I BELIEVE

s Catholic kids we had to learn lots of stuff by heart ... and repeat it like parrots whenever the collective 'Let's Get Holy' button was pressed at school or church. Not the least of all this brainwash clatter was the Apostles' Creed; a litany of affirmations of belief in all kinds of crap. Virgin births, resurrections, turning bread and wine into human flesh and blood etc ... and particularly our Holy Mother the Church.

It always made me wonder why such a blokes' club with a misogynistic core that relegated women to virgins or whores ... why they kept referring to this Holy Mother the Church. The word 'Church' wasn't in reference to the buildings in which all the holy stuff happened ... it was referring to a massive collective of blokes all around the world ... from the Pope, the Cardinals, Bishops, Monsignors, Priests, Brothers ... the Jesuits, De La Salles, whoever ... millions of blokes and a few token nuns somehow adopted the oxymoronic title

Tronically Yours

Travel diary of the

irreverent

leaves of this ancient banyan

tree. Her limbs have spread

over a five hundred-metre

radius, creating her own

jungle. She is reputed to be

10,000 years old. A mighty,

majestic, magnificent mother.

Within her holy embrace

sits Chalti Kherli Ashram

in the state of Punjab. I sit

beside my beloved friend

Julie. Two Nimbin women

My good friend and Naga,

Baba Amrit, has invited us

to his guru's ashram on the

village in the state of Punjab,

The rivers rush down from

a wide fertile plain between

outskirts of a small rural

the mountains flowing a

clear icy aquamarine blue

and feed the golden fields of

ripe wheat. The people are

proud, wealthy farmers of

predominantly Sikh religion.

They wear resplendent bold

oloured turbans that take

the Himalayas.

sharing a special experience.

appled light filters softly through the canopy of

Mookxamitosis

by Brendan (Mookx) Hanley

of Holy Mother. Usurping the Female Principle for powering a macho-male money-making machine!

Beliefs. Look at what we do to our kids with bullshit beliefs like Santa Claus, Easter Bunnies and Tooth Fairies. Julie and I were so 'cool' with our kids. We debunked the first two myths thinking we were doing the right thing. Somehow we let the Tooth Fairy escape the purge ... and it ended up one day with a tearful little girl who probably still doesn't trust us 30 years later. We blew it big time.

Santa has to go, Easter Bunnies need a dose of myxo and Tooth Fairies are as false as Granny's dentures. It's barbaric to build fictitious characters to fill a kid's imagination, then one day have to tell them it's all a heap of crap. God of course is the biggest invisible friend of them all - a nasty-tempered, vindictive, genocidal, old bearded bugger with a triangle on his head ... oh shit don't start me on the Trinity.

on. Their religion is a break

away from Hinduism and

six hundred years ago has

harmony.

settled into something quite

Within the walls of this

active sacred ashram we

have witnessed a crossover

of respect between these

religions that is inspiring.

Here the Holy Baba plays

community. Each day the full

spectrum of this community

an integral role in the

visits the ashram to pay

their respects. Hindu and

Sikh, old and young, they

nestled around the base of

the mighty tree. They bless

the gods in the small temple

to the right, and at the Shiva

shrine at the base of the tree.

sitting on his platform. They

Inside awaits the Baba

enter and touch his feet.

He in turn blesses them by

giving them prasad (small

rice sweets). Everyone sits

cross-legged on the floor

while details of lives are

discussed. Always these

exchanged and any problems

visitors bear gifts or perform

enter the cool courtyard



Father, Son and Holy Ghost - three more blokes! And pardon me but, WTF is a Holy Ghost??? This particular 'Mystery' we were compelled to believe in, was obviously written by a moron of a scriptwriter. And what's it all about anyway? Why was a Trinity so significant? Why not the Fab Four, the Seven Morphs, or the Devout Dozen? I reckon the guy that came up with the Trinity thing couldn't count past three anyway.

Hitler's mob believed in the Master Race, Americans believe that God is on their side, Australians believe in football. Beliefs can make you do things you wouldn't do otherwise. Wars, persecutions, witch-burnings, hangings, shootings, rape and pillage, beheadings, stonings, imprisonment, torture, toxic vaccinations, plastic food, nuclear disasters, selfdestructive existence ... all perpetrated under the umbrellas of people's beliefs.

We have a local Council and Mayor who say they believe that adding one of the most deadly waste product chemicals in the world into our water will fix a few kids' teeth. This ridiculous belief will have far-reaching negative effects on so many levels.

There is so much damning evidence and so many places banning fluoride worldwide that what a few people believe shouldn't be part of the equation.

There is no justification in poisoning a local country populace because you believe some tripe the Party tells

What I believe is that water is nature's greatest gift to us. It keeps everything alive. That's a pretty good reason to believe! It's bad enough that we shit and piss in it without a second thought. Leave our water alone! Don't poison it because you believe you're right!



growing in one of the fruit

blocks owned by the winery

(most of the several hundred

tonnes of fruit were supplied

I asked friends Anastazio,

grapes in the traditional way,

It took us three long nights,

trampling them with bare

feet. This is the traditional

method in Portugal, the

on top of our shifts in the

winery, and several cases of

beer. I knew as soon as the

fermentation got under way

that I had something special

on my hands providing I

didn't stuff it up. (Some

friend of mine said the

fruit).

years later a wine-making

first mistake you make as

a winemaker is to pick the

The must grew increasingly

I fortified the wine while it

maturing in our cellars. The

and the skins and stalks were

wine was then drained off

pressed in an old wooden

home of origin of port.

by individual growers).

Jose and Jesus to give me

help with crushing the

by Terry Beltrane

hand operated basket press and the pressings were added back into the wine.

The wine was true to style, completely hand made - and it looked, smelt and tasted like it. I got a pass mark and my boss got some excellent vintage port, which we bottled.

I did nothing to clarify the wine, transferred it into a large, old oak vat and left it to settle naturally over several months and then directly bottled it by hand without any filtration. The bottles then went into an underground concrete tank for maturation.

Three years later, in 1971, I left the winery to move onto other life experiences while the bottles still lay in that underground concrete tank.

In 1990 I was at the Royal Adelaide Wine Show, tasting my way through as many as I could before finally getting around to the fortified wines section of the exhibits. First place and gold medal award was for a 1968 Vintage Port - made by yours truly.

I said a silent "Thanks mate" to the man who had recognised what I'd created and kept it for all those years until it was ready to be enjoyed at its best.

terryb88@tpg.com.au



pail of fresh milk, wheat, rice, sometimes a little money, blessing the giver with the virtue of giving and sharing.

This in turn leaves the Baba free of the trappings of work, money and family responsibilities to do the necessary soul and spiritual work to help guide the family man. A perfect symbiotic relationship.

My journey continues as I follow my friend Amrit from ashram to ashram, always warmly welcomed. Surrounded by 13 Babas one night I had visions of Dwarves and Middle Earth. Another night I slept peacefully between two Babas next to the flowing waters of the Gunga River, waking to the birds morning call and the curious looks of many Indians!

From the 50 degree



simmering heat of India's pre-monsoon Summer in Himachal Pradesh and Rishikesh to a snow storm climbing the gruelling pilgrim trek to the Holy Shiva Temple at Kedarnath in Uttararkhand, 3584 metres high.

Perhaps predictably this run of luck hit a wall in the shape of 11 Indian policemen a few nights ago. Keen to get off the freezing Himalayan mountains, our group of three Babas and I pushed on against mounting resistance. We forged through four



police road blocks, incredible fatigue, and for me a small dose of Acute Mountain Sickness to deliver ourselves neatly into their waiting hands.

A small quantity of charas is found as they menacingly search the car and while possession is still illegal here, Babas are usually granted a degree of tolerance. Until

now. With respect for these Holy Babas dwindling and police corruption rife, these police gleefully stood around clutching their crotches and counting the Rupees as I step out of the car. Two of these Babas are in jail now. I visited them today and will do all that I can for them in this menacing and corrupt

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Mount Barney. Mount Maroon. Snapper Point



by Michele Alberth and Michael Smith

To way would I miss out on this walk! Having been to the 'Lower Portals' of Mount Barney a couple of years ago, and having caught a glimpse of this amazing mountain and its surrounding peaks many times on my way to Brisbane, I was really excited about this bushwalking weekend in May. After all, our very own Kyogle Basalts are the lava remains from an ancient volcano which had erupted there some 24 million years ago. What a spectacle this must have

Setting off from Kyogle on a beautiful, cloudless Saturday morning, we reached the start to our 'Lower Portals' walk around midday. The well-marked track through quite dry but lovely countryside full of grass trees and spotted gums, led us to Mt Barney Creek, which we crossed easily, hopping over the rocks without getting our feet wet. The track then continued alongside the creek, till we reached a point where the only way forward was to squeeze/climb through some giant boulders to reach the 'Lower Portals' (where the Mt Barney creek re-emerges from a subterranean route). It is an amazingly beautiful place, with a crystal-clear pool of water surrounded by huge boulders - a good place to sit for a while to contemplate and enjoy.

That night, back at camp, we were surprised by the visit of a cute and inquisitive brushtail possum that seemed to know quite a bit about humans. What a delightful end to a lovely day! - Michele Alberth

Michael continues the weekend camp story:

he possums were all back in their tree hollows by the time we arrived at the Mount Maroon car park. It was full. Groups were assembling for the upward thrust. I

noticed a mob of oldish ladies move off. They seemed to be in their eighties. We should be able to pass them.

Maroon shows up as a giant peak just north of Mount Barney, over the border, in Queensland. A steep rocky trail leads up to the gully. Here the grade 5 begins; fit people only. Not quite a rock climb, but plenty of opportunities to scramble your body. The first false summit was reached, a rocky lookout with an A-grade view. We paused for a nibble and a rest with a group of walkers we had caught up with. Silhouetted on a ridge further up were the octogenarian ladies, pressing on,

The walking was less severe from here, an easy ramble to the rocky cairn at the top. Big mob of people, mostly younger. Plenty of overnighters kept arriving, having done the longer, harder, routes. It was marvellous to see the gear they bristled with. One chap was reading on his Kindle, pausing to take in the 360-degree view.

To the south were the twin peaks of Mount Barney, and beyond, Mount Lindesay. The tip of Mount Warning peeked over the Border Ranges. All around, places less familiar, lakes, farms, towns and peaks unknown. Smart phones and GPSs clicked. I asked one lady if she had ever activated the EPIRB she had clipped to her shoulder strap. Three times she had called up a rescue. I listened to the grim tales of pain and survival. I got to admire the expensive clothing, equipment and quality lunches.

Our humble Club members took it in, and headed back down. We never caught up with those old girls. Probably they had tired of the view and moved on for a more worthy challenge. I wonder now if I had ever seen them at all. My muscles were sore for the next 4 days. Mount Maroon, I can tell you, is a - Michael Smith



Seven of us gathered in late May at Dirrawong Reserve, Evans Head, to do the Grade 2 walk to Snapper Point. There was a wind, but nothing drastic. A beach walk at first, where we found a freshwater spring pumping up through the sand. Then up through coastal heathland, lots of lovely banksias. As we got closer to the area of the bombing range the wind grew to a 30knot monster, whipping up sand. Three of us decided not to get sand-blasted, turned back, found a lovely sheltered picnic spot on the beach. Waited for the others to return. Unfortunately, we missed the spectacle that Michael now describes:

Here, on the edge of the bombing range, nature had turned wild and challenging. Seas pounded the river floodwater into a stew of rolling, flying, engulfing foam. We ran quickly across the grassy knoll, to a cliffy bay that had on a remarkable display. The unique topography funneled the wind to drive the foam vertically up the cliffs, to swirl, then shoot across the landscape. A snowstorm, an orgasm. Too windy to stand, we flopped on the tormented grass to watch this impossible scene. What are in reality black and solid volcanic cliffs were white and quivering. We hopped around the rocks to join the others for lunch in a poetic setting. Great rollers, driven north by the wind, had swung around the headland and headed back into the wind that had created them. Before spending their energy, each wave curled and left behind a rooster-tail of spray all the way to the beach. Michael Smith

Walks Program for June

Nimbin Bushwalkers Club Inc.

Saturday June 8th

Don Durrant's 'Afterlee'

(20 mins west of Kyogle)

Leader Don Durrant (6633-3138 at

Grade 3, 5 hr walk through superb rainforest, all on tracks and easy grades (really!) - no lawyer vine!

Meet 9am at end of Vidlers Road, off Afterlee Road. Bring food for picnic,

Sunday June 23rd Minyon Falls to Condong Falls

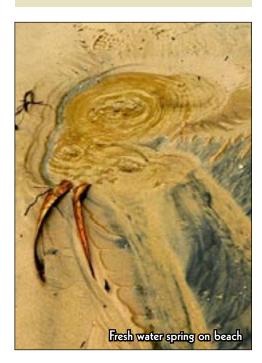
Leader Michele Alberth, Catherine Baker (6684-2160)

Grade 2, 3hrs, 4km on fire trails and walking tracks, quite a few steps. Two waterfalls and lots of wildflowers. Meet 10am Minyon Falls picnic area (top

Bring lunch, water, hat.

Unless otherwise specified, visitors (nonmembers) 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





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by Marilyn Scott

It's a new day... and I'm alive to experience it. Thank you seems so small.

The first kookaburra chortle reverberates through the fog, enveloping the surrounds. The ground is wet from the light rain, the air so pure, old man's beard everywhere.

The stillness brings joy, such exhilaration to my being, an excited chatter of birds in the trees down in the valley. Sounds like ibis from here. Rain still falling gently, love embraces my being, the care, the kindness surrounds all living things.

I feel the presence surround my form, it's close, it's intimate, but it has no name. This gentle presence fills my awareness. I can feel tears building.

Life is so magnificent; do we understand its meaning, do we give thanks every morning first thing on awakening? Do we feel the peace build inside, radiating outwards, everywhere we look? Life is an amazing blessing. Such a paradise has been given, a gift beyond thought to support and nourish our bodies as we fill our hearts with love.

More life is awake now, how sweet the sounds, so harmonious, such a magnificent world. I breathe through my nostrils, air full of vital prana, healing magick.

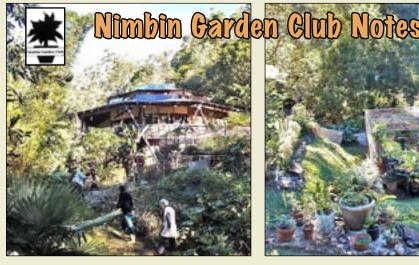
I can feel on my skin the presence of Life, I am not alone. The Mother has nurtured me back to health, a journey of wonder; a mystical experience, so deep the journey. All is here now; we have all we need. Life is giving, each and every second.

As I've sat and accepted, opened and let go of my fears and my worries, and the possibility of losing my life. I awake to a world so near yet so far, a wonderland of beauty. I've been healed with the support of so many, without physical form. Their presence has never left me, my call was heard.

I have no doubt of the healing power of Life, beyond anything we could ever imagine. The Earth provides all we need, our food, our water, and our shelter, the air that we breathe.

And when we're sick she provides the medicine to restore us to health.

We live in a world of healing. Thank you seems so small.



by Gil

Pretty Gully Style

The May club meeting was held at Athol and Will's mature sprawling garden located on the Pretty Gully community, Byrill Creek. Although some distance from Nimbin, this garden attracted more than a dozen hardy members on a cool yet sunny afternoon.

Sited on a very generous hectare of terraced hillside, Athol and Will's garden features a mix of native and exotic species, including many mature trees, ornamental shrubs and grasses, a large veggie patch, an orchard, a propagation nursery, rock walls, a succulent garden and clumping bamboos.

Among my personal favourites were a large NZ Kauri (Agathis australis), an American Swamp Cypress (Taxodium distichum), an in-



flower Gordonia (G. axillarus), a south Asian Elephant Apple (Dillenia indica), and a clump of striped weeping bamboo. Terrific thanks also to Will and Athol for being so generous with their 'samples' and cuttings etc.

Next Meeting

The June meeting of the club will be a visit to Diana Roberts and Sam Herren's home garden located at 89 Cecil Street Nimbin (look out for the Garden Club signs). The visit, which will include the club's Annual General Meeting, will take place at 2pm on Saturday 15th June.

Diana and Sam's house was originally the 'Belleridge' homestead built around 100 years ago. The gardens on this 12 acre property are well established and contain old fig trees, bamboo groves, bromeliad gardens, an orchard and vegetable garden.



Ugandan Tales

by Peter Atkinson

An incident that illustrates the smallness of man and the awesome power and wildness of Africa happened in Queen Elizabeth game reserve. I know everyone has seen film of the wildlife, but there is nothing like being there.

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An American friend, Mark, and I had the whole game park to ourselves (Amin scared all the tourists away). We had been wandering all over, seeing a leopard in a tree, giraffes, elephants, rhinos etc, when we saw a cloud of dust a couple of hundred metres away. I immediately drove straight towards it.

Three lions had a buffalo in their jaws. The lioness had a grip supended from the buffalo's neck with its jaws deep in the throat, while the two males were on top of the neck and hanging from the side. The buffalo was spinning round and round, bellowing and kicking out futilely. After what seemed like ages, its front leg collapsed onto its knee and it soon went down, landing partly on one of the males. He shook himself free and quickly got a jaw covered in blood on the neck. They stayed like this for quite some time until the buffalo's leg, which had been twitching in the air, gradually sagged.

The two males rolled over and lay about puffing and panting and passing a casual eye over us in the landrover, engine running all the time, about forty metres away. The lioness, however, went to the back end and, after ripping away strips of flesh and skin came up with a foetus about the size of a normal dog. It climbed a nearby tree and lay the meal on a limb. Then it relaxed and slowly licked away the afterbirth or whatever it was.

Words cannot explain the feelings that were going through me as I watched all this, but my heart was pounding and



adreneline pumping. I felt insignificant and somehow terrified. Mark was feeling it too, as we hadn't spoken a word the whole time, so mesmerised were we.

The two males gradually stirred and started chewing on the back end. By this time there were several buzzards circling around then landing between us and the lions. More and more came 'til we felt intimidated by them, so we backed off a little. Next came the hyenas. Their numbers grew until there were mobs of them squabbling with each other and the buzzards and sneaking up on the lions who carried on chewing and occasionally snarling at whatever came too close.

When a mob of warthogs arrived, it was getting a little crowded. The hyenas weren't shy about the landrover and when they started snuffling around the tyres we decided it was time to leave, so we drove off, still buzzing.

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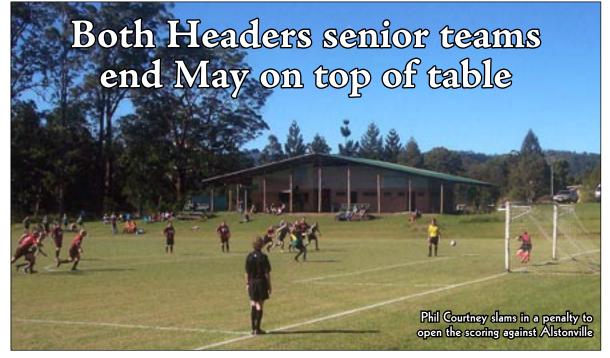
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Men's Fourth Division Win Draw Loss Plav Nimbin Headers

Women's Fourth Division

Win Draw Loss Nimbin Headers



Nimbin Headers Grade 12 mixed team

Match reports by PAC

Round 6, Saturday 18th May Men's Fourth Division. Nimbin Headers Vs Alstonville

This was a very lively match, and Alstonville played well above their lowly status, with play flowing from end to end. After about 15 minutes, a shot came in from one of the Headers forwards which hit a defender's arm a penalty to the Headers, which was duly dispatched by Phil Courtney; smacked high into the net, and the Villa keeper who dived the right way nearly touched it. Headers 1 Villa 0.

Then the Headers were lining up to add a second with four corners in a row and the last one was flicked on and headed into the net, but the young linesman had his flag up and the referee went over and spoke to him and awarded a free kick to Alstonville for offside or a foul? As I was taking a photo at that time, I was unable to agree or disagree.

Minutes later, Headers forward Steve Wadington split the defence and as the keeper came out, Steve shoots past him and just past the far post. The Headers do get their second goal and at half time it's Headers 2 Alstonville 0.

The second half starts like the first, but Alstonville offered less in attack than they did in the first half and were on the back foot. Though they did have two corners in a row that the Headers defended well. The Headers' third goal came in on the left-hand side as one of our two young attackers slotted one past the keeper



and into the right hand corner of the net: 3-0 to the Headers.

The Headers were all over the opposition now and a fourth goal was added to the

But for the Villa keeper it could have been six goals upwards, as he made at least four wonderful saves and defused many more threatening situations.

Full time: Headers 4 Villa 0

Round 5, Sunday 19th May, Women's Fourth Division. Nimbin Headers Vs Tintenbar

Tintenbar are top of the table on 10 points and the Headers are fourth on 7 points. The first 20 minutes showed this, as both teams had a go, but no goals.

Headers striker Ruby Grabovski has a shot from the right that just misses the far post. Five minutes later, Ruby has another shot which the keeper spills but no Headers forward was following in to pick up the crumbs and the chance was missed. Half time 0-0.

For the first 10 minutes of the second half, Tintenbar had most of the ball. Then the Headers got into it

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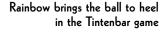
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again and had a few attacks on goal and also a corner kick, but nothing came of it. About 20 minutes in, a Tintenbar player challenging for a ball twisted her knee near the sideline, and there was a long break before she was stretchered off.

After the break, Headers were on the attack a lot, but the goal would not come.

Not long left in the match and Ruby has another shot, but over the top again. Then Tintenbar are on the attack and a shot came in but a good save by the Headers keeper who had to stop the ball and then gather it in. Well done Myf, who replaced Emma in goal at half time. Time is now running out fast when Ruby's through on goal, and her shot smacks the bar and falls safe, then the referee blows for full time:

Headers 0 Tintenbar 0.



May match results

Men's Fourth Division Round 4 Saturday 4th May. Kyogle 1 Nimbin Headers

Round 5 Tuesday 7th May, Italo Stars 0 Nimbin

Headers 0 Round 6 Saturday 18th May, Nimbin Headers 4

Alstonille 0 Round 7 Saturday 25th May, Bangalow 2 Nimbin Headers 6

Women's Fourth Division

Round 4 Sunday 5th May, Pottsville 2 Nimbin Headers 2 Round 5 Sunday 19th

May, Nimbin Headers 0 Tintenbar 0 Round 6 Friday 24th May, Ballina 1 Nimbin Headers

4 (Ruby 3 Myf 1) Round 7 Sunday 26th May, Lismore Workers 1 Nimbin Headers 4 (Ruby 3 Ashley

Headers Juniors Report

by Simone Ruttley

About six years ago soccer for junior teams was restructured on the north coast from competitive to non-competitive games. This means that kids playing soccer aged 11 and under play on small pitches. The

size increases as they get older until they're on a full field at 12 years.

The number of players on the field also increases as the kids get older. Five year olds play with four on the field. The game scores are not recorded. There is no ladder, no finals and no winner of the 'competition' at the end of the season. The changes were controversial at the time, so it has been interesting to observe the Headers 12 year old team, coached by $\dot{M}ark\ Whitlen.$ These are the first juniors in our club to go all the way through playing in this noncompetitive structure.

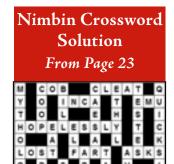
The idea is to remove the pressure of 'needing' to win the season's competition. This has significantly changed the experience of the parents and coaches and what they do with the children. The players have much more freedom to experiment, take risks and just have fun. Kids who are competitive continue to be so and will always be able to quote the score and give blow by blow descriptions of the their favourite parts of the game.

Our 12 year olds are a cohesive group who, at its core, have been playing together since they were six. It has been fascinating watching them mature from little cuties who played with their hands in their pockets, wandered off to turn cartwheels at a whim, or needed their mum on the

field during training. Now they are fit, fast and capable. Their first game was very exciting and a real rite of passage in their soccer career and as young teenagers. They have won four out of four games and are at the top of the 2nd division ladder, four points ahead of second place.

They have excellent fitness and are enjoying the space of the full field. They are developing their game strategies and beginning to find team combinations that work well. Mark, their coach, whilst aiming for finals is not losing sight of developing them as a team. His longterm objective is a team with skill and depth, with players who know each other's game, can cover for each other and is not dependent on any one player.

This side is shaping up to be a shining star for the club. One to watch.

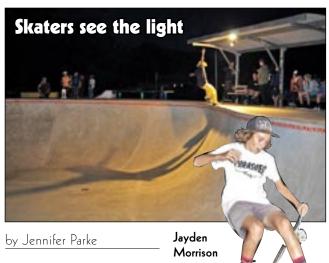




Retailing for 25 years at Byron Market (1st Sun),

The Channon (2nd Sun), Bangalow (4th Sun)





The Nimbin skate park became a popular chillout venue at this year's MardiGrass.

The unfenced space, manicured lawns, skating action, sunshine and lights at night combined to ensure this was the place to be all weekend.

People loved the look of the flowing curves and shadows created by the multiple lights, which were primarily erected for safety reasons by skate park volunteers to ensure people didn't accidentally fall into the bowls at night.

The only people falling into the bowls were the skaters!

One out-of-town skater said that he used night skating as a reason to pace himself during the day. Lit-up skate bowls at night are a rare opportunity, and highly valued by skaters everywhere.

Full credit goes to Neil Morrison for preparing, cleaning and maintaining the park leading up to and during the weekend, with help from other volunteers including Bill Cox, Laurelli Anderson, and Nathan Carthew.

Gold Coast skaters Pee Wee and Harry, MC'd the Bowl Jam (an opportunity for skaters to pitch their talents

against each other) and did a great job getting the skaters going hard and keeping the crowd involved.

Special thanks to all the businesses that donated merchandise for the successful weekend and skate jam, including Pharside, Murwillumbah; Truck Stop, Ballina; Byron Bay Indoor Skate Park, and 36 Chambers, Lismore, plus locals: Bringabong, Nimbin Tattoo Studio, Hemp Embassy, Nimbin Hotel and Nimbin Service Station.

Bill Cox commented that our talented local skaters spent the weekend showing their prowess when they weren't sitting next to the big red truck on the hill like the Lords of the Park that they are.

Periodically, they helped sell drinks to fund more thrones (built by Nathan Carthew) and concrete.

The tables, chairs, benches and additional fixtures at the park have all been funded by on-going fundraising efforts by Friends Of Nimbin Skaters (FONSK8), primarily organised by Laurelli Anderson.

Who reads the GoodTimes?

Currently, the 15,500 copies are distributed monthly thoughout all six LGAs of the Rainbow Region. The following towns and village are serviced by our volunteer delivery staff, to whom we are eternally grateful:

Alstonville Lismore Ballina Lennox Head Bangalow Main Arm Bilambil Mallanganee Modanville Billinudgel Bexhill Mooball Mount Burrell Blue Knob Mullumbimby Bonalbo Bray Park Murwillumbah Broken Head New Brighton Brunswick Heads Nimbin Burringbar North Lismore Byron Bay Ocean Shores Casino South Golden Beach Chinderah South Lismore Condong Stokers Siding Coraki Suffolk Park Crabbes Creek Tabulam Terranora Dunoon Drake Tintenbar East Ballina The Channon Eltham Tumbulgum Tweed Heads South Ewingsdale Federal Tweed Heads West Fingal Head Tyagarah Goolmangar Tyalgum Goonellabah Uki Greenhills Wadeville Kingscliff Woodenbong Kyogle plus Sydney, Brisbane, Bello

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Showing how it's done

by Pixie, fishing reporter

Fishing out of Evans Head on a beautiful Sunday morning with no wind and a small swell, three members of the Nimbin Heads Fishing Team, Cal, Dooee, Pix and 10-year old grandson Zaydn (pictured), went out early through a nonexistent bar and out to sea through the fog, just to make the day a bit more spectacular.

The fish were hard to find early, but when we did find them, Zaydn showed us guys just how to hook up, with him catching the biggest trag of the day, as well as a 2kg snapper that was also the biggest snapper of the day. He caught a total of nine fish, which was the most fish of the day. Good fishing, Zaydn.







Move2Change Nimbin...

Get active, eat well, feel great!

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Low to moderate exercise designed for seniors and people with heart disease, diabetes and other conditions.

Tuesdays 10.30am at Nimbin Aged Care.



Exercise and lifestyle education for people with, or at risk of, diabetes and other lifestyle conditions.

> Mondays & Wednesdays 10am at Nimbin Physical Activity Centre.

LIFT FOR LIFE

A unique weights training program for people with diabetes or at risk of developing diabetes.

Mondays & Thursdays 11am at Nimbin Physical Activity Centre.





All programs just \$2 per session for adults who are unemployed, seniors, Aboriginal or Torres Strait Islanders, from a non-English speaking background, refugees, carers or with a disability.



This initiative was funded by the Australian Government.