management trail with small sidetracks to Simpsons Creek.

Meet Nimbin carpark 8.30am or 10am Brunswick Surf Club carpark (start and finish of walk) **Bring** sun protection, swimming gear, lunch.

Saturday 31st

Mount Cougal, East Peak

Leader Michael Smith (6689-9291)

Grade 3, except for last 600m which is Grade 5, 4hr, 8.5 km return. Moderately easy walking on a track that follows the tick-exclusion-fence on the QLD-NSW border. The last kilometre to the peak is steeply uphill, finishing with a very steep climb on rocks (moderate exposure) using tree roots for support. Total height gained; 350 metres. Fit walkers only for the peak, but the less fit could do the (relatively) easy bit. Views from the peak are dramatic and spectacular: south over the caldera to Mt Warning and Border Ranges; north and east over Currumbin Valley. Most of the walk is through rainforest

Meet leader at Nimbin carpark 8.30am, or 10am at start. From Murwillumbah drive north for 10km along Queensland Road (which becomes Tomewin Road). Turn left on to Garden of Eden Road (narrow gravel road), and follow for 2.4 km to car park opposite a gate in the fence. **Bring** food and water.

Nimbin Bushwalkers Club Inc <http://nimbinbushwalker.byethost7.com>
Secretary, Len Martin (pteropus42@smartchat.net.au)

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 61 Nimbin, 2480 (phone 6689-0254).

2012 Membership Fees are now due

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Nude bike ride defies elements



by James Fuller

The fourth annual Nimbin World Naked Bike Ride has run again. Our riders came out to show how vulnerable we are to traffic, and to make drivers aware of cyclists. One of our riders had even painted a car's tyre tread across his chest. I have been hit by a car, in a roundabout in Newcastle, that had just stopped and looked directly at me. He claimed that he only saw me when I was breaking his windscreen with my head. Cyclists call this a SMIDSY for "Sorry Mate, I didn't see you." I was hospitalised and had concussion for two weeks. My helmet saved my life. I

wear the orange vest when out on the main roads now. We also are making statements about sustainability, hence the multiple references to coal seam gas, which is one of the biggest challenges



Photos: Thorsten Jones

facing us at this time.

Even though it was raining, a good crowd turned out for the ride, with many having travelled quite long distances. We painted up as usual at the Bush Theatre who kindly provided us undercover private painting areas, tarps, seating, food and coffee. We rode up to the town, where there was a good group of people cheering us on. The second time around, the crowd had tripled, with excellent appreciation and cheering from bystanders.

The last trip around had us do our usual loops in front of the pub, and the traditional 'bike lift', where possible. And then back down to the Bush Theatre for coffee, food, debrief and hosing off.

So please come again next year. Don't mind the rain, we didn't, and enjoy the superb atmosphere of environmental activism in Nimbin. Other places may have more numbers, but we have the vibe.



Nimbin Garden Club Notes

by Gil Schilling

A Labour of Love, Health and Vitality

The Club visit to Nimbin Rocks community went well with a turnout of about 30 people eager to explore the unique Trott house and garden experience. Upon arrival, visitors were greeted by Tony, directing parking and steering all towards the house. Lesley had just finished making scones and also had some bread on the go in the wood-fired oven. Great hosts those two, and generous to a fault – but no one was complaining, aarhh the aroma!

Before the meeting started a couple of new members were signed up – welcome Renata Poppy Crystal and Kate Purcell. Michael started the afternoon by welcoming

everyone to the first meeting for 2012, before Lesley outlined the history of their arrival to Nimbin Rocks and the stages of construction of the mud brick and straw dwelling with structural support timbers, sand and clay being used from the site. Among many unique aspects to the dwelling a stand-out feature has been Tony's use of Lomandra native grass harvested, dried then thatched as a lining to the underside of the roof sheeting creating a uniform organic insulation and attractive textured ceiling.

Next came the walk around the mostly native garden largely established from seed propagated in the community's harvested seed bank. The zig zag walking paths mostly followed the existing wildlife tracks that climb to an elevated rainforest

walking track, allowing a wide view over the community land and beyond to the surrounding mountain ranges.

Features of the garden include Tony's 8-year old olive grove, that is now beginning to reward him by bearing fruit, while Lesley's herbaceous borders allow some exotics to bring wonderful coloured flowers to the garden as well as for use in floral arrangements to brighten the house.

The vegetable garden and chook dome are secured within a fenced yard with hard landscaping to form pathways and bush rock to form the retention walls of designated vegetable beds.

The day finished up with a fabulous spread of cakes and scones with hand whipped cream – all greatly enjoyed along with lively discussions relating to bus trips and our



Photos: Bruce Smith

glorious afternoon at the Trotts.

March Meeting

Saturday, 17th March (St Patrick's Day) will see the club visit the garden of Janet and Graham Carthew at 39 Crofton Road, Nimbin. As usual the meeting will start at 2pm and the club sign should mark the entrance to the left along Crofton Road about 2 km from Nimbin.

Janet and Graham maintain a very well established garden that especially features their love of camellias. As the property is situated in an elevated landscape with limited parking, please consider car-pooling where possible and be prepared to park where directed on the day. Don't forget to bring a chair, cup and a small plate of something to share at afternoon tea. A swap table will also operate – seedlings, cuttings, excess garden produce etc will also be welcome.

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

Decisive East Timor election looms

by Warwick Fry

The East Timor presidential elections taking place on 17th March promise to be interesting. No one is prepared to predict results, but highly placed people in the Fretilin Party seem to be quietly confident.

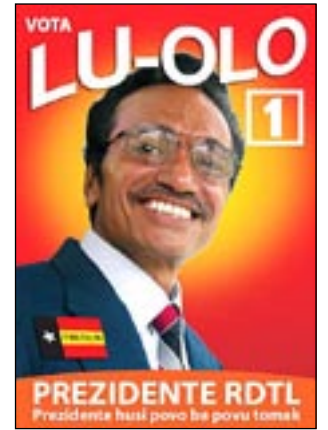
Former 'freedom fighter' and current Prime Minister Xanana Gusmao has been leading a coalition government in East Timor that seems to be united only in keeping the majority Fretilin Party out of power. Over the term of Xanana's Prime Ministership there have been damning cases of corruption, bureaucratic incompetence, misspending of government resources, and an unconvincing investment into social resources and infrastructure.

Fretilin have put up a candidate against the incumbent President, Nobel Peace prize winner, Jose Ramos Horta. Francisco 'Lu'Olo' Guterres, like Xanana Gusmao, has a lot of cred as a former freedom fighter, resistance leader and organiser. He ran against Horta in the Presidential race in 2007, coming close to victory in the first round, but losing in the runoff against Horta in the second round. Horta had announced that he would not run for President this year, but had a last minute change of heart.

Francisco 'Lu Olo' Guterres was never captured by the Indonesians during the war of resistance against the Indonesians, but worked, not just as a guerilla leader and combatant, but as an organiser and community leader.

He wasn't 'adopted' by Australians in the way Xanana was. He was a something of a quiet achiever, working to write the first constitution of Timor Leste, serving as senior politician in the first Parliament of Independent East Timor, and doing a Law degree in his spare time.

Part of his platform is a challenge to the incumbent president, Jose Ramos Horta, who is running for a second term, on just how 'independent' Horta was in his Presidential role. Horta made a controversial decision after the military coup attempt of 2006 that kept the Fretilin Party out of power, in spite of it having the highest vote.



The challenger (above) to the incumbent president, Jose Ramos Horta (below)



There is now a long list of candidates for the Presidential race, including 'Angelita' Pires. Angela is the former partner of the rebel leader of the 'mutiny' of 2006. That leader, Alfredo Reynado, was killed in assassination attempt against Ramos Horta in 2008. Horta never disguised his belief that Angela was the 'brains' behind the rebel Reynado. It was the mutiny of 2006 that provoked the constitutional crisis at the time, which forced the resignation of the Fretilin party Prime Minister Mari Alkatiri. Alkatiri was the critical agent in forcing negotiations on the Timor Gap that were favorable to East Timor.

Another is former Fretilin military chief Taur Matan Ruak, who resigned from his position as Chief of the Armed Forces last September. Fretilin leaders are concerned that his 'shoot to kill' policy, after a Molotov cocktail incident, will provoke violence during the election week that will be blamed on Fretilin, and weaken their chances in the general elections.

Horta and Guterres are the front runners in this race, but the long list of contenders, each with a strong personal following, will split the vote in interesting ways, and the result could be critical to the General elections next June.

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Heading into a new Season

by Simone Rutley

Here at the club we have all been involved in the usual busy-ness that is the pre-season with twilight soccer thrown in for good measure. Tuesday's twilight games have been a little more casual than at the end of 2011. This has been in part due to the weather. Nevertheless everyone is continuing to enjoy themselves, and it is an important part of our preparations for the coming season.

Other good news for the club is that the Lismore City Council has agreed to give us \$20,000. They are very clear it is only for drainage, however now that we can access council grants there are a couple of other opportunities in the pipeline. Jennifer Parke has been instrumental in getting money and organising shirts for the junior teams that fit them. Part of this grant was also money to assist people in financial hardship to afford to pay for their kids to play. There is an idea that the club runs a specific fundraiser to enable this support to be available again in 2013.

An update on the pitch drainage – Bruce and crew continue to work tirelessly. His efforts are paying off. The number 1 pitch is holding up beautifully despite this weather. The growing season is still in full force so there is a bit more time for the turf to recover before playing commences. There is no doubt by the time it does the pitch will be fantastic.

Despite this good news, the club is feeling the pinch of not being able to raise money through the canteen last year. We are doing our best and we know that the locals are good at being frugal – thank goodness.

Our sign-on days were well attended and for the first time in a few years we are fielding Under 6, Under 7, Under 8, Under 9, Under 10 and Under 11 teams. Their first training session was last night (Thurs. 1/3/12) and everyone looked like they had a blast. Thankfully we have coaches for all those teams except Under 10's. If there is anyone out there with a child in that team or interested in coaching come along on a Thursday afternoon. We also have an U'13 and U'16 team. Those



Grade 8 players at Alstonville last year: Tamara, Oliver and James

kids are looking enthusiastic and committed.

The senior women's team continues to be a breath of fresh air for the club. Their enthusiasm and positive attitude have been infectious and has reminded a few of us just what playing and participating in local sport is all about. A willingness to learn and improve all facets of their game has seen them go from strength to strength. In turn this brings in new players to further bolster their squad.

This is in stark contrast to the situation we find ourselves in with the senior men. For the first time in more than 10 years, we will only be fielding one team due to a lack of players. There could be a number of reasons for this. Junior player numbers from grades 12 to 16 have been very low in the last couple of years resulting in very few youth players stepping up to senior level. Another contributing factor may be our struggle to offer the training and development that bigger clubs are better equipped to provide. It is difficult to hold on to players looking for a higher level of competition.

Our small number of hardy volunteers maintain and mow the fields, conduct meetings and fulfil all the day-to-day tasks required to successfully run a sporting club.

Combined with the complexities of family life, this leaves very little time and energy for coaching etc. The senior men that make up this year's team are mostly the same faces you can see enthusiastically

attending training sessions, workdays and meetings. Without this band of merry men, who knows where the club would be? Our challenge for now and the future seems to be: how do we entice and maintain new blood into the club so that we can prosper?

Pre-season competitions, Anzac Cup for the men and Callan McMillan Shield for the women began the first weekend of March. Our home game as part of these will be Sunday 18th March. The women are playing the Workers at 2.30pm; the men are playing Woodburn at 4.30pm. Our canteen will be open and fully stocked, so it would be great to have a vocal home crowd.

A reminder about our wet weather phone line. If in doubt about whether or not the grounds are open, phone our wet weather number: 0409-608-664. **GO THE MIGHTY HEADERS!**



Photos: Angus Gough

Julian gets a pass to Oliver under pressure



Secondary students at Nimbin Central School have started the school year by challenging each other in the pool. This year's swimming carnival was a great way to become acquainted with our new students.

Warm-up activities on the inflatable rocket were popular again this year – with Laura Rutley the most successful at the 20m run.

The junior years were very well represented in the competitive events, with students collecting valuable reward points early in the year.

Oscar Bradley-Gunn and Emma Scott displayed inspirational

performances and words of encouragement throughout the day – setting a high standard for their peers to aspire to in future athletic events.

Best performance by a Year group was taken out by Year 8, with the second highest points per swim, as well as the second highest participation rate. Year 11 had the best points per swim result, with only two swimmers competing.

Year Champions were: Yr7 – Lotus and Jamal; Yr8 – Tessa and Logan; Yr9 – Brodie and Thomas; Yr11 – Emma and Oscar.

QUICK QUIZ

trivia@bowlo

Questions

1. Which was launched first Voyager 1 or Voyager 2?
2. Who was the Greek who died when he flew too close to the sun?
3. Name the three current presenters of Top Gear (UK version)
4. What does the term legerdmain mean?
5. Which book does Wikipedia and Ranker.com list as the bestselling fiction book of all time.
6. Which TV writer created the Daleks?
7. What was the first name of Imelda Marcos' husband?
8. What does the abbreviation CBS stand for?
9. Where in the world is the city of Fucking?
10. In what sport would you wear a springsuit or springer?

Devised by the Nimbin Bowlo's Quizmaster, Marty

- Answers**
1. Voyager 2 – 20/8/1977
 2. Icarus
 3. Jeremy Clarkson Richard Hammond and James May
 4. Sleight of hand
 5. A Tale of Two Cities. There have been more Bibles printed but they are usually given away, not sold.
 6. Terry Nation
 7. Ferdinand
 8. Columbia Broadcasting System
 9. Austria. In 2010, a German brewery began marketing a beer named 'Fucking Hell'. They claim the beer is actually named after the Austrian village Fucking and the German term for pale lager, Hell.
 10. Surfing

These questions are all taken from a round of questions posed at the Bowling Club Trivia Night held each Saturday at 7pm. Entry is only \$3 per person, with Bar Voucher prizes of \$50 for first, \$20 for second and \$10 for third.

Nimbin Crossword Solution

From Page 23



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8.00am	8.45am	8.00am	8.25am
12.00pm	12.35pm*	3.25pm	4.00pm
2.35pm	3.10pm	5.30pm	6.00pm
3.20pm	4.15pm		
5.30pm	6.00pm		
		Leaving	Arriving
		Nimbin – Main St. (Park)	Lismore Transit Centre
		7.30am	8.00am
		9.00am	9.35am
		4.25pm	5.00pm
		6.05pm	6.35pm

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Fishing About

Cal taking time out on his wedding day



Laurie with a big jewfish, the best fish of the trip



Jessee and dolphin fish



Some of the mud crabs that were on the menu everyday

Last month, a couple of our local fishermen headed off to North Queensland with their families and dragged their boats all the way to Stanage. They had to deal with floodwaters and five-metre crushing tides.

At times it was a better option to chase mud crabs up the river, once again dealing with the tides, but the results were good eating. Big mud crabs on every occasion.

Meanwhile back home, after fishing out wide on the shelf off Evans Head, Jessee and Arrow were trolling back in when Jessee hooked on to a 15kg (Mai mai) dolphin fish.

And the story of how you can't slow a good fisherman down. On their wedding day, Cal, who had just married his long-time lovely lady Danielle, just had to wet a line before coming back to the wedding reception.

Now, for you guys going on our annual trip to Fraser Island this year, there's only 95 sleeps to go. — Pixie

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