

# Natural medicine to the fore

The School of Natural Medicine and the Arts (SONMATA) in Wiangaree continues to run courses in homoeopathy, kinesiology and nutrition.

*Homoeopathic First Aid* ran during Autumn at SONMATA. All reports show an excitement in using homoeopathic treatments on the family, and how effective it was in most cases. Relief with not having to resort to medications and others' advice was empowering. A wholistic approach to health was inspiring.

*Homoeopathic First Aid* for Spring is accepting enrolments now for the six Wednesday morning classes, 9.30am to 12.30pm.

*Constitutional Homoeopathy* is definitely running in Spring at SONMATA, on six Tuesday mornings, 9.30 to 11.30 am. This course includes identification of constitutions and homoeopathic remedy types for those in your care. Treatments for chronic layers of disease. Philosophy of the miasms



and inherited susceptibilities are addressed. Constitutional treatments can be used as tonics, preventatives, alternatives to vaccination and as a panacea. Homoeopathic First Aid or previous training in Homoeopathy is preferred as a prerequisite.

A new course, *Food Thine Medicine*, invites you to enrol for

Spring at SONMATA. It is on six consecutive Thursday mornings from 9.30 to 12.30pm. The course covers all the knowledge and skills needed to make confident dietary choices, encouraging pleasurable and satisfying lifetime eating habits. Where genetic, environmental and lifestyle weaknesses compromise you and

your loved ones' health, this course caters for those. Including muscle testing in order to design diets for individuals and consequently the whole family, especially those with food intolerances and food issues.

Also included is an understanding of the anatomy and physiology of digestion and other relevant systems in the human body. Macro and micro nutrients will be presented with healthy food sources and preparation hints. Super foods, spices, herbs and the garden will be promoted as your dispensary of medicines to treat you and your family for a vast array of ills and prevent impending illness.

Discover how only a few food exchanges and modulations make a huge difference to, body fat and muscle composition, inflammations causing pain and discomfort, the skin and allergies, mood and a general sense of happiness and confidence. Become less toxic, more toned, healed and protected from environmental exposures.

*Touch For Health 1* workshop ran successfully in Autumn at

SONMATA. It was a pleasurable weekend with campers, campfire and camp food in the evening. This is a course laying down the basics to practice Kinesiology. It is a powerful wholistic system of creating balanced flow in 14 meridian systems affected by muscles, neurolymphatic and neurovascular points. Muscle testing skills are instilled during this workshop. Goal Balancing techniques are presented. *Touch For Health 1* is accepting Spring enrolments for a three-day long weekend workshop on the first weekend of October.

For more information about SONMATA, Spring courses, workshops and tutors, call Leannrah on 6636-2356 and visit our website: [www.sonmata.org](http://www.sonmata.org)

Enrolment forms can be downloaded from SONMATA's website. Alternatively contact us via email: [sonmata@mail.com](mailto:sonmata@mail.com)

SONMATA's home is an old church in the village of Wiangaree, 10 minutes north of Kyogle along The Summerland Way.



A place to connect with spirit, nature & others in circle.

## SPRING 2013

### CONSTITUTIONAL HOMOEOPATHY

Prevent disease in those you care for. Treat your family & animals safely & cheaply.

6 classes Tuesdays

22nd October – 26th November

9.30 – 11.30am

Fee: \$120

### HOMOEOPATHIC FIRST AID

Treat people & animals in need of care at home, in the bush, on the farm & road. Hangover, fever, tick bites, injuries, headache & more can be treated.

6 classes Wednesdays

23rd October – 27th November

9.30am - 12.30

Fee: \$180

### FOOD THINE MEDICINE

Make confident dietary choices for you & your family as foundations for good health. Food intolerances & issues, compromised health conditions & susceptibilities can all be treated by the diet. Become less toxic, more toned, healed & protected from environmental exposures.

6 classes Thursdays

24th October – 28th November

9.30am – 12.30

Fee: \$220

### TOUCH FOR HEALTH 1

The bones of Kinesiology as a wholistic system of healing. The skill of muscle testing can be utilised to program goals & design diets.

3 day long weekend workshop

5th – 7th October

10am – 4pm

Fee: \$300

### MAYPOLE DANCE

Sunday 15th September

11am on

Free

### SAHAJA MEDITATIVE YOGA

Sunday 1st September & 3rd November

11am – noon on

Free

[www.sonmata.org](http://www.sonmata.org)

e: [sonmata@mail.com](mailto:sonmata@mail.com)

t: 6636 2356

Worendo Street Wiangaree NSW 2474

# Needles for neuroses

by Brigid Beckett

Depression and anxiety disorders are being increasingly diagnosed – and they are a major earner for pharmaceutical companies.

The modern group of drugs used to combat these conditions generate millions of dollars for the companies, and unpleasant side-effects for users.

These are disorders that interfere with the basic energy for life, causing lack of energy and a loss of appetite, sex drive and sleep. Other symptoms such as muscle tightness, indigestion, insomnia and dizziness often occur.

In Chinese medicine all is explained by the concept of qi constraint.

Qi is often interpreted as energy, but qi is everything in the body. In fact everything in the universe.

Our bodies are a continuum, at one end the dense material form of qi, at the other ethereal and spiritual. We are also connected to universal qi by "pre-heaven qi". This is something that existed before birth, and is in every one of our cells.

The Chinese term for depression is yu zheng. Yu conveys the constraint of qi flow, often caused by repression of emotions.

If qi is not moving it affects us physically, mentally and emotionally. In the West a mind-body connection is talked about. In Chinese medicine there is no separation of body and mind.

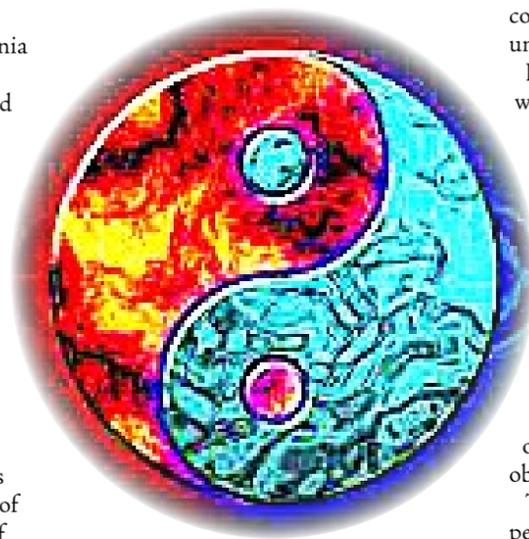
When we are anxious or worried other physical problems will also occur. Chinese master Liu Baugu said: "Aside from a few pains and aches that the physical body endures from external factors, most physical diseases are

caused from the seven emotions going astray."

Each organ has a mental/emotional aspect. This allows us to have clarity, intuition, creativity, engagement with others, concentration and will power.

Prolonged constraint will eventually lead to deficiencies. These are often the cases that are resistant to antidepressant medications.

Antidepressants disperse qi and in the short term may make us feel better. In the long term, dispersing without



tonification drains qi.

Higher doses are needed and often deficiency states are created. The resulting anxiety then is frequently medicated with increasing doses of anti-anxiety drugs.

Chinese acupuncture identifies what is most stuck. When that becomes free, then everything along the continuum becomes free.

This is why acupuncture is so



relaxing, and also allows people to make connections between the conscious and unconscious mind.

Each organ has a pattern associated with its constraint or deficiency.

Commonly seen with liver pathology is lack of insight, feeling hemmed-in with an inability to let go.

With lung patterns patients are often restless, teary and pessimistic. This can originate in childhood trauma.

Kidney deficiency produces fearfulness, despair, lack of drive. Head trauma may be a cause.

Spleen deficiency may lead to lack of focus, over- or under-eating and obsessiveness.

The heart (shen) involves all perceptions. Pathology can lead to absentmindedness, fantasies, confusion and insomnia.

Acupuncturists recognise that the treatment of mental and emotional disturbances requires a multi-faceted approach.

Acupuncture, used alongside appropriate psychotherapy, exercise and a change in routine, will lead to a better outcome than any single intervention.

Regular treatments and continuing support produces the best results.

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# Birthy questions - birthy answers - birthy myths

by Kirrah Holborn

Homebirth doula, Birthing from Within mentor, Traditional Wisdom

## Is it like the movies?

Most of us probably know by now that what's on the TV or in the movies is usually a dramatized version of real life. Action and drama sell! It still affects us though. Especially for the children... many ideas about birth are formed early on and it's not until adulthood that some of these beliefs are explored. I always like to ask people; where did you first hear about birth? How does this affect you today?

## How will I cope?

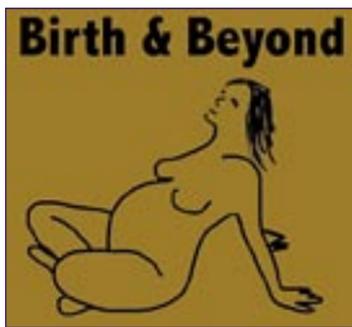
Every woman is different, every baby is different and therefore every experience of birth is different. Everyone has a different way of preparing for birth. Some women have an unwavering belief that it will all be ok and go with the flow. Many women are motivated to learn about birth so that they have some tools to work with when the time comes to make the journey into 'labourland'. Asking yourself "What do I need to know to give birth?" can help you find some answers. Is it related to confidence? If so... ask yourself how are you nurturing

confidence in yourself now, today? Start to foster the positive qualities within yourself so that when your big day comes, you will feel calmer and more confident in your ability.

## Who can help me birth?

Just as there are many places to give birth, there are many options for who can help you through pregnancy, birth and beyond. Obviously, having someone close to you like your partner or mother can be a blessing. Birth runs more smoothly when you feel safe and secure. Knowing your care providers and birth supporters will make a big difference to how relaxed you feel when you are birthing. Many healthy women choose to have a midwife support them during pregnancy, birth and the postnatal time. There are options called 'case load' or 'continuity of care' where the woman can have the same midwife care for her through her pregnancy and birth. When complications arise or surgery is required, then obstetricians are the specialists.

There is a growing trend for women to also hire a doula. A doula provides emotional, physical and practical support as well as providing information/education



(during pregnancy and birth). Each doula is different, but I like to address any fears/worries, help the woman discover her choices and options for birth, provide pregnancy massage and teach breath awareness (plus more!). I then support the woman for as long as she needs during early/active labour and birth. Having continual support from a trained doula can make labour shorter and easier whilst decreasing the likelihood of interventions.

Whoever you choose to support you, it's important to discuss what it is that you are wanting and make sure your supporters are 'on the same page' as you. If you are not happy with your care, or don't feel comfortable, try to find someone that you connect with.

## Are there classes I can take?

Yes! If you would like holistic

antenatal classes that help you and your partner feel more confident about birth, then I can help. I hold regular "Birthing From Within" workshops from the Nurture Studio in Lismore. I will also be holding a weekend workshop in Mullumbimby on the 17th/18th August. These workshops are practical and loads of fun! Space is limited, so book today.

## Nimbin Birth & Beyond August Schedule

Now Wednesdays 4.15pm-5.15pm

7th August: Creating a positive mind for birth

14th August: Finding out what YOU need to know to give birth

21st August: Breath Awareness for birth

28th August: Exploring motherhood

4th September: Natural remedies for postpartum

NewTime! New Day!

Nimbin Birth & Beyond meets every Wednesday afternoon 4.15pm-5.15pm. Sessions are run by donation (~\$5). For more info (or to hold a session) phone 0429-308-851 or email: kirrah@traditionalwisdom.com.au To be added to the mailing list, just send an email or text. The schedule can be found online at: www.traditionalwisdom.com.au

## Nimbin Hospital Information

### Childhood Immunisation Clinic

For 0-5 year olds, 2nd Tuesday of the month, next clinic 13th August. Appointments: 6620-7687.



### Women's Health Clinic

3rd Thursday of the month at Nimbin Hospital. Next clinic 15th August. Please phone 6688-1401 to make appointment. Service includes pap smears, contraceptive advice, pre and post natal checks and general health info.

### Community Registered Nurses

Monday - Friday 8am-5pm. Assessment, referral, treatment, advocacy, palliative care in the home, coordination of Aged Care packages and school health (hearing tests). Phone 6689-1288 and leave a message, usually only one RN on at any time, will respond ASAP.

### Nimbin Hospital Auxiliary

June street raffle winner was Peter Miller, thank you Peter, your support is appreciated.

Auxiliary members meet on the second Friday of each month in the hospital conference room, our next meeting will be on 9th August.



## Alleviating chronic pain

I know pain. I know it intimately. I have had fibromyalgia (an autoimmune disorder) for 15 years, contracted originally from a flu-like illness I got in China. I'd gone to there to give a paper at a health conference in Nanjing.

After the conference I, and our little group of Australian travellers did a special acupuncture course, working with de-skinned corpses soaked in formaldehyde. Perhaps it was the toxicity of the formaldehyde, or that the environment in which we worked wasn't all that clean - perhaps my illness had more to do with the ages old dust stirred up by the intense building activity going on in the midst of China's ten year rebuilding plan. Wherever it came from, it made me very ill. Since that time, fibromyalgia expresses itself in my left leg that cramps spasmodically when I get over-tired. There used to be a constant chronic pain, but now, after intensive acupuncture and remedial

practices, I'm much better. I do know, however, really know pain.

Pain is inevitable, but suffering is not, so says the Buddha, an observation that is very useful to know when we contemplate alleviating it. Pain is necessary for survival. It allows us to avoid injury or respond to injury as quickly as possible. When it becomes chronic, this purpose is less clear. Neurological evidence suggests that chronic pain imprints itself on our brains, amplifying its experience and getting in the way of its resolution. I've watched how fibromyalgia works with me: a cramp is felt, my attention goes to the cramp, the cramp intensifies, intensifies until the cramp is all there is, and stays like this for days, unless I break the cycle with massage or acupuncture or some other effective intervention. I wish I'd known more about hypnotherapy, though. This would have broken the cycle much earlier, perhaps not to get rid of the disorder, per

se, but then again, maybe it could have.

Chronic pain (defined as pain that continues longer than six months) infiltrates our lives, affects our thoughts, feelings, emotions and behaviour, infecting our relationships with one another, our work and our enjoyment. Understanding this multidimensional quality of pain is most useful for how we go about working with people in pain, as pain managements units attempt to do.

I work with people in pain, mental, bodily, emotional, spiritual and social, and psychotherapy, of which clinical hypnotherapy is essentially a part, is very useful in this regard. It's significant that most research work on the efficacy of clinical hypnotherapy has been done on pain (over two centuries of research). Hypnotherapy was and is used by doctors and dentists and has a respectable place in surgery, in the alteration of heartbeats, in the control



by Dr Elizabeth McCardell  
M Counselling, PhD

of bleeding, and even in the diminution of tumours. It is used in childbirth; used when a person cannot take chemical anaesthetics, used to reduce the levels of body damaging medications (when morphine is no longer an option), when pain management is now too expensive, and/or doctors no longer know what to do with a person with their ongoing pain. Clinical hypnotherapy when used by psychotherapists, work to manage physical pain as well as psychological issues.

We now know a lot about pain and also hypnotherapy, although the shifting paradigms of mind-body relations have altered

this understanding quite substantially. Where once pain was thought to be psychogenic (originating from the mind), we now know there is an interrelationship between what the body feels and how the mind interprets this. There is still much to be learned about pain and its effective alleviation.

Pain is a matter of the whole organism and thus its management is not about convincing the person that it is "all in the mind", for it is not. What we now know is that we are complex beings where an intervention on one level affects the experiences we have across the board. This is possible because of the plasticity of the brain and each new experience forges new neurological pathways, essentially and fundamentally changing us.

Pain is a subjective phenomenon, and privately suffered. The way a person explains their pain is really useful in allowing the therapist to structure an intervention with hypnosis or other therapies. The narrative is an affirmation

and acknowledgement of the pain's presence and effects. This chronic pain narrative is a story told over and over, thus increasing the effects of imprinting on the brain. This phenomenon is what is known as the symptomatic trance state. The art of healing is in breaking the circularity of that state, which is more about suffering than pain itself. The Buddha was right. Pain is inevitable, but much suffering isn't.

Pain alleviation isn't about getting rid of it, but changing how it is experienced. This can mean shifting the physicality of it from totally dominating our awareness to somewhere else in the body that isn't so all encompassing. The clinical hypnotherapist has tools up her sleeve that seem almost magical, but they are not so much magical as transformative. This is why I do the work I do. I am interested in participating in the transformation of lives. This is collaborative and empowering work, and deeply nurturing of client and practitioner alike.

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# ASTRO FORECASTS BY TINA MEWS

## WHAT'S HAPPENING IN THE HEAVENS

### August

At the moment the Sun passes through Leo, the sign that feels most at ease with the fiery and life giving solar energies. Ancient wisdom teaches that the impulse to develop an independent ego entered our earthly plane many thousands of years ago in the age of Leo. People then started shifting from venerating lunar goddesses and the life-sustaining energies of the archetypal feminine to the worship of solar gods which initiated the emergence of 'god-kings'. Tribal unity consciousness was superseded with the early developments of solar consciousness. Over time a new pattern was perceived that placed the Sun as the predictable source of light and life at the centre of the solar system around which all the planets revolved. The Sun is the ruling planet of Leo and therefore, individuals with a strong Leo signature in their chart function best when they feel at centre stage and can radiate their unique life force for the benefit of all. Leo rules the heart and also the solar plexus, the domain of the 'old brain', the fire in the belly and seat of our impulses, desires and passions. Leos are destined to use their emotional strength and apply it unconditionally for the good of all, connecting this sign symbolically to the archetype of the noble ruler who is generous and kind and is able to serve others. Friendship is important and Leos are known for their loyalty and supportive attitude. On the downside, they can be 'tyrannical' and self-obsessed failing to acknowledge the contribution of others. Their pride is the legendary shadow side of Leo, and can keep them separated from their fellow humans.

The Leo New Moon on August 7 encourages new beginnings in the area of creative self-expression and the furthering of our life's purpose. It is a great moment in time to get in contact with our 'spiritual essence', knowing that each one of us is 'a star' and empowered with the strength to shine in our own light. Jupiter, the



planet of philosophical concepts and spiritual well-being plays a powerful role during this month. Jupiter is in the sign of Cancer (until July 2014), the sign associated with the archetypal feminine. Jupiter is part of a Grand Water Trine (since end of June) which will remain more or less active during the rest of year, helping us to enhance our ability to be compassionate and altruistic. However, right now Jupiter forms an exact opposition to Pluto, the planet ruling dark and extreme energies. Collectively we might be forced to examine our ethical values and judgments based on culturally held beliefs. If they are too narrowly defined we could be in danger of being intolerant towards those who are different or think differently and potentially could cause new pain and trauma.

The Full Moon on August 21 is a 'Blue Moon' and the second full moon within a month which falls in the sign of Aquarius. The Aquarius Full Moon is opposite the Leo Sun. The creative and fiery energies of Leo need to find an appropriate outlet in socially minded and emotionally detached Aquarius. However, Jupiter, the planet favouring confidence, exuberance and expansion is in a stressful pattern with rebel planet Uranus, kindling the urge to break free from restraints and intensifying the desire for freedom. Unusual situations need skillful managing. We are reminded to think out of the square and allow our intuitive powers to emerge with insight and understanding. It is essential to express our individual points of view while remaining mindful of the greater network. Misunderstandings can be resolved if we let go of rigidity and are able to compromise. As Carlos Santana stated: "Don't be so tight about being right!"

Personal Astrology Consultation contact Tina on 66897413 or 0457-903-957, email: starloom@hotmail.com Or visit my webpage: <http://nimbin-starloom.com.au>

Astrology classes at the Lillifield Community Centre: Wednesdays: Advanced Astrology: "Techniques of Prediction", 10am-1 pm, starts July 24; Thursdays: "The Astrological Houses and Aspects", 10am-1pm, starts July 25

#### Aries

Right now it is important to have fun and enjoy life, be creative and play. On the other hand you want to get ahead with your favorite projects, especially concerning your domestic life. Disputes with others who might feel threatened by your actions could arise. Therefore, have the patience to work things out in a calm and mindful manner.

#### Taurus

Your home and family play a key role in your life right now. You enjoy sharing your creative talents with those close to you and it might be a great moment for sorting out any family conflicts with understanding and compassion. Try to keep an open mind, remain mentally independent and emotionally detached.

#### Gemini

Right now it is essential that you are open and receptive in your communications with others. The answers to your questions emerge when you can let go of your fixed opinions. Focus on the positive, which helps bringing about clear resolutions. This could be a time of major transformations in your life.

#### Cancer

Mars, the archetype of the warrior, is in your Sun sign until the 28th of August. You might experience a boost in confidence and plenty of energy for launching new projects or working hard physically. Focus on what you like to achieve and go for it but try not to provoke any conflicts with others.

#### Leo

This might be excellent time for engaging in new activities or making discoveries about yourself and the world around you. Too much routine might bore you right now and could make you feel restless. Tune into your compassionate side and know that what is done to help one person is done for everybody.

#### Virgo

New circles of friends might bring about changes in your understanding of different cultures and belief systems. You might even eliminate some pre-conceived ideas that do not align with reality. Make sure to have time out for reflecting on what is important to you. Be aware of expectations that others are placing upon you.

#### Libra

At the moment it might be difficult to maintain a balanced approach to life. Your views on things could be quite extreme making it hard to compromise. Instead of rationalizing your thoughts and trying to please others, find out about your deepest motivations that navigate your life from the inside out.

#### Scorpio

Your everyday beliefs might receive a make-over right now as new impressions and insights might initiate a change in direction. You might find that you are asked to take on a leading role as your view on things has the power to influence others. Examine your personal and collective ideas to avoid prejudice.

#### Sagittarius

Right now you have the choice to be either a positive or negative force for change. Allow your 'inner healer' to transform old anxieties and fears by accepting your vulnerabilities as a gift, not a curse. Develop a sense of direction and vision that is based on generosity and kindness leading the way to a more inclusive philosophy.

#### Capricorn

Right now you might feel the need to have a greater influence on others but might equally find that there are areas in your life, which are out of your control. Make your opinions known and work towards eliminating those collectively held beliefs and structures that are unhelpful. Moderation is the key to success.

#### Aquarius

Right now you can grow a lot on a spiritual level by being supportive and helping others. Your job is much more likely the work behind the scenes while others might be standing in the limelight. Be willing to co-operate but make sure to have enough space to move when new opportunities arise around the Full Moon period (August 20 - 22).

#### Pisces

This could be an excellent time for your vision to grow and expand even though you might be involved in a battle between concepts of individualism and the moral codes of the collective that you are a part of. Your own beliefs of what is right or wrong might be at odds with others. Work your magic and try to incorporate both sides.

### Mystical festival is back



The third Nimbin Mystic Festival will held at the Town Hall from Friday 16th to Sunday 18th August.

The attractions include Australian psychics Jazmin Theadora, Ian Cameron and Monica Ward, handcrafted crystal jewellery by Karen Mason, aura photography, psychic readings, herbal lore, wax art painting, healings, astrology, astro gardening, psychometry and stalls.

Organisers are seeking financial assistance from local businesses to promote the festival in exchange for free advertising listing companies as sponsors of the event.

There will be publicity in local newspapers, creating multiple opportunities to promote the festival and supporting businesses.

Organisers are also hoping for advertising sponsorship or donations of raffle or door prizes, with plans to make this a regular, possibly quarterly, event.

Expressions of interest for additional stallholders and catering for the event are invited.

Contact Deserae on 0431-109-118 or email: [reikides@live.com.au](mailto:reikides@live.com.au)



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# LITTLE FAERIE BOOKS

by Feral Faerie

Ganja Faeries are the light spirit of the herb, the essential humour of indulging in it, the cheeky and naughty side, if you like.

They're the ones who tickle your funny-bone and make you laugh, and dance with you a while along your way, then appear again in your dreams. They share a collective wisdom of living with cannabis. They help you to remember that the herb is healing in many wonderful ways and that the drug laws are very stupid.

If you like, you can be a Ganja Faerie. We are an unfunded volunteer organisation without

sponsorship, with a 20-year commitment to Cannabis Law Reform.

The Nimbin Ganja Faeries are proud to announce the launch of the first of our Little Faerie Books, 'The Little Faerie Book of Growing Tips'. This little book is a sharing of some of that collective wisdom, our fairies have given some of their greatest ganja growing secrets to support and promote this celebration of our right to medicinal, industrial and recreational use of our favourite herb.

Full of fabulous tips and wonderful illustrations (a colouring-in opportunity when stoned), we believe it is an inexperienced grower's



else that may relate, please send them to: [nimbin.ganja\\_faeries@gmail.com](mailto:nimbin.ganja_faeries@gmail.com) along with your secret Faerie name, so we can put them in future books.

We would also love to do a photo book when we can raise the funds, and are looking for photos prior to 2001, especially of our Faerie Queens.

Love and sparkles.



Do you know this Faerie Queen from 2005?

must-have. All funds raised will support this fantastic organisation's work at the Nimbin Mardigrass.

The books are available through several of our local Nimbin businesses who are proud to support the Faeries' work.

We intend to release several more Little Faerie Books, so any Faeries out there who want to contribute a tip on growing, cooking, costume, advanced growing or extraction tips, or anything

## Brainstorming



Don't talk to me about brain plasticity. My brain sometimes stretches so far it snaps, and on a really hot day it can have a melt down.

My husband's brain is like solidified play dough left out in the sun. He's one of those people who would like everything to stay the same forever. He won't even walk around the block the other way.

They say a woman's brain is like a six-lane freeway and a man's brain is like a goat track. Both have their place and function. That is why a marriage of opposites works (sometimes). Two different ways of thinking about life's problems.

My brain is like a Ferrari – fast, complex, difficult to drive and expensive to repair. My hubby's brain is like a Mini Minor. Small but functional. Gets you reliably from A to B at a slow, steady pace.

Norm explains he's like the QM2 – he takes a long time to turn around. I now know to count to 10 before expecting a response. Sometimes I even get one. Yesterday I asked him what he was thinking. He said, "Nothing." I said, "Really, you can tell me whatever it was." He said, "I really was thinking of nothing." Wow! Is he stupid or enlightened? Oh, to be able to think of nothing without trying! I have to work really hard to get my engine to idle.

He said to me, "For once, can you concentrate on just this one thing?" I replied, "I don't think I can."

The dog however, is like my Commodore sedan – functional, reliable and family friendly. He knows exactly where he's going, what he wants and how to get it. All this without common language. Now that's what I call smart!

The world according to...

**Magenta Appel-Pye**

## trivia@thebowlo

Devised by the Nimbin Bowlo's Quizmaster, Marty

### Questions

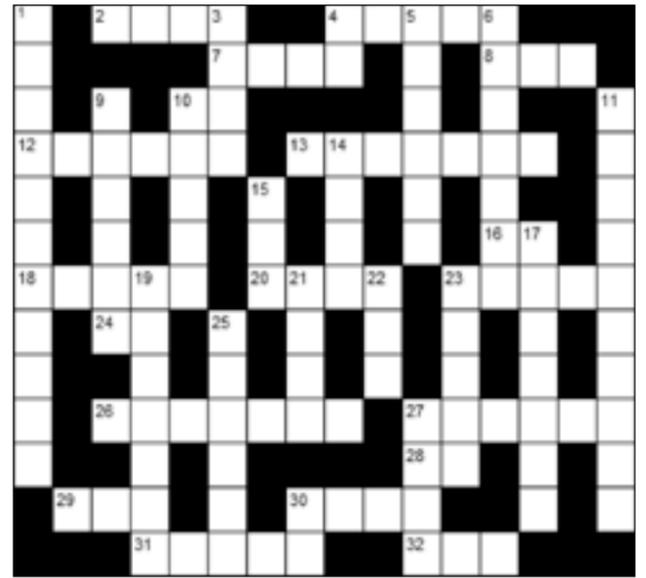
1. How many men have walked on the moon?
2. What is Elton John's middle name?
3. What is the capital of Bulgaria?
4. What is the common name of *Ursus maritimus*?
5. Where would you find a nut, a bridge and a pot?
6. What nickname do we give to Western Australians?
7. What is a cruciverbalist interested in?
8. What letter is used to represent the square root of minus one?
9. Name the recently deceased Scottish author who wrote 'The Culture' novels.
10. Which artist was responsible for the Lobster Phone?

- Answers**
1. 12. Two men on each Apollo mission from 11 to 17 minus the two on Apollo 13. Any responses citing the conspiracy theory will be treated with the contempt they deserve.
  2. Hercules. For a bonus point – Why do muppets always give themselves such grand names?
  3. Sofia. There must be lots of wise people in Bulgaria (see last month's quiz).
  4. The Polar Bear.
  5. They are all parts of an electric guitar. Find out more at Stringworks. (This is a gratuitous attempt to get free advertising and will not be tolerated – Ed.)
  6. Sandgropers. The term was popularised by Henry Lawson.
  7. Crosswords. The puzzles not the early morning language of Cullen street before the meds have kicked in.
  8. Pi. It's an imaginary number but try and build a bridge without imagining it.
  9. Iain M Banks. A great loss to the world.
  10. Savadore Dali. Google it and have a look.

## Nimbin Crossword

2013-8

by Synec



### Across

2. Trash?
4. Skeleton
7. Island
8. Where you'd throw 2 across
10. A single one
12. Wrap? Hug?
13. Dishonest? Dirty
16. See 29 across
18. (Citizen of) South American empire
20. One's inspiration?
23. This taxi is mine! (2,3)
24. Tummy muscle
26. Hatchet (4,3)
27. Check? Audit
28. Alternatively
29. (and 16 across, and 15 down) \_\_\_\_, Fi, \_\_\_\_, \_\_\_\_, I smell the blood of an Englishman! (3,2,3)
30. Soviet union (init.)
31. Sediment? Worthless remnants
32. Indian beverage

### Down

1. I want to go large (documentary) (5,4,2)
3. Considerate
4. Exist
5. Brain cell
6. Stun? Reduce to idiocy
9. Where we're all from (originally) – continent
10. (Off-world?) foreigner
11. Can't smoke these fry-up staples (4,6)
14. These nocturnal predators are a hoot
15. See 29 across
17. A potter would make this flute (which does not permit time travel)
19. Worn down by friction
21. Mainframe operating system
22. Sang "Evil Woman", "Roll over Beethoven" (init.)
23. Removalist?
25. Drug? A relaxed pace
27. (13 Across) the system
30. And them?

Solution Page 31

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# ALL IN ONE CANOE

No-one is a stranger, everyone belongs,  
Sailing all together, singing the same sweet song,  
Sharing our destination, no matter where we're from,  
Aloha, Aloha, will carry us along.

Grey clouds may seem to gather, turning daytime into night,  
Fear, pain and sorrow, darkening the light,  
Love, joy and friendship may disappear from sight,  
Aloha, Aloha, will make the future bright.

Peace is our journey, spirit is the crew,  
Home is our direction, love is what we do,  
Helping one another, sail a course that's true,  
Aloha, Aloha, All in one canoe,  
Aloha, Aloha, All in one canoe.

Hands across the ocean, hearts across the sea,  
Time to come together, one big family,  
From the mountains to the ocean, it calls to me and you,  
Aloha, Aloha, All in one canoe.

The old ones and the young ones, the rich and homeless too,  
People from everywhere, just like me and you,  
We share the same intention, one single point of view,  
Aloha, Aloha, We're all in one canoe,  
Aloha, Aloha, All in one canoe.

[www.reverbnation.com/mookxhanley/songs](http://www.reverbnation.com/mookxhanley/songs)



## Mookxamitosis

by Brendan (Mookx) Hanley

One night in Byron Bay about 5 years ago, I was privileged to play music, sing for, and listen to tales-of-old from a Hawaiian Grandmother. The awesome story of those first Polynesian adventurers who rowed their dugout canoes right across the wild Pacific Ocean, guided only by the stars and a song. Arriving on a lava outcrop miles from anywhere, with only four species of plant life and little else in evidence, they journeyed back and forth to their old home, returning time and time again with kids, mums and dads, chooks, pigs, root vegies, plants ... whatever it took to turn the Hawaiian Islands into the lush Tropic wonderland that we see today. Boat people.

In Fremantle in 1988, when our band was hired to welcome the First Fleet Re-enactment tall ships, we sat and listened to the event Director Jonathan King

talk about things that he learnt at sea on the journey from Old Blighty to Oz. His main impression was how life on board one of those ships in massive seas meant total dependence on one another, responsibility for your own shit (literally) and the resultant realisation that Mother Earth was nothing more than a big ship sailing through space. The implication here is of course that what applies to the little ships applies to the big ship as well.

The Hawaiian Granny referred to it as "All in one Canoe". We ARE ALL in one big canoe ... the planet is home for all species. Most of us who live in Oz have ancestors who were boat people. What if the Originals who have lived here for Millennia were in a position to tell us to piss off and go back home when we staggered up on shore in chains, or half dead, fleeing persecution, imprisonment, torture, war and famine?

Then came all the "wogs" and "poms" and "reffos" who were seduced out here for ten quid to fill the factories in the 50s ... and the cheap labour that Multinationals bring here to this very day to undercut our own workers ... they're boat people too ... but they're okay because big biz says so.

There's a picture going around Facebook of a patronising billboard

erected by the Australian Government in some tormented country, telling people not to come to Oz seeking asylum, but to stay in their safe, familiar environment with their friends, families etc. In the photo foreground, the street is splattered with blood and littered with headless torsoes and severed body parts. Good one Oz!

I met a lovely family who spent years behind razor wire in SA, kids and all (one born in there). They had escaped being stoned to death at home because of so-called "religious" choices they had made. Came here to start a new life. Do we really think people put their whole lives, families and futures on the line to dribble out here in stinking, dangerous, overcrowded, exploitatively expensive boats just to "queue-jump" and lead the good life? I don't think so. Furthermore it seems that the real "queue-jumpers" come here by plane with forged papers, passports, connections and all. Money talks.

It's time we boat people got some compassion and opened our hearts and doors to succour and shelter those much less fortunate than us here in the "Lucky Country!" There's no room for name-calling, mud-slinging, slogan-shouting bigotry in this day and age. There's room for people though ... and plenty of it.

We're all in one canoe.

# Dr. Feelgood

"Shito D", that's what we called Chateau Douglas, an apology for a winery, located a few kilometres north of Scone in the upper Hunter Valley. I'd accepted a contract as winemaker for the 1983 vintage at this abysmal place, which was in receivership and neglect. Despite the state of decay of much of the grape processing equipment, the place still had the rudiments to process the additional fruit my "boss" needed but didn't have the capacity or equipment to manage the extra volumes in his small winery. I arrived to find that the cellar hands employed to help me were all second year students beginning their compulsory assignments in practical cellar operations to complete their degree in Bachelor of Oenology. They were a great bunch of blokes, totally committed, enthusiastic and completely inexperienced in winery practices and safety. I spoke to the "boss" and said "I can't make your wine and supervise these blokes at the same time and I need a good cellar master; I've got the perfect bloke at the end of a phone. Book him a fare and fly him up tomorrow".

Phil Dohnt (we called him Phil Does 'cause he does everything) arrives a day later and begins to direct and instruct the students in his casual, convivial manner and everything is as smooth as it could be under the circumstances. About four weeks into vintage the 'boss' tells me that there won't be any fruit delivered for a couple of days - ripper. I tell the cellar hands they can take a couple of days of R&R and they all go off to party and visit family and friends, wherever they were, except Phil who decides to stay local and check out some action in nearby Muswellbrook. So, I'm on my own that night doing the rounds of all the tanks checking out the fermentations for temperature, sugar levels and any aromas indicating potential problems from micro organic spoilage or sulphide development.

(Note: Grapes grown in the Hunter Valley are prone to fungal infections because of the warm and generally humid climatic conditions, especially during ripening and the January to March harvest period (hello Nimbin). When these humid conditions prevail, vineyards are often sprayed with copper sulphate based solutions to inhibit the spread of these fungal problems on both the leaves and fruit on the vine. The residual sulphide on the grapes can result in the formation of Hydrogen sulphide, commonly known as "rotten egg gas", which, if ignored, can totally ruin whatever wine you are making. There's some interesting and complex chemistry involved here involving yeast autolysis, and maybe I'll get into that another time).

Back to Phil; who arrives back at Shito D in the early morning hours. Within two hours of him crashing out for a day's rest, a truck arrives at the crusher with 25 tonnes of top quality Chardonnay from Cowra - and I'm on my own. Frantically thumping on the door of his cabin, I manage to get him out of bed and have to beg for his help. Petulantly, in his state of discombobulation, he says, "But you said we had a couple of days off". "Sorry mate, but that's how it goes. Here, have one of these" and I give him a 60mg tab of ephedrine which I'd scored from a close friend, being a GP, who was sympathetic and understanding of the long hours involved during vintage. Within five minutes, Phil was 'Spiderman' for the next ten hours. "How many more of those suckers do you have?" "No Phil, they're for emergencies only." "But Dr. Feelgood, this whole fuckin' winery is an emergency."

For wine info, email: [terryb88@tpg.com.au](mailto:terryb88@tpg.com.au)



## Fruit of the Vine

by Terry Beltrane

# In the Woodenbong hills



by Marilyn Scott

Saying positive, focused and evolved is a good thing as the energies continue to rock and roll. It's been a big year and it's not over yet. So much is happening, and not just on the outside. It's happening inside us.

There's a call to be awake, to be true, to be real, a call for conscious awareness, to be a human being.

We've all been gifted with Life for what is really a very short time. We are born, we live and at some time we all need to go. It's the way of things here.

We have these precious bodies that house our hearts and souls. We carry the spark of the Divine, each of us here to manifest our highest good.

To help, to heal, to nurture, to love and protect - human beings have been given a lot to share. What do I do with my bit?

We live in times of unprecedented change: the ending of an Age, the birth of a new way. Things can be delicate at these times.

It needs all of us to be on board. What kind of world do we want to create? A world of love, of caring, of sharing, a world of wellness, happiness and peace. A world where each and every one of us experiences dignity, peace and prosperity.

A world where kindness fills the air, where there's respect for all living life. You may call me a dreamer but my feet are planted firmly on the Earth (I'm a double Earth sign!).

I am no fool, and neither are you. We know what to do. We just need to stay focused, conscious and aware of Life, the magick ingredient, without which nothing exists!

It's as if we're at a crossroad: shall we turn left or right? Stay in the same old, same old groove or be brave and venture out onto a brand new road?

Nothing will remain the same, regardless of what we choose. There's no stopping time, and the evolutionary process is now at a peak. The Earth will soon make a stand; then we'll see who's really in charge.

In reality our needs are simple. But we've also been lulled into a way of living in our western world, a consumer society, a profit-before-people world that's not sustainable and will not continue.

So we need to do things differently. Pay attention to everything that's happening. It's not a time to do things unconsciously just 'because that's always the way we've done it. The times are far too dangerous for that.

We need to be awake, alert and present. We need to be human beings with heart and soul, part of one large human family.



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## Pholis Gap drama and Iluka ease

by Len Martin and Michael Smith

As many will remember, early this year the left over bits of a cyclone caused massive damage to local National Parks with closure of most tracks, including the Pholis Gap walk on Mount Nardi. In preparing our July program, I contacted National Parks and was told the track was open. So I included the walk in the program emailed to club members and published in the Nimbin Good Times. On Tuesday July 9th, as a responsible walk leader, I went to check the state of the track only to find a large "Track closed" barrier at the entrance and the exit blocked by fallen trees. Rang National Parks re barrier but was told track was actually open but next morning a phone message 'sorry, track is closed'. Panic – immediate email cancelling walk. Then, phone message next day, 'sorry, track is open'. Further panic, further email cancelling cancellation.

And so, on the beautiful fine sunny morning of July 13th(!) seven brave souls started on the down track, past occasional massive fallen trees cut and cleared by park workers. Fortunately most of the canopy on the way down remains

essentially intact. Then another drama hit, this time personal. We were descending a steep slope via steps, yet I had described the walk as 'A shaded walk on formed tracks... no steep grades: suitable for all ages!' Oh Lord, how could this happen? In the mind's eye of this septuagenarian the walk is an easy one because we always go down the steep bits and return up via the gentle grades of the old forestry road – but would the latter be negotiable?

Nearing Pholis Gap we were pleased to find most of the massive gum trees on the edge had survived relatively unscathed. At the Gap, several rainforest trees were down – simply uprooted. The exit road seemed to be unblocked and well trodden so off we went. Years back, when we first walked it, the old road was completely open, in parts



Pholis Gap struggles

choked with lantana. Now there is complete rainforest canopy over most of it and the mistweed and lantana largely gone, though native raspberry is a major nuisance in many parts. All went well until the last section where the old road runs close beside the Mt Nardi tarmac road. Here there was near continuous blockage by fallen trees which proved very hard going for some of the party, but eventually we all made it through, though some reckoned it would have been better to have returned by the steep 'down' track. And whose fault was it that a check that the exit track was clear was not made – mine!

Under increasingly difficult circumstances, National Parks do a wonderful job in maintaining and protecting of our Parks. In respect of the latest cyclonic damage, Pholis gap was relatively unscathed. Damage on the Border Ranges and Mount Warning was vastly greater, and the continuing task of clearing tracks is absolutely massive – just wanted to put the minor communication hiccups into perspective, folks. **Len Martin**

On the northern side of the mouth of the Clarence River is the very liveable town of Iluka. It was here that the Nimbin Bushwalkers Club went for the



Pholis Gap walkers



Iluka walkers

second walk in July. The first two kilometres was through the Iluka Nature Reserve, promoted as 'containing the most significant remaining occurrence of littoral sub-tropical rainforest in NSW'. Early settlers had removed all the valuable trees. What was left is now protected by World Heritage listing. Cabbage tree palms, lilly-pilly, figs and stinging trees provided shade for the local emus, who pass through, grooming the forest floor. A regent bower bird flitted past, looking for blue booty. Thence up the 98 steps to Iluka Bluff Lookout, where we all gazed down on rock, sand and sea. No whales this time. Then we headed toward the midday sun, over shell and sand, past wild sculptures of bleached driftwood. I sat and lunched with my nine ladies, under the palm trees behind Frazers Reef. We had this section of Bundjalung National Park largely to ourselves. Just one hopeful piscator and a few sun-bathers in the big sand pit. I was in good hands. My fellow walkers let me drop back, lead from the rear, drag my heels, take my time, be last to the sandstone formations at Woody Head. It was seven kilometres of pig face, crabs, diving birds, storm-scoured beaches, roaring surf, flotsam, palms, rock-pools and friendly conversation.

**Michael Smith**

**Nimbin Bushwalkers Club Inc.**

## August Walks Program

### Saturday 10th August Murray Scrub

**Leader** Judy Hales 6689-1477  
**Grade 3**, an easy walk on a formed track, 2 hours, 5.5km. Eucalypt and sub-tropical forest, white booyongs, red cedars, bellbirds, black cockatoos; also giant stinging trees (& teeny ones, so watch out).

**Meet** 8.45am Goolmangar Store, 9.30am Kyogle Information Centre, or 10.50am start of walk Murray Scrub Road, Toonumbar. **Bring** lunch, water, hat.

### Sunday 25th August

#### The Southern Reserves – Tucki Tucki Bora Ring, Tucki Tucki Reserve, Dalwood Falls and Victoria Park

**Leader** Michael Smith (6689-9291)  
**Iluka Rainforest: Grade 1**, About 1km of walking in a variety of vegetation types, Tucki for the koalas and Victoria Park for the rainforest. Short easy walks on formed tracks, grade 1, except for Dalwood grade 3.

**Meet** Goolmangar Store 9.30am, or 10.15am at start of walk Tucki Tucki Bora Ring Wyrallah Road, 5.5km south of Wyrallah Village. **Bring** food for picnic & 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 \$15pp to Secretary Len Martin, PO Box 20061, Nimbin, 2480 (phone 6689-0254; email: pteropus42@smartchat.net.au) Website: www.nimbinbushwalkers.com*

## A Sticky Situation

The Northern Rivers Wildlife Carers are asking people to be on the lookout for potential hazards for reptiles.

They were recently called to rescue a juvenile brown tree snake that was entangled in packing tape used to block some gaps in the outside wall of a home.

The snake was completely tangled up, and because of the risk of injuring it while removing the tape, it was transferred to the Currumbin Wildlife Hospital for specialist care.

The wildlife vet and nurses used cotton tips and skin cream to carefully remove all the tape. Once it was freed, the snake needed a bath to wash off the lotion.

By this time it was not impressed, as the photograph shows. The snake remained under observation at the wildlife hospital for a few days, then went into care until it had shed its skin and was ready for release.

The tree snake's lucky escape shows how seemingly harmless objects can become a potentially lethal hazard for wildlife.

Discarded netting and even old carpets have become deadly traps for lizards and snakes.

The Northern Rivers Wildlife Carers (NRWC) advise householders to store these items in tight bundles off the ground and out of harm's way.

If you are interested in helping wildlife, an introduction



and rescue training course will be held in Lismore on Sunday 25th August.

There are many ways to become involved if you don't have time to look after for animals. Transporting animals to Currumbin Wildlife Hospital for specialist care is just one way to help.

To become a member you must be over 18 years of age. For more information call the NRWC on 6628-1866 or email: [training@wildlifecarers.com](mailto:training@wildlifecarers.com)

## Nosin' around with PtAC

Each month I'll bring you a photo that I've taken, nosin' around the Nimbin area.

Here's a shot of me nosin' around Nine Elms shed (London) in summer 1963.

I'm not sure what the spider is, let us know if you know.



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## *Ironically Yours*

Travel diary of the irreverent  
by Dionne May

According to the ancient Indian Time Circle of Life known as Kall Chakar, we are now in the final period known as Kali Yug. The End of the World phase. The eternal cycle of life and death. Creation. Destruction. The balance of the Universe. So the good passes and the bad passes. Sadly too, it seems is the passing of the reign of the Holy Babas of India. Losing credibility and respect in the face of the booming age of technology, corruption and terrorism.

The Government here is slowly 'restoring' temples, removing Babas and recreating their own 'clean' holy. With India's paranoia about neighbouring Pakistan and China invading, they have also decided to catalogue the Holy men and create a 'Baba' identity card that must be carried at all times. Without this card they are at the mercy of every corrupt policeman in India. On the streets, Babas are watched and searched. Harassed, jailed or bribed of their few possessions or limited money. Hash is always highly prized.

Predictably, the public follow this tide of harassment as hapless sheep often do. With God as big business now in India and 'terrorism fever' rife, the new wealthy flock to the temples to purify themselves of bad karma. Unable to meet the eyes of the Babas camped around the temples, they carefully step around them. The human faces of God too hard to glimpse into when a stone deity offers no reflections of the soul. Happy for the police to purify this nuisance – these unpredictable spiritual men, many smoking hashish. Wanting instead conformity and rigid rules from their Holy leaders. Babas don't



conform. In fact it is the diversity of characters that blows you away. Young, old, cheeky or intimidating, their teachings and how they transform this into a lifestyle is complex and spellbinding. In a world verging on short-term ecological doom where consumption, labour, economic growth and competition prevail, the Babas are messengers of a kind of freedom and moderation that our commercial civilisation has forgotten. Except by the Hippies, of course!

So just who are these Babas dressed in rags, not cloaked in riches and adorned with jewels? They are Holy men accessible to everyone on the streets, living humbly and making their own choices on the path to God. They have been called wanderers, mystics, roaming philosophers, healers, black magic devils, beggars, monks, warriors, hashish smokers and now even possibly terrorists! And there are millions of them. For every pub in Australia there is an Ashram and resident Baba. Many more however, pursue a

life of liberation and wander between ashrams on constant holy pilgrimages. Their only clothing is a piece of predominately orange cloth, a lungi, and underneath a strip of white cloth folded into what is known as a nagfani (snake tail) and is worn as a kind of holy g-string! Their only meagre possessions are carried in their individually hand made Baba bags.

So with the rolling waves of change pounding upon the shores of this proud and ancient land, I am pleased at least to have experienced some of the mystery and magic that is the true Baba world. With my Naga Baba friend and guide Amrit I have been privileged to experience a glimpse into its glory, spending time in thirty nine traditional ashrams. I have witnessed such love and devotion in it's true spirit of giving that I am deeply saddened by a world that has no time or place for this any more. One Baba even declared, "I want the British to return! They have good politics. The Indian Government is too corrupt. They want to finish Babas."

After the time of Kali Yug will come Sati Yug, the beginning. The time of Truth. Truth speakers will survive. The Great Life Cycle turns and the Holy Babas of India will rise once again. Meanwhile, my two Baba friends will be released from jail any day now and as I leave the company of these spiritual warriors, I realise that a little piece of my heart remains with them.



## Nimbin Garden Club Notes



by Gillian Jones

Club visit in July, Eternity Springs art farm is one of those eclectic Nimbin valley icons which is worthy of friends and family staying for a night or two. Located on the back road from Nimbin to The Channon, the accommodation provides a welcome retreat from the hectic life style of many people, both local and visitors.

20 members and friends of the Nimbin Garden Club arrived in the rain, however half way through the visit the sun came out and we enjoyed the various spaces that have been created in this 20-acre valley.

Amanda's dwellings are surrounded by mature gardens with dams and ponds designed to make use of the natural water flow. Beautiful palms, figs and other rainforest trees provide canopies for smaller robust perennials to flourish in this diverse garden. Mosaics and sculptures, steps and arches create spaces of variety and harmony. Art workshops and spaces including a hexagonal music studio as well as old bales, are surrounded by food producing gardens. Amanda has developed the space virtually on her own, with help comprising friends and wwoofers.

A waterfall and a cool rocky creek flows down one boundary of the property, with a 4-5 acre native bush regeneration project



providing a healthy canopy for smaller shrubs growing along the creek. Clear paddocks, which are kept under control by a horse as well as mowing, provide a sense of spaciousness within the valley.

Chickens and ducks abound in this permaculture space.

The dwelling "heaven" provided huge views of the sky to the north south and west, with its asymmetrical roof line and party space. It looked over the fishpond, which is full of perch that are around one year old.

The property has been developed over 20 years, and many people have passed through Amanda's welcoming doors. The creative spaces both inside and out provided a great space for socialising for the garden club.

The next visit is to Nana and Hendriks garden which is at 694 Stony Chute Road on Saturday 17th August at 2pm. Everyone welcome, look for the Nimbin Garden Club signs.

## NIMBIN HOUSE, FARM & GARDEN – Have a sticky beak!



Robyn and Tien's garden

Have you ever seen an interesting house and wished you could have a peek inside?

Are you about to build and looking for ideas and inspiration? Do you love gardening, or just wandering around them? Are you interested in sustainable living? If so, there's a treat in store.

On the weekend of 28th and 29th September, some of Nimbin's most interesting houses and gardens will be open to the public.

Each house showcases different aspects of all that is best about creating a home, including interesting architecture, energy-efficient design, renewable energy technologies and creative and funky interiors.

The gardens are diverse in size and style and range from park-like and ornamental to intensive food-production gardens. The weekend also

offers an opportunity to learn about sustainable forestry, wild foods, beekeeping and cheese-making.

If you are interested in community living, one house and garden is on a small multiple occupancy community, and two houses and gardens at Jarlanbah Community will be included in a tour that begins at Djanbung Gardens Permaculture Education Centre.

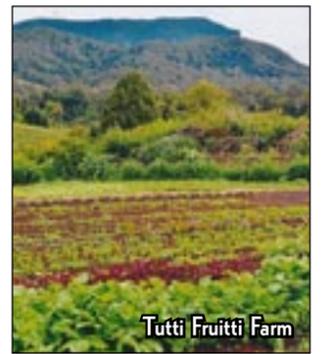
Refreshments and picnics will be offered at some of the gardens.

The weekend is a fundraiser for the 7 Sibley Street Sustainable Living Hub, a social enterprise project which, among other things, will promote affordable and sustainable housing, enhance

local food security and create jobs.

For more information go to: [www.nnic.org.au](http://www.nnic.org.au) It's an inspiring project to support, so mark this event on your calendars, and check out next month's Good Times for details.

Volunteers are needed for small tasks. Anyone interested is asked to contact Cat Anderson on 0429-194-248.



Tutti Fruitti Farm



Mandie and Steve's solar passive house

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# NIMBIN HEADERS Senior July Games

Match reports by PAC

## Men's Fourth Division

**Round 10, Saturday 13th July**  
**Casino Cobras 0 Nimbin Headers 8**

Headers are all over the Cobras from the start, and Gary Whisker crosses and Phil Courtney is on hand to score: 1-0. 2 mins later Phil again turns a couple of defenders and slams it in: 2-0. 16 mins in Max smacks one in: 3-0.

A long throw in by Phil finds Geri Price-Jones in the box and he does not miss. 4-0. On 35 mins, Stone picks



Stone's goal at Casino

up the ball from some nice play by the mid-field, he shoots past the keeper: 5-0. 39 mins in, Chris gets one in: 6-0. And that's how the first half finishes.

In the second half, Phil Courtney goes past one defender, another defender tackles him, but he's too strong and keeps his feet to stab the ball past the keeper: 7-0. And with that goal Phil gets his hat trick.

Casino were in the game a lot more in the second half, but their efforts were ether wide, high or comfortably saved by the Headers keeper. Well done the Headers defence.

The last goal for the Headers came on the 73rd minute. A defensive clearance by Casino hit their own post and floated over a defender and the keeper and fell to the Headers goal poacher Peter Mitchell, who calmly volleyed it in at the far post.

**Round 11, Saturday 20th July**  
**Nimbin Headers 6 Woodburn Wolves 0**

On 25 minutes, the Headers left wing man Gary Whisker receives a through ball that catches the defence out, and he hits a lovely shot which goes under the diving keeper: 1-0.

The game settles down into a rhythm with both teams attacking and defending,

but on the 40th minute the Headers mid-fielder licensed to roam, Steve Wadington receives the ball in the box, turns and shoots. The Wolves keeper gets down to it and saves it but can't hold it, and the ball comes straight back to Steve who makes no mistake with his second effort: 2-0. And thus the first half ends.

Two minutes into the second half, some lovely passing by the Headers mid-field to forwards. Mark Wright on the ball, has a run and passes to Gary Whisker who slots the ball through to Stone who scores with a nice

shot: 3-0.

Two minutes on, Headers score with cross from Stone to Gary who heads it in: 4-0. Seven mins in, a long throw by Phil Courtney right into the penalty box and there's Gary with a header: 5-0. Gary did say after the match that one was off his face and the other was off his shoulder giving him a hat trick.

17 minutes in, Phil's off down the right hand side, a defender is jockeying, Phil puts on the speed and leaves him in his wake and crosses the ball. Gary picks up the cross and shoots past a defender and the keeper: 6-0, giving Gary four goals.

**Round 12, Sunday 21st July**  
**Nimbin Headers 4 Italo Stars 1**

This game was a battle for second spot on the table.

The game started furiously, with play moving all over the park. 19 minutes in, a great pass finds Chris who takes the ball to the goal line and cuts the ball back, to Phil who slots it past the keeper: 1-0. 24 mins in, a Headers defender crosses, Phil picks it up, turns his man, and it's



Geri Price-Jones heads just over against Italo Stars

2-0. And that's half time.

Three minutes into the second half, a great pass from Phil to Gary who chips over the keeper: 3-0.

Ten minutes in, Gary gets the ball and with a great shot makes it 4-0.

Well the jubilation didn't last long, as a minute later Stars got a great goal of their own, with a stinging shot which the Headers keeper had no chance 4-1. A few more shots for each side and the referee blows for full time.

**Round 13, Saturday 27th July**  
**Nimbin Headers 7 Kyogle 2**

Kyogle came to town with only ten players, so they were on the back foot from the start. On 13 minutes Header left wing striker Gary Whisker scores to make it 1-0.

20 mins in, Kyogle equalise with a good goal. 37 mins in, Headers forward Gary W. is tackled in the box and the ball spills out to a Headers player Steve Wadington, who slots it in 2-1. Two minutes later Steve's second goal makes it 3-1. One minute on, Gary W. smacks a shot past two defenders and the keeper to make it 4-1. The very next minute Kyogle get one back. Well, what a frenetic period: 4 goals in 4 minutes.

With the first half coming to a close, Gary for the Headers gets a pass, which takes him wide (in the box) dragging the Kyogle keeper out of his goal area. Gary turns and chips the ball over the stranded keeper to centre forward Phil who heads it in. Half time score: Headers 5 Kyogle 2.

Headers defender Nigel Hayes replaces Geri Price-Jones in goal for the start of the second half.

On 15 mins a lovely one-two move by Headers forwards Phil to Gary and back to Phil who belts it past the keeper: 6-2. The Headers were now dominating their opposition with lovely passing and

triangle moves, and even the mid-fielders were finding their way up front with some great runs and shots, which was very much appreciated by the home crowd.

The ball finds Headers centre forward Phil who places the ball into the corner of the net giving him a hat trick. And at full time the score is Nimbin Headers 7 Kyogle 2.

We have to congratulate the Kyogle boys who put up a good fight. They were undermanned, while the Headers had a full bench and Kyogle could have stayed at home and lost 3-0.

## Women's Fourth Division

**Round 9, Friday 19th July**  
**Lennox Head 1 Headers 1**

**Round 10, Sunday 21st July**  
**Nimbin Headers 1 Uki Pythons 0**

This was a see-sawing game, as the last time the Headers played Uki, the Headers won 6-1 but the



Ruby's goal against Uki

Uki Pythons have improved out of sight since then, and even before half time I thought one goal was going to win this.

The Headers were not on-song with their shooting game, as they created a lot more chances than Uki did up the other end, but Uki had a brilliant defender, a young girl (no. 6) who could keep pace with the best of them, as she proved on three occasions, shutting down the Headers centre forward Ruby Grabovski, but in the second half Ruby turns the tables as the Uki defender takes her wide and tackles, Ruby keeps her feet and shoots past the keeper and into the net: 1-0 to the Headers and that's how it ends.

**Round 11, Friday 26th July**  
**Lismore Thistles 1 Headers 5**

**Round 12, Sunday 28th July**  
**Nimbin Headers 1 Pottsville 5**

The Nimbin Headers were very short on players, relying on some junior girls to bolster the team. Even then,



Grade 12



Grade 14

they only had one player on the bench and the regular keeper was out. Not a time to be taking on a team who were in second spot and who had four on the bench.

Headers missed there seasoned players that were out, and Pottsville made them pay by scoring two goals in ten minutes.

28 mins in, a couple of defensive errors in the Headers ranks gave the ball away and a Pottsville forward stabs the ball in the net 3-0.

## Update on the Juniors

by Rainbow  
 Unfortunately due to the wet weather, there weren't many games for the little ones. At Alstoneville and we got rained out and covered in red mud. The kids had fun.

The 14's team had a game in Uki and that was the first time they wore the new team shirts sponsored by the Nimbin Bakery. They won 3-0, their first win for the season. Their coach Andrew looked like he was having a heart attack, followed by all the parents who almost fell off the grandstand.

A couple of the 14's team players who have been playing for years together formed the whole team through school and friends coming along, and they are still a pretty fresh team.

The 14's had two games in a weekend and won another one against Lennox 4-2 watch out Headers the 14's are on a ball.

The 12's have been sponsored by Dr Dan Oxley and look pretty schmick in their new strip. Mark and his team have been having great success in winning.

**Go you Mighty Headers.**

## Nimbin Crossword Solution

From Page 27





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Normal Mon-Fri Week		School Holidays	
Leaving	Arriving	Leaving	Arriving
Lismore Transit Centre	Nimbin - Main St. (Park)	Lismore Transit Centre	Nimbin - Main St. (Park)
7.00am	7.45am	8.00am	8.30am
8.00am	8.45am	12.00pm	12.35pm *
12.00pm	12.35pm *	2.35pm	3.10pm
2.35pm	3.10pm	5.30pm	6.00pm
3.20pm	4.15pm		
5.30pm	6.00pm		
Leaving	Arriving	Leaving	Arriving
Nimbin - Main St. (Park)	Lismore Transit Centre	Nimbin - Main St. (Park)	Lismore Transit Centre
7.52am	8.50am	9.00am	9.35am
9.00am	9.35am	12.45pm	1.15pm *
12.45pm	1.15pm *	3.25pm	4.10pm
3.25pm	4.10pm	6.05pm	6.35pm
4.25pm	5.00pm		
6.05pm	6.35pm		

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It's Nimbin Skate Park's second birthday, and FONSK8 and Skateboarding Australia are organising a whole day of skating for all ages.

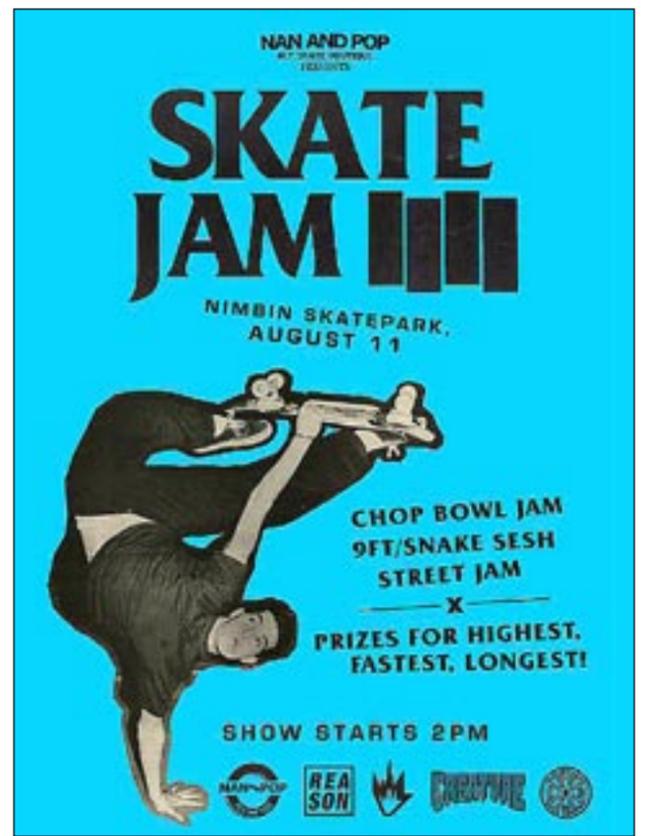
On Sunday 11th August, there will be a free skate clinic held by SBA from 9-11am.

This will be followed by an afternoon skate jam/comp from 1-5pm, organised by Nan and Pop.

There will be prizes and give-aways throughout the day, with some top skaters showing what they can do.

There will be a barbecue, with drinks and T-shirts for sale for FONSK8 fund-raising, plus a jumping castle, coffee van, music, graffiti art wall and much, much more.

In the event of wet weather, the clinic will be re-scheduled to the following Sunday, 18th August.



## Fantastic family day for fun and fitness

The 2013 Nimbin Fun Run, to be held Sunday 25th August has received enormous support from local business once again this year.

The Fun Run is a fantastic family fun day with loads of prizes, healthy foods and a relaxed atmosphere. Children can purchase a wristband for \$5 and enter the many races and team games prior to the race from 11-1pm.

The 5km run is for ages 12 and above, children 12-16 can enter for \$15 and the open categories for \$20. The race starts at 2pm, entries close at 1.30pm.

There are raffle prizes up for grabs just for entering, as well as best dressed entrants.

Thanks to Nimbin Apothecary, Nimbin Information Centre, Nimbin Emporium, Nimbin Neighbourhood Centre, Jan the Hat Lady, Kahuna Massage with Chrissy, Gary Williams and Discover Fitness for their raffle prize donations.

Volunteers will be needed on the day: track marshals, first aid, time keepers, MC at the Showground, participant co-ordinator and children's event assistants. If you would like to volunteer



Deb Cattell and Laurelli Anderson in 2012

please contact Cassandra Jefferys.

Entry forms and additional information can be found on Nimbin Fun Run on Facebook.

### Sponsors and Prizemoney

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

#### Male & Female Open

- 1st place \$250 The Nimbin Hotel and Backpackers Award
- 2nd place \$150 The Nimbin Bakery Award

3rd place open female \$100 The Daizy's Award

3rd place open male \$100 The Happy Herbal High Award

#### Over 45s Female

- 1st place \$250 The Nimbin Lifestyle Real Estate Award
- 2nd place \$150 The Nimbin Building Materials Award
- 3rd place \$100 The Nimbin Tattoo Studio Award

#### Over 45s Male

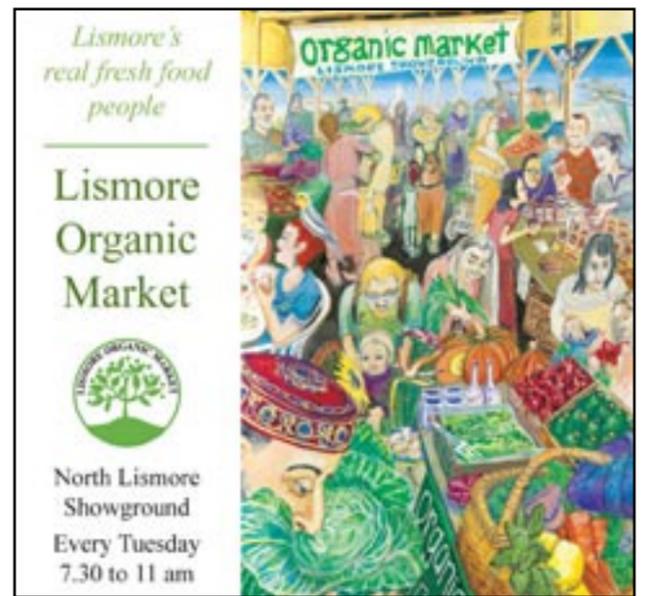
- 1st place \$250 The Bringabong Award
- 2nd place \$150 The Move 2 Change Award
- 3rd place \$100 The Nimbin Village Pharmacy Award

#### 12-16s Female

- 1st place \$100 The Rainbow Power Co. Award
- 2nd place \$70 The Nimbin Tax and Accounting Award
- 3rd place \$50 The Nimbin Rainbow Cafe Award

#### 12-16 Male

- 1st place \$100 The Rainbow Power Co. Award
- 2nd place \$70 The Tribal Magic Award
- 3rd place \$50 The Green Bank



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<b>CHANNON COMFORT</b>	<b>WONDERLAND</b>	<b>CHANNON DELIGHT</b>
<p style="font-size: 24px; font-weight: bold; margin: 0;">\$365 000</p> <ul style="list-style-type: none"> <li>882 m2 block</li> <li>3 B/R home</li> <li>Large deck</li> <li>Walking distance to shops</li> <li>40km from Byron Bay</li> </ul>	<p style="font-size: 24px; font-weight: bold; margin: 0;">\$410 000</p> <ul style="list-style-type: none"> <li>Private 100 acres</li> <li>Pristine mountain stream</li> <li>Three Dwellings</li> <li>Power available at entry</li> </ul>	<p style="font-size: 24px; font-weight: bold; margin: 0;">\$265 000</p> <ul style="list-style-type: none"> <li>5 acres</li> <li>caravan</li> <li>creek</li> <li>shed</li> <li>views</li> </ul>
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<p style="font-size: 24px; font-weight: bold; margin: 0;">\$495 000</p> <ul style="list-style-type: none"> <li>73.80 Acres</li> <li>4 Bay Shed</li> <li>Dams</li> <li>Permanent Creek</li> </ul>	<p style="font-size: 24px; font-weight: bold; margin: 0;">\$480 000</p> <ul style="list-style-type: none"> <li>83 Acres</li> <li>Tarred road</li> <li>Mountain Views</li> <li>Handy to town</li> <li>4 Bedroom Colonial</li> </ul>	