

# Talking Tea

with Rebecca Ryall

## Elder

The elder tree holds a special place in history, mythology and the herbal pharmacopeia. Many ancient texts contain reference to this plant, with various identifications being that this was the tree on which Judas Iscariot hanged himself out of shame and sorrow for his betrayal, and that the cross of Cavalry was hewn from an elder branch.

Many traditions prohibited the cutting of an elder, lest bad luck follow.

An old English custom recommended a cross, made from elder, be planted over a new grave; should the tree sprout and flower, this was an indication that the departed soul was happy. The elder tree consequently, became an emblem of sorrow and death.

Happily, despite these dire predictions, an old Serbian tradition, later found in Britain, declared that a couple who shared a cup of elder wine would marry within the year. Additionally, elder has a reputation as the medicine chest for country people, with applications which are employed by herbalists today. Every single part of the plant is recognised as having medicinal application – and in these parts it is considered a weed!

For the amateur herbalist, use of the root and bark are not recommended, as they are powerful medicine indeed. The flowers and berries, however, are readily available, and make an accessible and useful addition to the home medicine chest.

Elder flowers have a long-standing tradition

for use in inflammatory conditions, especially of the respiratory tract, and where there are fevers involved. As a diaphoretic (heat bringing), elderflower will aid the resolution of a fever, making it a useful remedy in most situations of cold and flu, as well as measles and scarlet fever. It is generally effective in reducing excess mucous of the upper respiratory tract, and specifically in cases of catarrhal deafness and earache caused by mucous build up.

A cold infusion of the tea may bring relief in cases of sore throat and tonsillitis, as well as mouth ulcers and sore gums, and as an eyewash to soothe tired and inflamed eyes. The astringent quality of the elderflower makes it also useful in cases of childhood diarrhoea, and as a gentle relaxant can be used to soothe overtired and fractious children.

Elder berries are extremely high in vitamin C, flavonoids and antiviral proteins, as well as sharing the flower's diaphoretic and anti-inflammatory properties, making them a valuable tool in the treatment of colds, flus and other viral respiratory disorders. The flavonoids help to reduce the production of histamine, and strengthen the blood vessels especially around the eyes, all of which would help reduce the symptoms of hayfever and sinusitis.

Elderflower is an ingredient in a centuries-old cold and flu remedy, YEP tea – an herbal formula which also contains yarrow and peppermint. This is a pleasant and effective remedy, which acts to aid



Elder flowers

the resolution of fevers, stimulating sweating to detoxify; deal with overproduction of mucous in the upper respiratory tract; soothe the membranes and calm the digestion. Tea Medica's Cold and Flu Brew is based on this traditional recipe.

*The Tea Medica dispensary is now located at The Green Bank at 39 Cullen St Nimbin and is open six days per week. Come and see the full range of Tea Medica teas, speak to us about a custom blend and sample a blend or two as you browse our display of ethical and sustainable health and lifestyle products.*

## Green Bank Practitioner Roster

### Monday

9.30am – 3pm **Dr Jacqueline Boustany** – Deep Emotional Release (Medicare rebates apply)

### Tuesday

Green Bank closed until mid-May

### Wednesday

9am – 1pm **Andrea Quinn** – Thai Massage  
1.30pm – 5pm **Zuela Christie** – Polarity Energy Balancing

### Thursday

9.30am – late **Kylie Cain** – Deep intuitive nurturing massage, Reiki

### Friday

9am – 1pm **Vanessa Myles-Taig** – Clinical Psychology (Medicare rebates available)  
1.30pm – 5pm **Wanda Halden** – Reiki

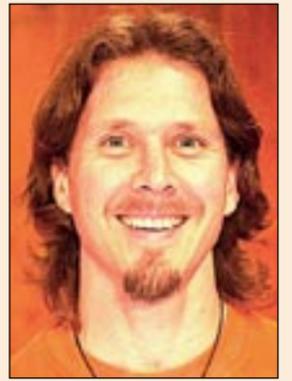
### Saturday

9am – 1pm **Wanda Halden** – Reiki  
1.30pm – 5pm **Anne Walker** – Aromatherapy, Remedial Massage, Reflexology

Bookings for the above practitioners can be made during business hours at The Green Bank, located at 39 Cullen Street Nimbin, next door to the post office.

## Field theory and meaning making

In this month's column, I want to very briefly introduce the concept of field theory in my own words and relate it to my sense of being in the world and my meaning making of me in and of life. Any errors are mine. The term field theory has been first used in electromagnetic science, has since been adapted in quantum physics and is a fundamental part of Gestalt therapy. It is the idea, that everything is part of a field, which consists of numerous other parts. All the aspects or parts of a field are interconnected and interrelated. This means that any part can only be understood in relation to all the other parts. I, as an organism can only be understood in relation to my environment, this includes my hereditary field, my social and cultural conditioning, as well as my present situation. I organize my field in order to create meaning in my life on many different layers.



by Daniel Keszler

As the field around me is in constant changing process, so am I required to reorganize and co-create the field which I am part of. As a result, I grow in awareness, and become able to integrate the constant flow of new experiences. In order to make adequate choices, I need to be able to recognize the different parts of my field and inform myself about their influence on my healthy functioning. I see healthy functioning as the ability to respond to and integrate experience harmoniously within me mentally and emotionally and externally in the world.

As persons, we are made up of all our past and present experience, conscious and unconscious, and how we integrated these is part of my functioning. If I don't integrate my experiences by recognition, validation, acceptance and completion, I create a certain rigidity within my field. The field with its inherent drive for completion and organization experiences a stagnation and this influences every other part in it. In order to get things flowing again, I need the support of the field. If I am thirsty, I need to go and get something to drink, if I am sad, I need to be able to express that feeling, relate it to the world. As I relate my authentic experiences to the world, they get completed. It means for me to create space for things stirring in me and to pay attention to them.

I allow myself to be creative in 'how' I express my experience and I aim at keeping it within the parameters of what is responsible and adequate in my social, economic, cultural and organismic field. Responsibility lies in my owning of the choices I make and bearing of the consequences, these choices create.

Society has it though that it is an artifact, although it tries to adhere to the organismic needs of its individuals, it does not succeed because of its rigid imposition of rules which run contrary to the complex individual needs of expression and self organization. This means that sometimes, my choices may be inadequate towards society's values or laws, or that I deny myself the expression of my needs and turn them inwards. In both cases the field will keep organizing itself to eventually resolve the unfinished situation. My judgement of the choices of others in my life is only my projection of my values onto the other.

In conclusion I am seeing my self as part of my life-field always in relation and co-creation of the ever-changing process of living. I support my self by striving to interact with my environment in a way that allows us both to support each other in fulfillment of individual needs. This unique relationship to my environment, including nature, society, people, the whole universe, gives me a clear meaning for my life and lets me appreciate the uniqueness and connection to every other being in my life. I deem this concept adaptable to every situation in life.

Blessings, Daniel

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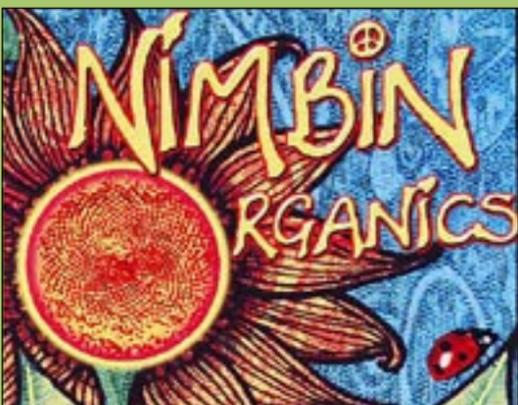
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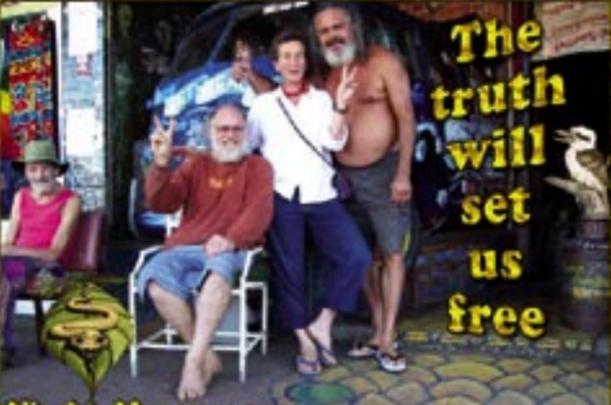
Son, brother, father,  
lover, friend to many.  
He will be sorely  
missed.  
X

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observations are welcomed at  
<http://remembering-michael-lusty.tumblr.com>

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# Polarity Energy Balancing

by Zuela Christie

'Psyche' was the ancient Greek word for soul – a concept of intangible self. The basic meaning was *Life* – derived meanings included concepts of body, mind, spirit, self, conscious personality and butterfly; which indicates our potential for transformation.

All these aspects to describe a human being are artificial constructs as in reality we are one continuous, interconnected whole without actual boundaries between parts of ourselves. This is necessary, however, as in our current state we work best with bundles of information – that is simply how we break down the world for our understanding. We are one complex, awesome, limitless psyche – and that too is an artifice, as we are continuous with each other, and all life. **We are life!**

Carl Jung believed that the journey of transformation, which he called Individuation, is our main task – to discover and fulfil our deepest potential. It is a journey to meet the *self*, to differentiate from the collective, and at the same time to meet the *divine*. Hence it is the process whereby the innate elements of a person's life and the different aspects of the immature psyche become integrated over time into a well – functioning, coherent whole.

Individuation has a holistic healing effect on the person; 'mentally, physically, emotionally and spiritually' – on the totality of all psychic processes, including the unconscious. Jung recognized 'the spiritual thirst of our being for wholeness' – expressed in ancient language as 'union with God.' Addiction is a satisfying of this urge at a lower level.

## Body – Mind – Soul – Strength (Will)

How do we love God with all these parts of ourselves and thereby achieve a

healthy state of being? The Great Healer himself advised this as the primary life principle. In the broadest conceptual terms; if we understand God as *Life, Love, Light and Truth* – the source of all; then embracing all *Life*, basing decisions and hence actions in *Love* instead of fear; living in or moving towards the *Light* (phototropism); and seeking *Truth* in all things, including ourselves – is Right Living on 'The Way'.

Zuela Christie is a Polarity Therapist. Polarity Energy Balancing is now available at the Green Bank in Nimbin.

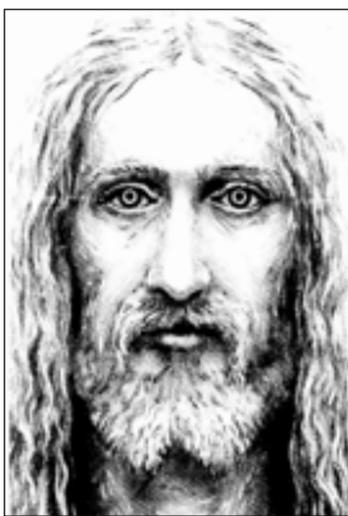
'When we are ill and have pains, we think that it is the body which hurts and is sick, when in reality it is the life-breaths or prana currents in the body (which operate and sustain it), which are out of balance and co-ordination in their polarity function of attraction and repulsion.'

'A cure constitutes reaching the life currents within and re-establishing the free flow of its energy.'

## Dr Randolph Stone, founder of Polarity Therapy

With his background in chiropractic, osteopathy and naturopathy, and his extensive investigation into the great eastern spiritual and medical schools, particularly the Indian Ayurvedic and Yogic traditions and the Chinese Way of the Tao; Dr Stone developed a deep holistic understanding of the nature of health, and an effective system of healing to correct imbalances at the causative level. He always stressed the importance of experiencing the Source; and spent the last 10 years of his life in an ashram in India, meditating.

Energy becomes blocked due to pent-up emotion, mental strain, any form of stress, and physical trauma. Polarity Therapy is a gentle, respectful form of hands-on body work that will help to



Jesus said, "When you make the two one, and when you make the inside like the outside and the outside like the inside, and the above like the below, and when you make the male and the female one and the same... then you will enter the Kingdom of God."

– Gospel of Thomas

bring the body, mind and soul into harmony – I work directly with the energy circuitry, releasing energy blocks to restore the self-healing process.

Wherever you are on the path of growth and transformation in your quest for wholeness – whatever your particular conceptual framework – I can work with you to support your journey. If you have physical illness, mental or emotional instabilities (welcome to the human race), a life problem that has set you back, are dealing with grief or trauma recovery; wishing to tune up your vibrations for ascension, 2012 – or you just need the 200,000 kilometre service on your vehicle, I look forward to meeting you and being of help.

My service is \$40 per hour, and a full general balance initially takes 2 to 3 hours.

I work wholly in vibrational medicine, supporting Polarity Therapy with Australian Bush Flower Essences.

# Vatican ups its fundamentals yet again...

by Len Martin

A *Sydney Morning Herald* report of 24th April was captioned "Nuns left stunned by Vatican rebuke for 'radical feminist' tendencies".

Incredible as it may seem, while the US priesthood is battered by controversies over paedophilia and cover-ups, the Vatican has disciplined the US's largest organisation of nuns, finding it had 'radical feminist' tendencies and had not taken a strong enough stance to support Catholic doctrine against women's ordination, abortion, contraception and ministering to homosexuals.

The presidency of the Leadership Conference of Women Religious, which represents most of the US's 55,000 nuns, said it was stunned by the assessment by the Vatican's Congregation for the Doctrine of the Faith, which Pope Benedict led before his elevation. The Vatican's concerns about the Conference appear to date from 1979 when its leader, Sister Theresa Kane, asked Pope John Paul II to consider women's ordination.

In 2009, the Vatican announced it would investigate the group due to various addresses made at its annual meetings since 2001. More recently, the Conference has disagreed with American bishops over the Obama government's healthcare reform, which it supports, but the bishops oppose. The Vatican's statement on its assessment noted its concern over 'occasional public statements by the LCWR that disagree



with or challenge positions taken by the bishops, who are the church's authentic teachers of faith and morals'.

Sister Jo'Ann DeQuattro (pictured), a Los Angeles nun for more than 50 years, told the *Los Angeles Times* that nuns felt insulted and demoralised by the ruling.

"This is the same church that ignored people who were... paedophiles," she said, suggesting the ruling was a way to shift focus from the ongoing sexual abuse scandal.

"We really know why they're focusing on the women. It's all about control. It's all about exercising authority."

The Vatican has also targeted an arm of the Conference that lobbies Washington in support of programs supporting the homeless and healthcare reform.

Sister Simone Campbell told the *Los Angeles Times*, "It's clearly payback for healthcare, because I wrote the letter that the nuns signed that Obama said was the tipping point for getting healthcare reform and the bishops had opposed it."



## Cook's Corner with Carolyne

### Beef Rendang

#### Method

Soak the dried chillies in hot water for 10 minutes, then drain and chop. Place in a food processor with the ginger, lemongrass, garlic and onion and blend to a thick paste.

Heat the oil in a wok or saucepan and fry the paste for a couple of minutes, until fragrant. Add the beef and the desiccated coconut and stir to combine, then add the salt, paprika and curry powder. Cook for 1 minute, then stir in the coconut milk and water. Bring to a boil, then reduce the heat and simmer very gently for 2 hours uncovered, stirring occasionally. Add a little more water if the mixture starts to dry out. Serve with steamed rice.

The dried chillies can be substituted with fresh chilies, use small for hot or long red for a milder curry.

"Til next month enjoy, Carolyne.

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



This is a lovely dish on a cold night to have sitting around the fire.

#### Ingredients

- 2 dried red chillies
- 1 thumb of ginger, peeled and chopped
- 1 stick of lemongrass, thick white part only chopped
- 1 clove of garlic, chopped
- 1 large brown onion, sliced
- 2 Tbsp of vegetable oil
- 600g topside or blade steak, trimmed of fat and cut into 3cm cubes
- ¼ cup desiccated coconut, lightly toasted in a dry frying pan
- 1 tspn salt
- 2 tspn sweet paprika
- 1 tspn. Malay curry powder
- 2 270ml cans coconut milk
- ½ cup water, plus extra if needed.
- Steamed rice, to serve.



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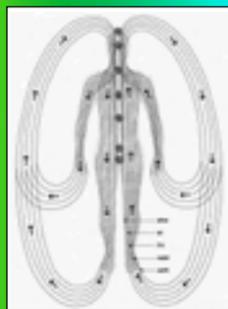
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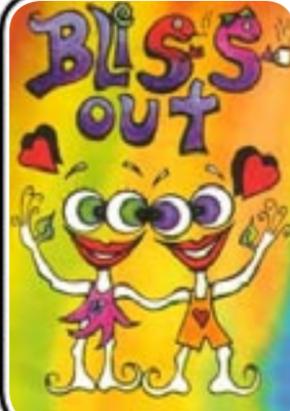
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## The Astrology of 2012

Leading Australian astrologer Maggie Kerr (pictured) will be hosting a one-day workshop on the Astrology of 2012

This is a great opportunity to learn about the evolutionary cycles of the planets at work right now, as Maggie has spent the last 30 years studying them!

As a psychologist, she also explains how they are affecting our 'consciousness' and how to step from the old world system to the new being born right now!

We will also learn about the history and science of the Mayan Calendar 2012 date and why it is so important.

So please join us for a fascinating and exhilarating day to empower yourself, and get excited about these amazing recolonial times!

The Astrology of 2012 one-day workshop Friday 15th June with leading astrologer, teacher and author, Maggie Kerr. [www.universalastronomy.com.au](http://www.universalastronomy.com.au)



Find out all about the coincidence of major cosmic cycles about to converge in 2012... and how to work with them. We are on the brink of massive change!

Maggie will weave the story of these remarkable revolutionary times and the 'Shift in Consciousness' about to unfold, including the significance of the Mayan Calendar System.

No previous Astrology is needed, as Maggie will introduce the basics of 'cycles'.

Friday 15th June, 9.30am to 4pm at Lillifield Community Centre, 4505 Kyogle Road.

Cost for the day is \$90 – includes refreshments & handouts – BYO lunch, \$70 concession and early bird

For bookings, phone Tina on 6689-7413 or 0457-903-957, or Maggie on 0755-945-959.

## ASTRO FORECASTS BY TINA MEWS

YOUR MONTHLY REVIEW OF WHAT'S HAPPENING IN THE HEAVENS

### May

When the Sun journeys through the sign of Taurus the focus of attention turns towards issues regarding stability, practicality and productivity. Since ancient times Taurus has been associated with the fertility and innate riches of planet Earth, the enjoyment of our senses and the beauty of nature. Individuals with a strong Taurean signature have an urge to create abundance and preserve what they value.

They love tradition and sudden changes can result in stubborn resistance. It is said that you cannot push a bull, you can only lead it from the front. Approach Taureans from the wrong angle and they simply become the immovable object that even the most irrepressible force won't shift. They respond much better when given ample space and time to adapt to a new situation.

The Full Moon on May 6 in Scorpio is the largest Full Moon of the year because of its closeness to Earth. While Taurus is concerned with the land, its fertility and productivity, Scorpio likes to dig for the subterranean riches including the truth. Scorpio is not afraid to expose reality for what it is! Each Full Moon brings new insights, as we can perceive ourselves and the life around us from an objective distance, creating possibilities for healing body, mind and soul.

Venus, the planetary ruler of Taurus, symbolises our feeling nature, indulgences and sense of values. She starts her retrograde phase on May 15 (until June 27). We are reminded to reflect upon the areas in our lives where we collectively and/or personally have invested more than we can afford. Personal and business relationships that are based on faulty standards and superficial gains have to be reviewed in order to create a new balance that is sustainable. On June 5-6 we can telescopically observe a very rare astronomical event when Venus passes in front of the Sun.

Such close alignments only occur every 121 or 105 years with pairs of transits 8 years apart. We witnessed the first visible Venus transit in 2004 and the next one will be in 2117. (For info how to view this occultation safely please visit [www.transitofvenus.com.au](http://www.transitofvenus.com.au)). Interestingly, Australia was discovered in 1769 by Captain Cook after he completed a scientific mission to observe the very rare Venus transit from Tahiti! It can be stated that the land grab and exploitation of natural resources in this country started then. Maybe this current Venus transit initiates a much needed transformation of values and handling of natural riches with a truthful comparison between real costs and benefits. Prepare for a busy period because we have entered the first eclipse season of the year (next in Nov/Dec).

The Solar Eclipse on May 21 will be followed by a Lunar Eclipse on June 4. Solar Eclipses are powerful New Moons that affect us energetically, either increasing or depleting our vitality. The eclipse triggers the Gemini-Sagittarius axis of information which when processed correctly can transform into knowledge according to the scope of our perception and experience. As the light of the Sun is blocked by the Moon important issues might be confused and it will be difficult to communicate with clarity. We are reminded to proofread what we are told as the truth might well be concealed.



### Aries

Right now it is essential to pay extra attention to your everyday life and personal domain. Are you communicating your feelings and thoughts in an understandable manner? Re-evaluate the things you take for granted and adopt practices that create more harmonious conditions in your surroundings.

### Taurus

Use this moment in time for exploring your relationship to your personal resources, possessions and values. What are the things you believe you cannot survive without? Make sure to maintain a balance between giving and receiving and keep utilising your creative gifts for a higher purpose.

### Gemini

Avoid dissipating your energies into too many directions. Multitasking might not produce any lasting results. This could be a time of personal growth and development if you manage to remain focused on your path. The solar eclipse in your sign on May 21 might bring opportunities for a new start.

### Cancer

You are searching for new goals on the horizon while unresolved issues in your personal relationships seem to surface. Tread carefully but speak your mind with truth. You might need to spend some time alone pursuing your spiritual/.creative practices to counterbalance any inner restlessness.

### Leo

When you take a humanitarian approach your sense of self grows beyond any expectations. Recognition for your personal achievements are pleasant rewards but less potent for your soul. Share your vision with those who resonate with you on the same level. Expect changes to take place regarding your close associations and circles of friends.

### Virgo

A changed view of the world might now consolidate as important changes to your career path. Review your needs involving others more thoroughly. Focus on attracting those people and circumstances that are supportive of your greater goals.

### Libra

It is said when Venus, your planetary ruler, comes close to Earth, her influence is more materialistic and 'heavy' and less idealistic and 'light'. Rethink

your direction. Try to strike a balance between following your ambition and being inspired by new ideas that can shift people's perspectives.

### Scorpio

You have directed your energy towards community work and networking with people who support your cause. Now it is time to re-evaluate your joint projects. Look below the surface before making any commitments, especially regarding your finances.

### Sagittarius

Right now important changes are taking place in your relationship dynamics. To avoid misunderstandings do not assume anything regarding the feelings of others. Instead, focus your energy on completing creative projects that have been left unfinished.

### Capricorn

Prepare for changes in your daily routine and consider a new health regime. You might have to deal with altered responsibilities at your workplace or even a job change. Welcome these changes and counterbalance them with some free-style creative projects.

### Aquarius

Your detached approach to life allows you to objectify when others are feeling torn between opposing forces. Yet, at times it is important to take the risk of expressing yourself creatively and affectionately. Venus, the 'feeling good' planet wants you to reflect on what brings you real happiness and joy.

### Pisces

This might be a very important period in your life when exploring your ancestral past could bring very valuable insights. Connect with your emotional needs and what motivates you on a deeper level. Honest communication of your inner experiences will help improve family relationships. Shifting Perspectives (including lunar cycles, eclipses, Venus cycle.

For Personal Readings contact me on 6689-7413, mobile 0457-903-957, e-mail [starloom@hotmail.com](mailto:starloom@hotmail.com) or visit my web page: <http://nimbin-starloom.com.au> Astrology Classes continue 9 May, Wednesdays 10 am-1pm, Lillifield Community Centre. We will be working with Cycles, Phases and Shifting Perspectives. Australian Bush flower Essences course Part 1 starts 11 May – 29 June or June 9 and 10. Please contact me for more information.



Local guide Tony Pickard, 'The Pilliga Farmer'

## Elders tour of The Pilliga

Friday 11th – Monday 14th May 2012

An invitation is extended to our Indigenous Elders, to be taken on a journey from the Northern Rivers to The Pilliga to see the devastation that coal seam gas has caused in our Country. To hear from the people directly affected by water contamination, and to see the evidence for yourself.

The tour group will be linking up with other Indigenous people and sharing knowledge.

The tour's aim is to unite, protect our country, preserve our children's future, and share the wisdom of our Elders.

This is a not for profit tour. Tour costs, including accommodation at the Pilliga Pottery Studio, will be \$240-270 per person for the four days.

The tour will be hosted by Murray 0418-754-869 and Wanda 0427-302-725. Email: [tours@mysterydingo.com](mailto:tours@mysterydingo.com) / [Juanita.halden@hotmail.com](mailto:Juanita.halden@hotmail.com)

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Some days you wake up and think, 'God, I really need to see a big dumb movie. Screw *The King's Speech*. Give me big, and give me dumb.'

It's fortunate that Hollywood is so prolific in churning out big dumb movies. Face it, it's what America does best. In fact, the invasions of Iraq and Afghanistan are very much big dumb movies with the unhappy side effect that hundreds of thousands of non-combatants are murdered.

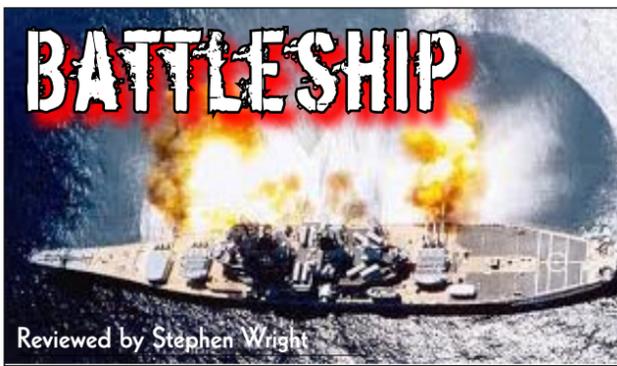
I remember one big dumb movie, *Reign of Fire*, about the takeover of the world by dragons. At one point a couple of good guys are standing on a fortress parapet watching an approaching dust cloud. "What's that?" says one. "Dragons?" His companion replies, "Worse. Americans."

Which brings us to *Battleship*. *Battleship* is based on the board game 'Battleship'. No, really it is. It's also 200% naked American military propaganda, a hi-tech recruitment film for the US Navy. The grunts and the flyboys have had all the screen time the past decade

or so, busy blowing the crap out of Iraq and Afghanistan while the navy have done little more than tootle about in the Persian Gulf, acting as launching platforms for F-15's and cruise missiles. *Battleship* is meant to be the modern equivalent of *Top Gun* (that's right, Maverick was a 'naval aviator' - Ed).

*Battleship* makes *Independence Day* look like a French art house film. You'd think that post 'Shock and Awé' the US military may be a little cautious about how the rest of the world sees them, and might possibly consider that a film blowing the bugles for US triumphalism might not go down too well any place that doesn't speak American. Well you'd be enormously wrong. Hollywood makes films for white, flag-waving middle America first. What the rest of the planet thinks doesn't matter too much.

Anyway, conveniently for the US Navy and for the film, aliens invade Earth and land in the Pacific not far from Pearl Harbour and right in the middle of a joint naval military exercise. They also land in the middle of a plot



Reviewed by Stephen Wright

about a feckless loser who joins the navy at the order of his stern and upright older brother and needs to redeem himself and learn some humility. And what better way to learn humility than saving the world from aliens. That's what I would do.

Anyway, the loser humbles himself by teaming up with the captain of a Japanese naval ship. The inclusion of a Japanese hero confused me at first, until I realised that he serves two purposes; first, he's a friendly Asian (as opposed to those unfriendly and threatening Chinese who early in the film lose Hong Kong to a crashing spaceship) and second his ironic Asian wisdom is meant to show us that despite the

1941 Pearl Harbour attack and Hiroshima, there's no hard feelings. War, the navy seems to be telling us, brings goodwill to all men in the end.

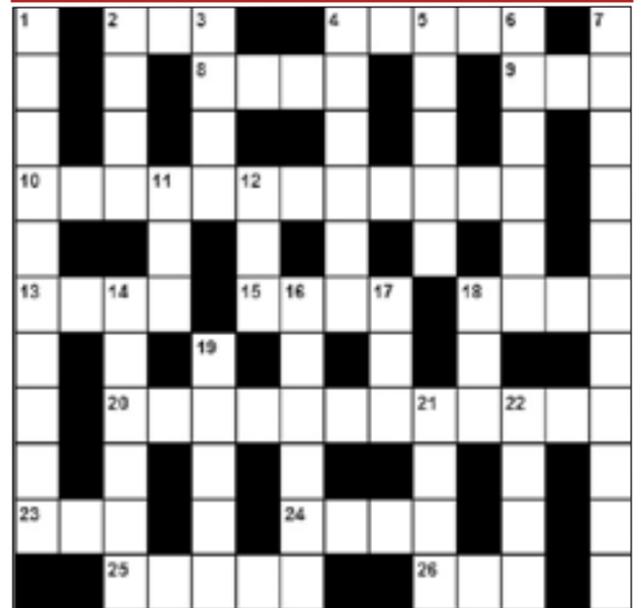
The last 30 minutes of the film are a display of a hard core patriotism we probably haven't seen since the days of John Wayne. It's a massive nostalgia trip back to when the US ruled the waves, the skies, and everything else and trades on the old military tropes that if politicians just stayed out of the way wars would be always be won, and everyone would have a good time.

Anyhow, at the end the aliens all die in fireballs and Liam Neeson gives everyone medals. And they all battled happily ever after.

## Nimbin Crossword

2012-5

by 5ynic



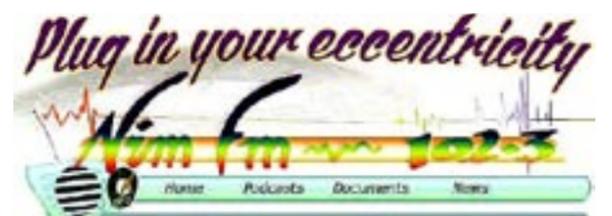
### Across

2. (And 4 across and 24 across) Cullen Street massage and divination (3,5,4)
4. See 2 across.
8. Sixth Greek letter? Mexican mob specialising in extortion and kidnapping
9. Seventh Greek letter? Basque rebels getting there around that time
10. Indicate final Greek letter? Singularity of the Godhead's inevitable evolution (5,5)
13. Good shit? Fool
15. Girt by sea
18. Flat
20. Ammonia-based soil inputs from gas and other hydrocarbons
23. (Visible?) papal jurisdiction
24. See 2 across.
- 25 Leitmotif?
26. Goal

### Down

1. (3,2,5) Prohibition racket enforcement
2. Story
3. Bible verses where all married to non-Jews are banished
4. Fish-eating crocodile
5. Leaves? Ways out
6. Brain cell
7. (3,2,6) Fight against fear? Global struggle keeps us scared
11. Yankee exclamation
12. Tethered weight (performance art)
14. (The!) village East of Main Arm
16. Running or Doof lights
17. Signed Neil Finn, Orbital, and David Guetta
18. College
21. Approve online
22. Needed if not cloning plants

Solution Page 27



## Reviews from the Crypt

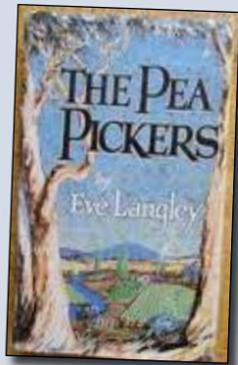
by Stephen Wright

### The Pea-Pickers Eve Langley (1942)

*The Pea-Pickers* is the greatest Australian novel you've never heard of. It was Eve Langley's first novel and is a semi-autobiographical account of two teenage girls, Steve and Blue who disguise themselves as boys and go pea-picking in Gippsland. Steve tells the story, and does so in spirited prose, while she struggles to fit her temperament to the demands of the world. Steve's ideas about love never match with the ideas of any of her

potential lovers, partly because Steve wants a love without attachments, without the tedious expectations of romance and marriage. Steve is a poet and she wants something almost transmundane.

The sub-text of *The Pea-Pickers* is that Steve might just be happier in a relationship with a woman than she would be with a man, and it's



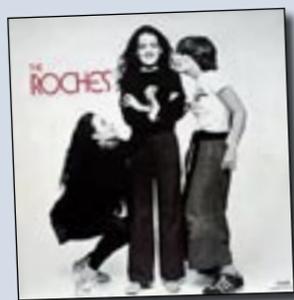
these protean struggles of Steve's that bedrock the novel.

*The Pea-Pickers* always delighted me because it seemed so free and unconstrained a book, full of surprises and odd turns of

phrase and with a wonderful tone, expressive and idiosyncratic. By the end of the novel Steve understands that she is destined to be that

most marginal persons, a woman alone in the bush.

In her own life, Langley married and had three children one of whom she called Karl Marx. In the late 1940's her husband committed her to an asylum. It was the sort of things husbands could do back then. When she left the asylum seven years later, she became Steve. She dressed as a man and lived alone in the Blue Mountains. Those who met her commented on her enlivening personality, and the way things unfolded around her, dazzling and unforeseen.



### The Roches The Roches (1979)

For The Roches, their timing was probably just wrong. If they'd been part of the

singer-songwriter boom of the 60's and 70's, or the current folk revival they'd be huge. As it was they popped up in the middle of punk, writing clever, funny songs with gorgeous three part harmonies. And while they definitely found an audience, they never got past the college-rock circuit.

The Roches were three sisters from New Jersey, Maggie, Terre (pronounced Terry) and Suzzy (pronounced Suzzy) Roche. Their self-titled album and the second called *Nurds*

beat a unique path. Not for The Roches the sighing bittersweet melancholy of Joni Mitchell or Carole King. They were young, feminist and had both a sense of humour and a great sense of irony. They wrote songs about losing their jobs, about being murdered by jealous landromat owners, about themselves, and they did so within a framework of really amazing harmonies, sometimes accompanied by acoustic guitar, sometimes just sung acapella. They sometimes sound like the

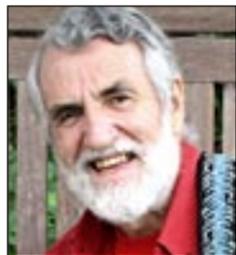
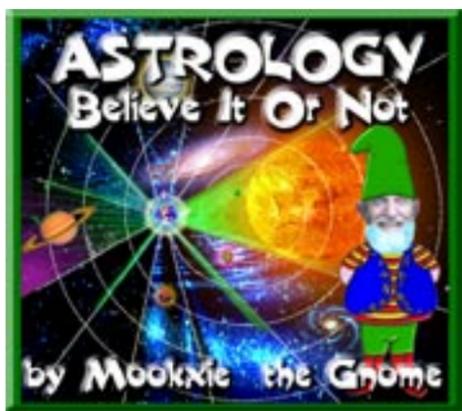
Andrews Sisters, if the Andrews Sisters had gained a black sense of humour.

Robert Fripp produced The Roches first album, and captured their voices in all their crystalline glory. Fripp also added some neat and unobtrusive Fripp-ish guitar, especially on the standout track *The Hammond Song* a song about leaving home which is funny, bitter and wise by turns. If the Roches had been as huge as they deserved, there'd have been a lot of women re-inventing folk a lot earlier.

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**Mookxamitosis**  
by Brendan (Mookx)  
Hanley

a religion according to the above definition... and I feel that people who cannot grasp a concept have no right to refer to it as "rubbish".

I have no knowledge whatever of quantum physics or space engineering... am I therefore justified in

referring to them as rubbish?

Astrology is basically a meta-language based on observations, made over millennia, of human behaviour and global events, and the corresponding simultaneous positions of planets, stars and asteroids. It calls, like all sciences, for an absolutely unbiased study of all data. In fact, the more cynical approach to the subject the better... providing one is able to see and admit evidence of "as above, so below" when it occurs. As such, it is quite the opposite of religions, which demand that you believe dogma or suffer!

There are no churches, no bibles, no ministers, nuns, bishops, priests, popes, or paedophiles lurking in the vestry. There are no collection plates or threats of eternal damnation for the sinner, the infidel or the wrongdoer. Above all no, there's God or idol

to worship. Simply observations and insights.

In fact, there are undogmatic disparities in methodology, philosophy, interpretation and so on! Different bloodlines, different house systems, Geocentric, Heliocentric, Mundane, Relocation, Composite, Synastry... many fields of study... all open to input, refutation, new approaches and observations. There is no centre.

Anyone who calls Astrology rubbish would have to be an Earth sign! Certainly not a Pisces... they'd believe anything! Or an Aquarian... they think they invented it! It wouldn't be an Aries... they wouldn't have a clue! As for Sagittarians... what would they know? They're too busy partying and losing the plot! Leos are up themselves and therefore above all of this... and Cancerian wimps can't handle the pain of it all... as usual! Geminis are too busy talking and minding everybody else's business and Librans are forever wussing around! Oh it's so tragically hard to decide!

Of the Earth signs, probably Capricorn would be the least likely. Don't knock it... it may represent a novel business opportunity! It could be Taurus... they can't smell anything edible about Astrology so why bother? Virgos however... really have trouble not criticising absolutely everything! So why the fuck not diss Astrology? Oh, and chemtrails!

By the way... none of the above is "Astrology". It's just a rave using Astrological meta-language terms, without which, such a

rave would be impossible. I hope you see my point!

And on the other hand (How Libran is that?), Aries are great fun, Taurians are so real, Geminis sparkle, Cancerians are delicious like crabs, Leos really are sunshine, Virgos are awesome friends, Librans are just beautiful, Sagittarians are the ultimate situation handlers and calm-in-the storm troopers, Capricorns are so into excellence it scares me, Aquarians invented outer space, and don't we love 'em for it! Pisces are music, compassion, interpretive soul dancers.

It's a level on the Magic Faraway Tree, a stage to act on... and... a chance to plan ahead. So if you use it to keep painting positive "prophetic" futures for yourselves and the planet, then isn't that a good thing? The three wise men didn't have GPS. They found baby Jesus at the exact time and location through observing the stars. It is well known that in history, war chiefs like Caesar, Napoleon, Hitler, Churchill etc. had astrological data at their disposal when battle planning etc.

I have an Astrologer friend who for years advised rich and famous people about timing, warnings and opportunities in their lives. He now professionally provides data to stockbrokers for a better understanding of times to buy and sell.

Okay enough! See ya next edition...

What's that? Oh shit... I didn't did I? Oh my god I'm a dead man. I forgot Scorpio!

Last edition had a letter praising my "Religion" article, predictably iconoclastic and no doubt appealing to the majority mindset of GoodTimes readers. The letter continued: "Write a similar piece about that other religion, astrology. See page 22 of the March issue of your paper for a fine example of the rubbish some believe in."

Oxford Dictionary defines "religion" as: "The belief in and worship of a superhuman controlling power, especially a personal God or gods or a particular system of faith and worship."

George Bernard Shaw, when attacked by someone at a dinner over his astrological knowledge, is alleged to have said "Sir, I have studied it... you have not!"

My point here is that astrology is clearly not

## Amongst the world's best



**Fruit of the vine**  
by Terry Beltrane

In my wine "bits" over the past year I've attempted to avoid promoting individual wineries other than to use some of their wines as examples for my subject matter. Today I'm going to step off that path. Recently I was sharing a bottle of Penfolds Bin 389 Shiraz Cabernet with a mate and we got to espousing just how good Australian wines are, and our wine culture and history relative to other wine producing nations.

Penfolds is an internationally recognised "brand" that has great kudos for consistency in quality and 'style'. There's this thing we call a "cellar style" meaning that the wines made are as similar in flavour, quality and style as much as possible every year regardless of the vintage conditions. By selecting parcels of fruit from different vineyards and regions the vagaries of vintage conditions can be mollified by blending the resultant

wines. Penfolds are the Masters of the Art with their wines achieving a consistency in quality and style that is enviable from any perspective and have given this wine maker a well-deserved international reputation.

In 1844 Dr Christopher Rawson Penfold established the beginning of a 'wine empire' at Magill, on the gentle slopes of the Adelaide Hills, overlooking the Gulf of St Vincent. The original homestead still stands and contains many of the Dr's medical equipment and personal effects as well as the original furniture and functional items that made a home back then. As his medical practice grew, much based on his philosophy that wine was conducive to good health when taken in moderation, the original corrugated iron shed which housed his basic wine making equipment, expanded to become a "winery". The bluestone buildings and underground maturation cellars dug into the sides of the Adelaide Hills were recently restored and refurbished as much as possible to their original condition - if ever you're in Adelaide this is a must tour for anybody reading this column. Everything that was

built was built to last and done with the dedication of an artist, which he and his descendants were.

In keeping with Australian wine drinking habits of our early years, Penfolds concentrated on fortified wines until the 1950's when Max Schubert, along with a few other devotees, decided to make some quality wines, reds mostly, that would age with grace and compete/compare with the great wines of Europe, especially those of Bordeaux. A range of wines called "the Bin series" named after the storage regimes in the underground cellars introduced in those years are now in company with some of the best red wines made from the bounty of our beautiful Mother Earth.

As the reputation of the winery grew so did the range of wines they made to meet different price categories; and even the least expensive of any of the Penfolds wines will give you quality for the money you spend. For many years the same could not be said for their white wines, but in the early 1990's Penfolds made a concerted effort to alter that anomaly. The reputation for their white wines is now just as applicable to their reds and the blending of wines to maintain their established "cellar style" of quality and character is the fulcrum for their reputation.

The "Bin Range" has been expanded considerably since I was working with them and while they are all excellent, I have my personal favourites just like I've got my favourite pizza topping. It's hard to beat Bin 389 Shiraz Cabernet and Bin 707 Cabernet Sauvignon for world class quality red wine - neither of them come cheap, but they're a third the cost of wines of comparable quality from some of the prestigious vineyards in Europe and the US with marginal, if any, variation in quality from year to year. And while I can only afford to buy either of these wines as a special treat to share with someone who's kindly invited me to dinner it's always the bottle that takes longer to empty because it's worth the time to savour.

At more affordable prices, it's hard to beat Koonunga Hill which has been around since 1976 and that first release is still a great drink if it's been cellared well. This is also one of the attributes of Penfolds reds; they mature gracefully and with added complexity of flavour and softness given good cellaring conditions.

If you're looking for a bottle of something special and want the money you spend to get results you'll be hard pressed to go past a Penfolds, of any style.

Wine info: terryb88@tpg.com.au

## The world according to

### Magenta Appel-Pye



I've usually got a green thumb. Look in my backyard. My first lair of dragonfruit has arrived, heralded by their ridiculous frilly white bridesmaids flowers.

But I can't grow pot. It's nearly impossible to find a good safe sunny spot in a suburban backyard and I only ever seem to get one bud. Some offer spiritually opening hallucinogenic experiences, others are only good as kiff.

Thank you Mother Earth and I don't mean to be ungracious, but why only ever one bud?

Am I a bad smother mother, overzealously trimming my plant just as I do the dog and the husband? I still feel bad about accidentally nicking his knackers and I suspect he still hasn't forgiven me for it. The dog that is, not the husband. He wouldn't let me anywhere near his scrotum with scissors. The dog I can overpower and pin down.

I was always over-watering and force-feeding it with seaweed juice and too much potash. Maybe the dog pissed on it too much. Maybe Norm. It's the only plant in the backyard he can name. Norm that is, Booni knows two.

When the police helicopters

fly over, the stress is disproportionate to the crime. I panic as if I am a drug lord with hundreds of acres of resin-dripping Mullumbimby Heads. Gone are the days of this infamous genus (and the show 'acres'). This in itself words the vital need for seed saving. The only Mullumbimby Heads we have nowadays is the local hairdresser, trading off the name that put Mullumbimby on the world map.

The 'copters swoop in, binoculars in hand, dodging power lines. "Sarge! Woman sunbaking nude in backyard and MJ." How many plants? "One." "Headcount?" One. Age? Over 50. Forget it! "Come back, I need an adrenalin rush. I can't drink alcohol (a well known killer which happens to be legal) and I've only got one lousy bud!"

Then came the straw that broke the camel's back. Whilst diligently pruning the garden yesterday, I accidentally broke the little fat bastard off just before it was ripe. That's it. I've given up. I'll have to go to Nimbin.

Have a great MardiGrass.

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Bushwalkers enjoy lunch in the rainforest.

## Adventuring with the Nimbin Bushwalkers

by Michael Smith

The Cougals appear as twin peaks on the northern edge of the caldera. For thousands of years they were the two dingoes, Burrajahnee and Nineroogun who chased a big kangaroo north but were killed and eaten by the Beaudesert people. Nine members of the Nimbin Bushwalkers Club spent a Saturday climbing the eastern peak. There were others that morning leaving to do the same. Fifteen members of "K2" left just before us to trample down the grass and soak up the dew in their clothing. Behind us were three 'locals' bent on bagging the East Cougal. Except for the first few metres the whole walk is in Queensland. We were to follow the crumbling fence that once protected NSW from wandering Queensland cattle that might spread cattle tick south. We stopped to photograph the fairyland of rainforest treasures, fungi, orchids, snails,

flowers and figs. The "locals" caught up and passed us. They had a photocopy of a page from my bushwalking guide with them, and, like us, were heading directly for the Cougal Cave.

David Holston was at the front of our group and had no trouble locating the cave, which passes right through the mountain. One of David's unerring strengths is that he can always go back to a place

that he has found in the bush, no matter how remote or difficult that might be. The cave is high enough to stand up in, but narrow, such that two people passing may have to get married afterwards. Waiting our turn at the mouth of the cave, it started raining heavily. We heard a COO-EEE down below. It was the "locals". They had not found the cave and could not see the track either. They joined us. We loaned



Cougal summit

them our torches to explore the dark interior. Lunch was had under the shelter of a nearby overhang. The rain stopped, off came the Gore-Tex and we carefully climbed the last few hundred metres. Graded 5, this was a near rock climb, but blissfully blessed with plenty of hand-grip-shaped tree roots to wrap your white knuckles around. Just as well, the rocks were shiny wet, the ground sodden and the leaf litter and clay slippery. We met sunshine at the peak. The view was spooky and mystical from the swirling mist. This place is special for so many reasons.

A dozen people turned up for the last walk in April. David took us somewhere, up unnamed creeks to unnamed waterfalls and more. We met at the wall of Clarrie Hall Dam and soon put the easy fire trail section behind us. At this stage only the orchid photographers lagged behind. From there on we plunged down and up the trackless rainforest gullies. Even some youngish people found a walking stick helpful. We met a body of water which was an arm of the dam impoundment. We could have paddled this far. Further up the creek lunch was had in the best of theatres. We were surrounded by moss, buttressed trees, orchids, forest fruits and leeches. All the giant trees had been felled long ago, evidenced by the stumps and snagging tracks we crossed. But nature was back to stay, now protected in this National Park.

A timid few stayed behind as the rest of us found out what a 'grade 5' walk was like. Slippery creek crossings. Narrow mossy ledges half way up cliff faces. Crumbling logs, lawyer vines, cascades and waterfalls. About as good as it gets in the rainforest. We chose a nice plunge pool to swim in as our turn around point. Most of the ladies did not have their swimmers, so we gents went downstream to another

pool. I glanced back to see some shapely bottoms disappearing below the water. I got my own muddy swim in a glorious pool, gravel beach, surrounded by curtains of water falling down the cliffs. The cold water sucked the heat, and washed the sweat. I imagined a giant eel cruising unseen below looking for a tidbit. Not wishing to be mistaken for a bunyip, I dressed, and rejoined the human race. We regrouped, walked out, found our cars and took our weary, but refreshed bodies back to the spouses, children, pets and chores that make up the rest of our lives.



At the swimming hole



Cougal cavers

### Nimbin Bushwalkers Club Inc.

#### Sunday 13th May "Peter Finn Wildlife Refuge" on Don Durrant's property

**Leader** Don Durrant (6633-3138, at night) also Len Martin (at Nimbin, 6689-0254)

**Grade** 2-3, 5km, 5-hr walk through rainforest, all on tracks with easy grades and no lawyer vine!

**Meet** 8am Nimbin car park for car-pooling, then drive in convoy to Don's place - bit over an hour. Walk starts at 317 Vidlers Road, Afterlee. **Bring** food for picnic and water. Highly recommended for nature lovers - bring cameras.

#### Sunday 27th May Black Scrub, Mt Jerusalem N.P

**Leader** David Holston (0452-471-327)

**Grade** 5, 11km, 7-hr circuit walk. Walking via a gravel trail 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

### Walks Program for May

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, some large boulder rock-hopping to the creek junction. Then back up the main creek, past 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!

**Meet** 7.45am Nimbin carpark or 8.30am Uki Buttery Car park. Walk starts and finishes at a carpark in South Chowan Road.

**Bring** lunch and water

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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# Living in the Woodenbong hills: Urbenville

by Marilyn Scott

Althea Nancy Stubbings was born and raised in Bonalbo, moved to Urbenville in 1977 and went to work at Urbenville Public School. She married local Kenneth John Stubbings and 'started the business' in 1981, buying the building. The business was a Newsagency/Emporium – selling work clothes and materials.

After 3 years of working and extending the business, Nancy (as she is more commonly known) sold the lease of the business, due to family concerns. The new lessor sought to extend the Emporium further, but unfortunately after a short period of time had to cease due to ill health. Nancy took back the lease. "But this time, only as the Newsagency," and she decided she would only expand the business to the requirements of the



community. "Mum is very community-spirited and has been involved with community for as long as I can remember," said Nancy's

daughter Althea, who is an invaluable support to the business. Althea came back home three years ago when Nancy became ill.

The vision for tourism was sparked for Nancy back in 1983 when Urbenville became involved in the Richmond Valley Village Festivals; Urbenville residents asked to be involved to promote their town. They held many memorable events. Nancy was President of the Village Festival for many years.

Nancy's business is not just a central 'space' in Urbenville, being the Post Office, Newsagent, banking and internet access – as well as a great place for last minute gifts and groceries – but, I sense, a driving force to promote and support the town and area she loves.

When asked what inspires her, she said, "Living. I just like the

beauty and the peacefulness, the togetherness... I have to be involved with people."

Nancy's community involvement goes back many years, she's a woman with soul, a warm smile and a down-to-earth approach – she's a country woman.

Nancy came from Scottish stock, her great grandparents coming to Australia in 1853. Her grandfather, Alexander Fraser, was born in Victoria in 1881. While droving in the La Trobe Valley, he heard of land in the Kyogle Shire. He travelled up by boat and onto Kyogle, across the mountains to the west, arriving at the head of Duck Creek, proceeding downstream to land that he selected and called LaTrobe Park. Alex then headed back to Victoria and brought his Father back who selected a parcel of land a bit further down the creek, calling it Boonie Doon.

Two years into the business, the second time, Nancy and her son

delivered newspapers to the houses in town. They now deliver to a 35km radius which includes the country residents. "Many times having to back track because of floods et cetera," she said. Ken, her husband, who is now retired, does the paper run and helps sort the mail. I asked Nancy, after 31 years in business and supporting the community, what she had learnt. "I try to keep my mouth shut, not offend anyone," she says, "not to rush into anything, take everything day by day, and enjoy life."

I said, "If you could change one thing during those 31 years, what would it be?" She said, "Don't rush into it, go with what the community wants, take things step by step, don't rush into making something different overnight, don't rush into things, gradually build up."

I always feel a warmth and welcome when I go into Nancy's store – a little ray of sunshine.

## "Ironically Yours"

Travel diary of the irreverent

### Dili Public Hospital – The Great Equalizer!

by Dionne May

When you travel, despite your best precautions and foreknowledge of possible disasters, sometimes life just throws it at you.

So exactly two weeks after my arrival in Timor Leste, regular applications of Bushmans and a DEET-soaked mosquito net, I still managed to wake up in the middle of the night knowing something was terribly wrong. I had stayed the night at a friend's place so I could be up early ready to do the morning swimming programme, but instead found myself prostrate on the floor of the shower feeling weak and with dreadful back pain.

The morning cleaning staff arrived, so despite feeling like it wasn't possible, I dragged

myself to my motorbike and headed back to the orphanage. It was a half-hour hell ride with chills running through my body. Luckily it was the morning of the Presidential Election, so the streets were relatively quiet compared to the daily Dili Shuffle, and the morning blessedly cool.

I dragged my sorry arse upstairs to my room and basically passed out for most of the day until the pain became unbearable. I looked up my lonely planet guide and after reading the symptoms of Dengue Fever (also known as break-bone fever) I knew that was what I had. So I called on my Aussie friend to take me to the hospital where a blood test confirmed my condition and I was admitted... and then the fun began – for everyone else in the woman's ward!



What a novelty, a 'malia' (white woman) amongst them! Every time I turned over, moved a muscle, or opened my eyes, it was to an audience of avid watchers – staring, staring, staring! Even staring back made absolutely no difference to their desire to watch the strange white woman amongst them! And the ward was completely full of patients and family in one of the largest epidemics of Dengue Fever in recent years.

In Timorese Hospitals A) the Portuguese doctors are kings and thin on the ground, B) the Timorese nurses are queens and run the drip and panadol administration (one of the few drugs available) and C) the Timorese families of the sick do most of the work caring for their loved ones. They come in in droves, bringing food and staying all night sleeping two and three on unused beds or curled up on the hard floor. People everywhere!

One night it was so full, I couldn't even get up to go to the toilet, there was no space

to put a foot on the floor! God knows how they managed to sleep under fluoro lights that blazed all night and friends and family partying to bad 80's songs on mobiles in the next ward, I certainly couldn't.

If you're not half dead in the hospital it is quite the happening place to be. The girls from the orphanage were all keen to visit me everyday but alas, spent more time chatting to the visiting boys... a real social outing for them!

The up-side of all this community is how much they all care for each other, and seeing me a lot on my own was something they just could not comprehend. For the four days and nights I was there I was touched again and again by their on-going kindnesses towards me. If I was having a quiet tear, someone would immediately turn up at my side saying "Mrs please don't cry", and rub my hands or feet or tell me to please ask them for anything I need. My fingernails were cleaned, my legs, arms and hands rubbed, gifts of bread and grapes and

even a midnight serenade by a young man wanting a 'woman to love'. Flattering but almost absurd under these conditions!

So even in my dark hour, I could see that accepting this experience led me to being exposed to great human kindness. It made me think that sometimes if you are constantly running away from 'negative' experiences, or have lots of money to throw at drugs to mask the pain, then you miss out on the fullness of life. To allow yourself to be weak and vulnerable opens the doors for those who have love to give. It made me cry to think that despite the amazing work our nurses do in our hospitals in Australia, they are still so sterile, so lacking in love and laughter and families – the very things that buoy your spirits when you are down.

I will forever be grateful to Dengue Fever for opening my eyes again to the love and compassion that surrounds me.

Now the not so nice – cockroaches and mozzies

everywhere. Finding a cockroach squashed in your bed in the morning – no love in my heart for that! And the toilet – my God there is a limit to what I can endure when I am sick and the toilet was it! Despite there being a ferocious team of floor moppers, did no-one think cleaning a toilet or basin important? The smell... impossible to describe and impossible to forget. Water all over the floor and no light.

So negotiating 20 people, my drip, my undies and no toilet paper all one-handed while holding my breath was almost impossible. The first time I used the bidet I held it round the wrong way and squirted it in my face... disgusting. Ironically it was imperative that I drink lots of water, so lots of trips to the toilet. In the end I decided after four sleepless nights that enough was enough – get me off this drip, I'm out of here! Otherwise I'll end up with giardia or malaria or worse!

Happily I am now fully recovered and ready to continue my adventures.

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## Nimbin Garden Club Notes



by Stephanie Eyles

Nimbin Garden Club Meeting on Saturday 21st April at the Lismore Rainforest Botanic Gardens, Wyrallah Road, Lismore found club members enjoying some warm afternoon sunshine after so many rainy days. Although somewhat wet underfoot, asphalt and gravel paths made easy walking through the various garden areas.

Geoff Wilson, our guide for the afternoon and a member of the Friends of the Lismore Botanic Gardens, spoke knowledgeably about the gardens and their history. The Lismore Rainforest Botanic Gardens, he proudly explained, are aimed at the preservation and regeneration of local native species and are very much a 'work in progress'.

The Council-owned public land totals 100 acres, of which eight acres have so far been cleaned of weed species and replanted over the last 10 years with 6000 native plants and trees, including an area of 'bush tucker' plants and another of small local native shrubs and trees suitable for small garden plantings.

The Gardens will eventually incorporate and reclaim the adjacent area currently used by the Council for refuse management. It has been found that some native species planted over reclaimed tip effectively absorb methane gas generated by the rotting organic materials buried in the land, mitigating its escape into the atmosphere.

Our walk through the Gardens began from the picnic area, planted with koala-food eucalypts, which forms part of a "koala corridor" between disparate bushland areas. Club members were delighted by the early sighting of koalas in nearby trees. We passed through an open swampy area populated with native bulrushes preserved as a home for resident native birds, then slightly uphill into a buffer zone of subtropical rainforest which

features many species of Lillipillies including a couple magnificent Giant Water Gums (*Syz. Francesii*) and a healthy young specimen of the rare Coolamon (*Syz. Mooreii*). The path continued gently up the hillside past stands of self-set Richmond River Pines (also known as Hoop Pines) which, Geoff informed us, mark the 'thumbprint' of dry rainforest. The paths wound through areas of new plantings incorporated naturally into the established regenerated native bushland, crisscrossing a small creek and climbing gently upward out of the rainforest to an open grassed area dominated by a few mature Forest Red Gums (*Euc. Tereticornis*).

Our walk then meandered back downhill via alternate paths to the picnic area equipped with covered bar-b-que area, water and electricity where we enjoyed our anticipated 'cuppa' and homemade refreshments.

The Friends of the Lismore Botanic Gardens volunteers do all the gardening work in small working groups on Wednesday mornings and the last Sunday of each month; materials are provided by Lismore Council and funds by donations with some Council support. If you'd like to join a working party, contact Geoff Wilson on 6624-2963 or email [geoffwalker@linearg.com](mailto:geoffwalker@linearg.com)



### May Meeting

The next monthly club meeting, on Saturday 19th May, will convene at 2pm at Athol McKenzie's and Will Yates' property, Lot 8 Pretty Gully Community, Byrrell Creek Road, Byrrell Creek.

From Nimbin village it is approx. 34km travelling along Blue Knob Road, turning right toward Uki on Kyogle Road. At the "Slow Birds Cross" sign turn left into Byrrell Creek Road. Travel 6km through several creek causeways. Before the "gravel road" sign, turn in at Garden Club sign on the right, at the letterbox and entrance to Pretty Gully community. Continue along community road until you see a Garden Club sign at Lot 8. You will be guided to parking.

Anyone wishing to car pool can meet at the 'Exit' end of the Nimbin village carpark at 1pm. Remember to bring a mug, chair and plate to share. Visitors are most welcome.



## Soccer in the Rainforest

by Simone Rutley

Living in rainforest means we live in one of the most beautiful places in Australia. It also means we have to live with rain, a lot of rain. Whilst pitch number one has been fixed and is standing up well under the conditions everyone else's grounds in the region continue to struggle.

The first games for all the non-competitive juniors were scheduled for this weekend (28th April) but alas and alack they were all cancelled bar one. There was much disappointment for those who were set for the first kick-off of their soccer career.

The U11's played Alstonville at Alstonville in the pouring rain. They got off to a great start scoring the first 2 goals early in the game but eventually went down 8-3. Despite the flogging and the dreary conditions for the spectators, the kids had a ball skidding and sliding in the mud!

The women were at home on 22nd April against Tintenbar and played a blinder of a game. Whilst they went down 2-4, they only had 10 on the field and were competitive the whole game. Deb was magnificent in goals, fearlessly diving for everything. Tess scored the first goal of her career in only the second time she has played up front. Ashlee also scored her first goal with grace and strength. Loey has been practicing her fakes and you could tell. Myf just kept going - I think she must be the Duracell girl - and Penny got player of the match, what a game! After



U11's first game of the season in the torrential rain

Round 4 our women are 6th out of 10 on the ladder.

The men's last game was at Dunoon, where they lost 3-1. According to all reports, it was a very uninspired game and we will all be looking for more from the boys over the coming weeks. None-the-less, after Round 3 they are 2nd on the ladder.

We have already had more games at home this year than we did in the whole of last season, and are hoping for many more. The next Round will be a whole club day on Saturday 12th May starting at 9am for the juniors and finishing with the men at 1pm.

The home crowd advantage means it would be great to see lots of locals there.

**GO THE MIGHTY HEADERS!**

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

## Raffle for Nimbin Community Gym



Gym instructor Wayne Cuthbertson holding the valuable framed collectible

A South Sydney Rabbitohs Centenary jersey (1908-2008) is up for grabs.

Nimbin Indigenous and Community Health and Fitness Inc is conducting the raffle to raise continuing funding for its community gym.

Tickets, \$3 each, are available from Nimbin Hotel, where the winner will be drawn on 30th September (NRL Grand Final Day).

The jersey has been donated by Souths Leagues Club, which has been a strong supporter of the gym.

Nimbin Community Gym, a not-for-profit gym with no government funding, turns two in June, thanks to the support of the Nimbin community.

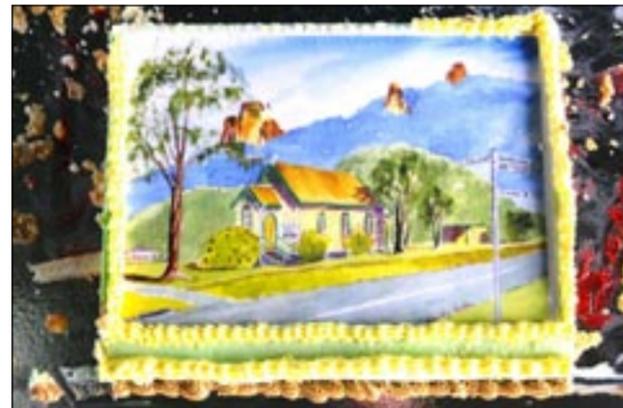
## QUICK QUIZ

Devised by the Nimbin Bowlo's own Quizmaster, Marty

### Questions

- In which city would you climb the CN Tower, watch the ballet at the Hummingbird Centre and cheer an ice hockey team called the Leafs?
- The name Mountbatten is an Anglicised version of which German name?
- What two sports are combined to form the Winter Olympic sport of Biathlon?
- The island of Alcatraz lies in which body of water?
- What is the name of the Premier of Victoria?
- What is Dorothy's surname in the Oz books and movie?
- What is the name of the world's largest antelope species?
- In which US state is Google's HQ?
- Which Australian singer is known as Whispering Jack?
- In which South American country is the Incan site Machu Picchu?

- Answers**
- Toronto
  - Battenberg
  - Cross country skiing and rifle shooting
  - San Francisco Bay
  - Edward (Ted)
  - Norman Bailieu
  - Gale
  - Eland
  - 1600 Amphitheatre Parkway, Mountain View, California
  - John Farnham
  - Pernu



### Church Centenary

This artful cake (above) commemorated 100 years of St Margaret's church, Nimbin, at the celebration held 21st April.

## Nimbin Crossword Solution

From Page 23



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7.00am	7.45am	7.00am	7.25am
8.00am	8.45am	8.00am	8.25am
12.00pm	12.35pm *	3.25pm	4.00pm
2.35pm	3.10pm	5.30pm	6.00pm
3.20pm	4.15pm		
5.30pm	6.00pm		
		Leaving	Arriving
		Nimbin - Main St. (Park)	Lismore Transit Centre
		7.30am	8.00am
		9.00am	9.35am
		4.25pm	5.00pm
		6.05pm	6.35pm

\* Mondays & Thursdays Only

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Some Buses connect in Nimbin for Operators to Murwillumbah

# The changing face of May Day

by Warwick Fry

May Day – the first day of May. It was the declaration of the start of spring in the northern hemisphere of our planet. Celebrated in pre-industrial European cultures; feudal festivities – as both a hope for renewal, and a renewal of hope.

It was a significant celebration for the future, in times when a goodly proportion of the 'average' person's backbreaking daily work and labour went to the feudal lord, the Church, or both.

In some ways it has changed, but in most ways, it hasn't.

The industrial revolution changed the modes of production; you couldn't change the nature of work – it was simply massified, globalised, and devalued.

In Third World countries your work means jack shit. Your daily bread means permission to survive to work another day. But on the day, no one is afraid to express their hopes, their defiance against the injustice of the work of so many benefiting so few.

May Day is no longer such a big deal in 'Developed' nations which have satisfied consumption side economics at the expense of 'underdeveloped' nations, where cheap labour was and is maintained under U.S. supported military regimes, or their successors. But it is a big deal in Latin America.

I experienced this at first hand in El Salvador during the period of the civil war in the 1980s. It was the time of some of the most savage repression, the Death Squads rampant, the

military having free rein. Yet up to 300,000 people turned out to march on May Day. This in a country of 6 million (many of them in exile), and a capital city of less than 2 million. It was, as they say "awesome".

It wasn't just a strut down the main street, either. The march wound through the city for at least ten

and made repeated gestures to the cemetery. The crowd responded with the finger, in the same rhythm. At a concert after a march, the program was interrupted with an announcement that the central union headquarters (the UNTS), had been bombed. There was a primal roar from the crowd, but the announcer



were doing when I was observing in the 1980s.

A few differences... skulls, Mohawks, tats... oh – by the way, they were blowing joints in public... Something that, in the times of the 'armed struggle' would have been totally sus.

But good to see another generation of kids weighing in for May Day. I'm assuming they (being Salvadorans) grasp the significance of the day, Of

the struggle. Of the hopes for the future, that the struggle, and what Mayday, is all about. Now if only the Aussie kids could be taught that a labour movement (in Australia) brought in the women's vote twenty years ahead of the rest of the world, the 40 hour week, and a few other oddities, our education would be completely well rounded.

We can learn much from Latin America.



kilometres and half a day. Marshals stood at street corners to redirect the march when police and military intercepts were seen. Squads went out to distract the military while the main march continued in its serpentine and inevitable destination. The Metropolitan Cathedral. The site of the massacre of dozens of Salvadorans who came to see the funeral service of the Archbishop (Romero) who was assassinated after he called on Salvadoran soldiers to "stop the killing ..."

It was (and is) a feat of endurance to follow an entire march on foot. But hundreds of thousands of Salvadorans do it every year. The year I was around, there was more than enough drama. A military helicopter buzzed the march as it passed the cemetery. The pilot leant out

Revisiting El Salvador's May Day: in 1989 (above) and 2009 (left and top right).

Photos: Warwick Fry

settled the outrage with, "We will wait, and our time will come".

It was an extraordinary experience returning to El Salvador thirty years later to discover the same intelligent passion leading the Salvadoran May Day marches that I remembered from 1988 and 1989. I was invited to march with the 'Women', with a number of the Unions, but I chose to go with the Students Union. I had a connection with them from the 1980s, and I was interested to see where they 'fitted' in the next century.

Fascinating – they were into the 'punk' style while they were doing the same things (graffiti... fuck over the cops... ) that the radicals



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## Nimbin Hospital Info

### Immunisation Clinic

At Nimbin Hospital, second Tuesday of the month. Birth to five years. By appointment through Lismore Community Health. Phone 6620-7687. Next clinic: 8th May.

### Womens Health Clinic

Nursing service, free and confidential. Every third Tuesday of the month. For appointment phone 6688-1401. Next clinic: 15th May.

### Physiotherapy at Nimbin Hospital

Every Monday and Thursday. Phone 6688-1401 to make an appointment.

### Nimbin Community Nurses

At Nimbin Hospital Monday – Friday, 8.30am – 4.30pm. Assessment, treatment, referrals, school health, aged care packages. We also offer Palliative Care in the home. Phone 6689-1288. If we are not in the office, please leave a message, as we check our phone regularly during the day.

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