



Come celebrate three years of Birth & Beyond

by Kirrah Holborn, 'Traditional Wisdom' Doula & Birth Educator

This month marks three years since I 'took hold of the reins' and became the co-ordinator of Nimbin Birth & Beyond. Can you believe it? Three whole years of weekly get-togethers! I would like to celebrate... with cake! I would love if you would come and join me for a little get-together at Birth & Beyond to share some memories of how Birth & Beyond has helped you! We will have afternoon tea and a photo slide show on Wednesday 23rd October from 4.30pm.

This month I want to introduce you to three incredible hormones that help with birth. For birth to proceed normally, the woman needs to activate the 'mammalian' part of her brain. For this part of the brain to effectively function; the birth space would ideally have dim lighting, quietness, warmth and privacy. This kind of environment is very conducive to labour flowing along nicely and all the right mix of hormones being released. So, what are these hormones that help with birth?

Oxytocin – the love hormone

Everyone loves a good hit of oxytocin! It makes us feel loved. It has an incredibly important role in love-making, birthing and breastfeeding.

What does it do? Oxytocin helps the uterus to contract and dilate the cervix. Essentially this means opening to allow a baby to be birthed! It also plays an important role at birth, causing the uterus to continue contracting to release the placenta and decrease blood loss. With breastfeeding, oxytocin mediates the let-down reflex which helps release the milk when the baby suckles.

How can you increase levels of oxytocin? Soft touch, massage, nipple stimulation, dim lights and feeling secure all help oxytocin to be released. At birth skin-to-skin contact and looking at your baby will help more oxytocin to be released and help prevent post-partum hemorrhage.

Endorphins – hormones of pleasure and transcendence

Beta-endorphin is a naturally occurring opiate that has similar actions to morphine. Like oxytocin, high levels are present during pregnancy, birth and breastfeeding.

What does it do? Endorphins are released as a response to pain or stress and they act as a pain killer and help us cope. They induce feelings of pleasure and are responsible for helping women feel 'spaced out' and to transcend or transform pain.

How can you help increase levels? By talking quietly or not at all (don't engage

her 'thinking brain'). Help the woman feel safe and secure and primal.

Adrenalin – hormone of excitement

Most people are familiar with this 'fight-or-flight' hormone. They are secreted in response to stress, fear or anxiety.

What does it do? In the first stage of labour, adrenalin is NOT helpful to the birth process. It actually inhibits oxytocin release and it reduces blood flow to the uterus. The fight or flight response sends blood to the extremities (legs and arms) so that you can run away from danger or stay and fight. As you can imagine, this is not a helpful hormone to have when you're in early labour. However, in the second stage of labour, adrenalin gives a boost of energy and can help with the 'fetal ejection reflex' where the mother births her baby quickly.

How can you affect adrenalin levels?

In the first stage of labour, it's important to keep adrenalin levels low. This is helped by creating a safe and nurturing birth space. It's a good idea to try and reduce anxiety and fears by talking through them or having flower essences to help with emotional wellbeing. In the second stage of labour, adrenalin usually kicks in to help the mother push. After the baby is birthed, it's important to help adrenalin levels decrease again by having a warm environment (this helps oxytocin increase).

It's easy to remember that 'what helps a baby be made' is what 'helps a baby be birthed'. If you think you could make love in a place then it is probably a good space to birth a baby there. Remember... dim lighting, quietness, warmth and privacy!

Birth & Beyond October Schedule

Now Wednesdays 4.30pm-5.30pm

9th October: "Ask a Doula" FAQ's about birth

16th October: Using movement and dance to help open your pelvis

19th/20th October: Birthing From Within weekend workshop in Lismore

23rd October: CELEBRATION OF 3 YEARS!

30th October: How to help nature take its course (child development) with Tina Fuller

6th November: Birthing From Within birth preparation

Nimbin Birth & Beyond meets every Wednesday afternoon 4.30pm-5.30pm. 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

Choosing to smoke, or not.

It isn't good to inhale ash and chemicals of any kind, but that said, we have the capacity to choose. Or do we?

Smoke tobacco, if you wish and actually enjoy it, but don't if you smoke just because you identify yourself as a "smoker". Smoke from choice; don't smoke from habit. Is it, though, that simple? Before I untangle that question, I'll just diverge a little.

On television relatively recently the writer, Clive James, being interviewed by Kerry O'Brien, said of stories, that it isn't the story that is interesting, per se, but the story of the story. This resonates with me strongly for what we identify about ourselves drives much of our behaviour. Thus calling oneself a smoker, or a binge eater, or a booze artist, facilitates a routine for indulging in these follies, because we can then say, well I'm a smoker, binge eater, booze artist, and that's what I am, as opposed to what I sometimes do. It's a story of a story, and being so, can just as easily be changed to something else.

Let me be clear here, I am not a smoker, binge eater nor boozier, but I do know the making of stories about oneself. I have stories about me that drive me to some extent. I am a swimmer. As such this story is as much a story about what I do, and what I identify myself as, as a person who defines herself as "a smoker". My story keeps me healthy, for I love swimming, but I am no more to be defined as a swimmer than as one who swims. I choose to swim and know that when I don't swim I get irritable.

Perhaps, and I feel it to be inconceivable, I could channel my love into some other pastime, but being a healthy pastime, I see no reason to. I do have other stories of stories that drive me and they aren't healthy, but that's another topic to be explored on another day.

Smoking isn't a healthy pastime. It's an indulgence in a toxic activity. Toxic and addictive, and therein lies the difficulty of what constitutes a choice.

Nicotine is the tobacco plant's natural protection against being eaten by insects. It is thus an insecticide. Interestingly, though, nicotine mimics the brain's neurotransmitter



by Dr Elizabeth McCardell
M Counselling, PhD

acetylcholine that controls the flow of dopamine and over 200 more neuro-chemicals. Dopamine, among other functions, stimulates the brain's desire for satisfaction, thus nicotine, in playing a dopamine-like role, promotes a desire for more of the same, more satisfaction. It creates a craving.

Understanding this doesn't completely explain it all: why do some people manage to smoke one cigarette only when they feel like it, while others smoke all day, every day? The story of the story fills out the picture, I suggest.

A story of a story (a person who identifies themselves as "a smoker"), establishes a neural pathway in their brain by repeating the act of smoking, and enhances the effect of nicotine in the brain, thus accentuating both the intention to smoke and to enable the effect of smoking to increase craving desires. It's both: story of story and chemical dependence (illustrating a mind-body connection in the act of smoking) that drives the habit (apart from the social dimensions of doing what your friends do, etc).

Others, who enjoy a smoke occasionally, but who don't identify themselves as a "smoker", choose when to smoke, as opposed to smoking

because they see themselves as a "smoker" (who smokes because that's what smokers do). This is a state I prefer to encourage in clients who come to see me for clinical hypnotherapy. Yes, ideally, it would be good if they gave up smoking entirely, but why not consider the idea that it's possible to choose to smoke just for enjoyment, as opposed to craving a smoke because of an addiction? Abstinence may, or may not, be ideal for many people, and for those such an ideal state may be difficult to attain, for the act of smoking comes with multiple social and sometimes creative situations that are less easy to drop. I know of one man who smokes as a way into conversation with women. I know another who smokes to enhance cognitive acuity (focus). Nicotine, like dopamine which it imitates, stimulates cognitive acuity as well as craving.

How much better it is to achieve the ability to choose what one does, as opposed to doing things just because you feel compelled to. My interest as a psychotherapist/clinical hypnotherapist is in enhancing a person's choicefulness so that they can choose what they want, as opposed to just doing what they've been doing out of habit and hating themselves for it. The capacity to choose what we enjoy best of all is what makes my job wonderful. I get to see people who have chosen a life they love, freed from addictive, self-perpetuating self-destructive behaviours.

If smoking continues to be what they choose to do, then so be it. But let it be a conscious choice and not just continuing a story about a story of themselves.



Wild basketry and clapsticks by Natalie Lord – pyrography on bamboo husk, woven raffia and beaded handle with Tallowood (windfall) clapsticks

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Kindness: little acts, big impacts

October is Mental Health Month



Depression support

Do you know, love or care for someone experiencing depression?

Supporting someone with depression can be both rewarding and challenging.

Interrelate Family Centre Lismore is running a 6-week group support and education program for people who love, care for or know someone experiencing depression.

"Participating in this course made me realise how important it is to look after yourself when someone close to you has depression. It was the first time I had done anything to help myself in all the years I have been dealing with this in my family. I now know that I have to have boundaries so that I don't come crashing down." – Past course participant



Lesbians address mental health issues

North Coast Lesbian Alliance will be holding a free, women-only group discussion about mental health and wellness in the lesbian community on Sunday 27th October.

More than 36% of transgender people and 24% of the gay, lesbian and bisexual community experience major depressive episodes, compared with less than 7% of the general population. Attempted suicide and suicide rates are also higher.

Called *Lesbian Connections*, and sponsored by a grant from ACON, the group discussion, from 1pm at the Byron Bay Community Centre, will be followed by music and afternoon tea.

After this, the public is invited to a showing of the movie *Cloudburst*, starring Olympia Dukakis and Brenda

Fricker (pictured above).

This is a powerful and humorous film, depicting a positive image of lesbians aging, taking risks and building resilience, as Stella and Dot escape from a nursing home on a quest to become legally married.

Buy tickets online at: www.byroncentre.com.au or at the box office, \$15 or \$10 concession.

Mental health issues affect one in five Australians every year. Anxiety disorders are often the most common mental health challenge, followed by depression.

These events are a reminder to think about mental health – and get out there and have some fun.

For more information, call Rose on 0408-199-687 or Epona on 0418-483-526.

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Get active, eat well, and feel great!

The *Beat It* program is an exercise and lifestyle education initiative funded by a federal government grant to Lismore City Council for people with, or at risk of, chronic conditions such as diabetes, heart disease, osteoporosis and other conditions, and those who just haven't exercised in a while.

It is held every Monday and Wednesday at the Nimbin Physical Activity Centre.

Despite his age, Peter Hughes (pictured below) had a strong desire to improve his health and fitness, and after hearing about Move2Change he decided to give the *Beat It* program a go, and has never looked back.



Mary, Ann and Lindy

About to complete his third 10-week term with the program, Peter believes it's been one of the best decision he's ever made. The health benefits have been amazing. "I've lost weight, I'm feeling stronger, have a lot more energy and find the workouts very energising," he said.

"I have also just recently bought a bike and now ride to and from class each week."

When asked what he enjoys most about the program, Peter didn't hesitate. "The convenience of the location, caring and supportive instructors, welcoming

environment and most of all the opportunity to exercise alongside my friends"

The next term of *Beat It* will commence on the 8th October, and sessions will be held on Mondays and Wednesdays, 10am at Nimbin Physical Activity Centre, costing just \$3 per session for existing Move2Change participants, \$5 per session for anyone who is not working and \$7 per session for adults in the paid workforce.

Bookings are essential, phone 6625-5377.

Nosin' Around with PAC

DRAGONFLY REFUELLING

This was taken at Rollies dam on the road up the hill from Nimbin to Tuntable one evening, when I was taking photos of the ducks landing and taking off.

The dragonflies were bobbing around in the foreground and one landed right in front of me, so on with the 300mm lens on a tripod and I was lucky to snap this one, as they don't hang around for long.

The setting sun was shining through the long grass, giving the dragonfly a magical background effect. – PAC



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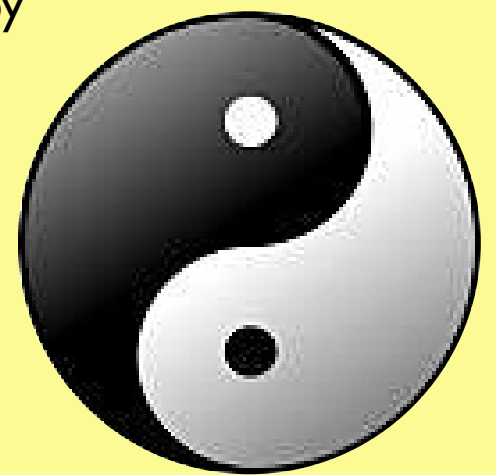
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or just turn up!

A baby bathtub of salad

by Anastasia Guise

I'm at a party. It's the best party ever. It's not cool because of the type of music or the quality of drugs or the particular media exposure of any of the attendees. It's my kind of party. It's cool because at this party is my entire food network from paddock to plate.

Sitting along from me on the lounge is my pickle maker. Do not underestimate her. When I have a glut of green papaya that will struggle to ripen against black spot, brush turkeys and birds, it is she who takes them from me. She supplies me my pumpkin pickle, my green papaya pickle and my aubergine pickle. It is her I call when I need condiments and compliments.

Across the outdoor fire from me is my educational colleague and milk supplier. If I have a pest problem, a design problem, or I want to have a permaculture dialogue, rather than a googleogue, I go to him. He and his wife supply me with cow's milk – milk made not a kilometre from my front gate. It is to them I go when I need those baby basics – milk and talk.

To my left, sitting on the step with his dreadlocks hanging down, is my butcher. He is the guy who kills and hangs the animals, who separates the offal, selects the cuts and minces the rest. He is the one who leads my lambs to slaughter, with the reverence and gratitude they deserve, and whispers reassurances like the hunters of old. He is the man I call when I need meat, and courage.

Then there is my local beekeeper, who has his boxes set under a beautiful red-flowering gum, who watches the flight paths of his bees, gently prising the frames apart with a coil of smoke and delicacy. He pours the golden stuff into jars for distribution, a golden currency.

My seed supplier couldn't make it. She is the one who slips seven-year beans and black eyed peas into my pockets, who saves her sweet potato tubers for my next crop, who takes from me my dill seed and divides it and conquers the clanging question of future farmers everywhere – will we win? We will win.

It is her I call when I need seeds and hope.

At the table to my right is my salad.

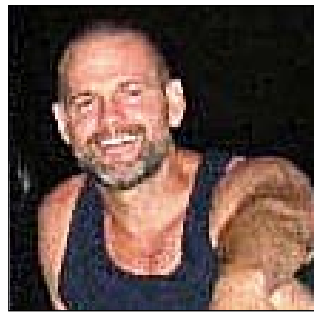


It is the everything else I grew myself. It is the size of a baby bathtub and it contains my green cabbages, my radishes, my cooked and pickled beetroot, my spring onion and snow pea, my green mignonette and lamb's ear lettuce, my coriander, dill, parsley, dandelion, nasturtium and heart's ease. Also my final carrot and last hanging avocado for the year.

We are not the orchestra playing to distract the masses from their inevitable, watery fate. We are the builders of the raft that will carry us into the uncertain and turbulent future, carrying the skills and resources that will sustain us. The raft is built out of our moral fibre, and there can be nobody left behind.

Do you want to come to this party? It's the best party ever.

Managing pain with remedial massage



by Krishna Bear

Hi everyone. I'm very excited to be working in Nimbin again as a Remedial Massage and Kahuna Therapist. Thanks to all the beautifuls who have given me such a warm welcome back.

I'm now available on Wednesdays at the Nimbin Greenbank, Thursdays at the Nimbin Apothecary and other days at Barkers Vale (6689-7055). Health Fund Rebates are also available with any massage from me and also applies to Kahuna Massage.

I'm resuming work with the advanced deep tissue massage in the treatment of long-term conditions such as Frozen shoulder (adhesive capsulitis) and more straight-forward conditions such as rotator cuff and general shoulder pain. The massages for frozen shoulder are still a great alternative to surgery or long term medical treatments such as corticosteroid injection. Shoulders are very complex joints and require a series of treatments (approx. 4-6) for effective release.

Shoulder Bursitis is another condition helped with remedial massage. If

the bursa (a fluid filled sac that helps to reduce friction in joint spaces) is inflamed, it can be quite painful especially when lying on the shoulder. The treatments I give will address the biomechanical muscles and joint issues that have caused the Bursitis.

Shoulder work aside, general nerve compression and in particular, sciatic nerve pain caused by compression of the sciatic nerve by the piriformis muscle can often be successfully treated in just 1-2 sessions. Chronic headaches caused by nerve compression are also very quickly relieved.

Another issue that can be commonly treated with remedial massage is long-term muscle injuries. These often manifest as permanent niggles in the muscle that just never seem to heal. These are most commonly the result of connective tissue build up deep within the body of the muscle, which dehydrates and hardens over time to force the muscle to be a hard lump and because of the high tensile strength of connective tissue the muscle becomes quite resistant and stubborn to many therapies. Advanced deep tissue massage is very effective at targeting connective tissue problems and often takes only 1-2 sessions for long-term relief.

Overall it is very satisfying work to help others relieve their physical pain and I'm very grateful for the opportunity to be of service again in town. See you in clinic.

Business feature

We continue to enjoy meeting and greeting friends new and old through our retail space at the GreenBank. This is a wonderful and relaxing space that invites conversation, and we have some really lovely interactions over cups of herbal tea. Free tea tastings are available all day every day, so if you haven't been in, come on down and see what we are up to.

We are excited to be stocking the JOCO range of reusable glass coffee cups, so, along with our silicone coffee cups, we now have options on offer if you have been wanting to reduce your carbon footprint whilst still indulging your need for coffee on the go. The JOCO range is BPA and chemical free and features a silicone thermal sleeve, to help keep your coffee warm and your hands hot.

We've also taken delivery of some amazing traditional Japanese workboots and gumboots, which must be seen to be



believed. They're all made of rubber for traction, and the work boots are steel-capped to protect your toes. We will very soon become the exclusive regional stockists of an award winning range of ethical footwear, complementing the SWAMISZ range which is already in store. If your feet need some new treads for summer, come on down and see what's on offer. We can't wait to unveil our new range!

Also new in store is a beautiful array of locally produced pottery – cups, beakers and bowls – and some beautiful sepia prints of original artworks. We

are always updating our range of locally made art, which includes gift cards, greeting cards, book marks, prints and limited edition paintings and photographs. We've also got some really lovely little hair decorations, made by a couple of local teenagers, which are sure to delight that little princess in your life.

The GreenBank also hosts a healing space and consultation room, in which practitioners of remedial therapies offer their services to you. We have different practitioners working six days per week, and bookings can be made by phoning the shop on 6689-1881.

We are currently looking for a beautician who is available to work a couple of Saturday afternoons per month. Room rental is \$25 for a half day and we will take care of your bookings for you. If this is you, drop by the shop and have a chat.

Kylie, Lishia (and sometimes Rebecca) look forward to your visit, and sharing a cup of tea with you.

Be tempted by the power of the herbal side

Talking Tea with Rebecca Ryall

I know I promised a column about thistle and dock this month, but I have been flat out making tea, and considering other things all together, so that column will have to wait.

I recently travelled to Sydney to promote my teas to a wider audience, via the Better Homes & Gardens Live Expo held at Olympic Park in Sydney. And what an eye opener that was! Not owning a television, I had no idea of the phenomenon that is the *Better Homes & Gardens* brand, but I now consider myself educated.

What I learned (among other things) is this: Tea offers an incredible opportunity for engagement. Even in the context of 35,000 people and the overstimulation of 350 stalls and exhibitors, a cup of tea offers a moment of stillness. And within the stillness there opens up a space for



engagement. Also what I have come to understand is that generally, people crave this stillness, and they crave engagement. I was astounded by the number of people who wanted to speak to me about specific physical issues they were experiencing, and the herbal treatment of these issues. Within the midst of so many thousands of people it seemed ridiculous and incredible to me at the time that people wanted an individual prescription for their ills. But I now understand why this was so. The pace down there was bamboozling. There were salesmen and women on

every corner, new products jumping out demanding attention. What we offered was something free (always popular!) which represented an immediate drawcard. Having encouraged people to stop for a moment, we then created a space, and within that space people felt their own need and recognised something in us which allowed them to open up.

I was really surprised and encouraged by the openness I encountered down there, particularly within the context of so much stimulation and consumerism.

So I met many, many

tea lovers, and converted a few over to the herbal side. I think I also managed to challenge some preconceptions and ignorance about Nimbin, and the sort of people who live here. I also renewed my enthusiasm for taking my tea to the world, and reaffirmed my love of where and how I live.

I am inching my way back to the GreenBank, working some holiday time to give the others a break, and enjoying the opportunity to connect with visitors from around the country and around the world. Tea tastings are still happening all day every day, offering an opportunity to sample some of the Tea Medica range with no obligation to buy. So come on down to the GreenBank, and share a cup of tea with us. I am always happy to work on custom therapeutic blends and can be contacted at: info@teamedica.com.au for this purpose. I look forward to contact with you.

Nimbin Hospital Information

Immunisation Clinic

For 0-5 year olds. Held in Nimbin Hospital on the second Tuesday of every month. Clinics on 8th October. For appointments phone 6620 7687.

Early childhood nurse

Every Tuesday, at Nimbin Hospital. For appointments phone 6620-7687. (Lismore Community Health).

Women's Health Nursing Service

Every 3rd Thursday of the month. Confidential pap smears, breast checks, contraceptive advice, post natal checks, general health information. Next Clinic: 17th October. For appointments phone 6688-1401.

Nimbin community Nurses

Monday to Friday 8am to 4.30pm. For assessments, wound care, referrals, advocacy. Provision of Palliative Care in the home. Provide and co-ordinate aged Care Packages. Wednesday morning drop-in clinic for health checks at NSP.

Auxiliary thanks

Nimbin Hospital Auxiliary would like to thank everyone who kindly donates to our hospital.

June street raffle winner was Peter Miller and July winner was Barry O.

We have made donating easier by placing two moneyboxes in town one at the chemist/lotto counter the other is on the counter at the hotel.

Nimbin Hospital Auxiliary meet on the second Friday of each month in the hospital conference room at 10am, next meeting will be on October 11th.

Please do come along and join us and support your local hospital. Welcome and thank-you to our new member Marceliena.

Herb of the Month *An essence of North Africa*

by Thom Culpeper

Orris root: *Iris florentina* or *Iris pallida* and rarely, *Iris nigricans*.

Widely known as an fixative used by the perfumeries when asking for the base to dominate and prevail over the component compounds.

This is the Mistress of Essence in perfumes such as Guerlain's "Vol de nuit"; Yves Saint Laurent's "Y"; Christian Lacroix's "Tumulte" and the London Perfumery; Ormonde Jane's "Orris Noir"; this perfume was originally compounded with *Iris nigricans*, now replaced with *I. florentina*, as



I. nigricans is now protected, having been declared an endangered species.

A tincture is used by many distillers in the compounding of gin with taking the 'woodiness' off

Juniper. Many are said to note its apparent reminiscence of the smell of violets; in syrup it has a raspberry-like taste.

Once a widely used Herbal and Nose-gay, it is now the principal fixative in Potpourri and Cloved Oranges.

Orris root is one of the ingredients in the Moroccan spice and herb mix, 'Ras el hanout'. This spice mix is known as 'Top shelf' in

Arabic, a compound of the finest the merchant has to offer, each seller having their own notion on how it should be compounded.

Alan Davidson's excellent *The Oxford Companion to Food* suggests a general mix composed of the usual Eastern spices plus regional additions such as Grains of paradise, Rose petal, Cubebs, ground Pomegranate seeds and Orris.

With the arrival in Australia of immigrants from North Africa, more of these Culinaries will become more readily available, as yet they are only generally found beyond the pale in the avaricious capitals... ask your providore to obtain supplies.

The organic merchant in

South Lismore has Orris root powder. Some nurseries carry the plant, the writer 'found' some plants at Bunnings, most surprising, must have been an inventory error! Diggers may have them.

Being an Iris, do not plant it too deep, cover about half of the corm, mulch it with light, well-rotted hay in a sunny spot, do not let it dry, feed it with general bulb food in spring.

The flower has a perfume, but not the 'violet' of the root. Dry the root indoor for a year or more. Finely mill the root with 60# garnet paper and store in small vacuum-sealed 'silvered' seed bags.

Culpeper is again to be found with Nimbin Delicious at Nimbin market.

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Cool bananas: Goldfinger

by Thom Culpeper

Goldfinger banana, *Musa acuminata x balbisiana* (AASB Group)

This banana is the product of an investigation by Honduran plant breeders seeking material that would be resistant to the black sigitoka disease.

This work was carried out by the Honduran Foundation for Agricultural Research with support from the Canadian International Development Research Centre (IDRC).

The program involved an assessment of hundreds of varieties, crossed with Brazilian, Sumatran and Papua New Guinean material, relying on conventional plant hybridisation as opposed to genetic engineering, the material being common property and fee-free.

GoldFinger is a natural selection for North Eastern NSW, from Coffs Harbour north. It is bunchy top-resistant, Panama disease resistant, crown rot resistant, and moderately nematode resistant.

As an eater it is marvellous, with brown-free storage, (no fridge) and



David Peasley's stall at the Nimbin Show

firm and colour-sound in salads, firm for cooking and recommended for domestic cultivation. Leave Cavendish to the supermarkets and the "north of the border" growers.

Red dacca is another possibility for the home grower, material of both forms can be found at a Clunes nursery.

Bunchy top is problem virus that must and can be overcome.

This is not a DIY programme: trained inspectors will check out your plants if you notice the following symptoms, at no cost to you.



The disease is difficult to identify, but it is spread by the banana aphid, which feeds on the Musa species. They are probably moved about by ants and they do fly, so you can spray safely using the organically certified SACOA bioply oil, which won't affect the ants.

Inspect the young leaves for short dot-dash dark spots along the leaf veins, and dark green stripes along the mid-rib. Later the malady becomes very obvious, the leaves now narrowing and having a bunched and upright appearance. And no fruit...

Do not attempt to destroy affected plants. Call the National Bunchy Top Hotline on 1800-068-371.

Plant medicine under threat

During National Herbal Medicines Week, the Happy Herb Company (HHC) was instrumental in a lobbying effort that prevented new NSW legislation from technically banning many herbs and supplements.

The legislation, under the Drugs And Poisons Legislation Amendment (New Psychoactive and Other Substances) Bill 2013, was rushed through parliament unannounced as a result of an enquiry earlier this year into synthetic drugs.

Due to the ambiguous wording of the definition of a "psychoactive" substance, many herbs and plants not intended to be restricted would have become illegal.

Though the bill was passed unamended, HHC lobbied against the new legislation and the company's proposed amendments were read out in parliament.

Labor candidate Amanda Fazio and Greens representative John Kaye also spoke passionately and expressed concerns that wording of the bill may have unintended consequences that would affect people's rights to natural health choices.

As a result of these efforts, herbs and herbal extracts that do not contain psychoactive substances already illegal under Sections 1 and 9 are now excluded from the bill.



Jazmin, winner of the Happy High Herbs Nimbin video testimonial competition for National Herbal Medicines Week, 16th - 22nd September.

What is worrying is the ever-tighter arm of the law regulating what we choose to do with our own bodies and minds.

Although it was passed in order to ban all synthetic legal highs from sale, possession or advertising in NSW, the bill still does not ban synthetics specifically, but includes all psychoactive substances.



Anni uses her noodle

Anni Brownjohn (pictured), the owner of a regional organic food development/manufacturing business based in Murwillumbah, has been shortlisted for two Telstra NSW Business Woman of the Year awards.

Anni is a finalist for the Business Owner Award and the Business Innovation Award for her business *The Right Food Group*, the parent company of a growing portfolio of certified organic food brands.

She has taken her organic food to global markets and earlier this year won the Best New Organic Grocery Product Award at the World Organic Trade Fair - BioFach, in Germany - for her Organic Noodle Kitchen range.

Anni's noodles won out against 800 other products.

Winners of the NSW Business Women's Awards will be announced on Friday 18th October in Sydney.

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Bushwalking Boonoo Boonoo and Goonengerry National Park



For our weekend camp in September, it took three and a half hours to drive from Nimbin to Boonoo Boonoo (an aboriginal word meaning poor country with no animals to provide food), up near Tenterfield. On this occasion it was a journey of rain and fog, dodging cattle and roos in the dark to get to Robinsons Hut. I was glad to feel heat coming from the fireplace. There had been a hard frost the night before. A few were already in bed, but when Sue, the Brisbane academic, and Judy the barefoot Nimbinite, found out that each had brought a ukulele, there was riotous music for a while. I was lucky to have an abode outside, beside tents, in the thumping rain.

Our first day of walking started with a stroll up Bald Rock. Among the granite labyrinth we photographed rock lilies, orange blossom orchid, dagger orchid, climbing orchid, and donkey orchid. Wattle covered the hillside. Ten of us moved on to Boonoo Boonoo River for swims, snakes and more orchids. Clear water rolled over and around granite boulders, so different to our homes in the dry Nimbin hills.

In four days we saw a lot of country. The 7 km river walk was edged with all the floral beauties that you could expect in an Aussie spring. Ground orchids, pink, blue and white finger, red beard, scented sun

and waxlip. Curiosities like the trigger plant, sundew and greenhood smiled at the knowing. The warm sun of post-winter had cracked through the bush sending birds and animals into procreative necessity. Bees in a humming dome covered blossoms to the horizon. We swam with platypus and chatted with the birds. Basket swamp had a couple of waterfalls at the end of a rugged drive. We gave John his driving badge for keeping up, white knuckled, in his little ute, with Don's all-conquering Land Cruiser. Washouts, ramp overs, marbled hills, no problem. Finally at Undercliffe Falls the rain returned, cutting short any plans of getting to the bottom for a swim. It had been a beronia-scented, rainbow-coloured springtime romp.

My special moment happened on a granite slab near the edge of the Boonoo Boonoo River. I felt something land on my black volleys. It was a black frog. While photographing it, I wondered about this improbable visit. It may have been hiding, thinking it was invisible on my black shoe, or perhaps compelled to mount anything black for a spring surprise. I shook it off. It left a little wet spot. – **Michael Smith**

There were nine of us for the second event in September, including a young Swedish woofier (in flight in one of the

Saturday 12th October

October Walks Program

Rainforest walk, Nightcap National Park
Leader Judy Hales (6689-1477).
Grade 3.5, 3 hr return, off-track, rock hopping and creek crossings. Great rainforest, three beautiful waterfalls.
Meet 9am, Nimbin carpark. Bring food and water.

Sunday 20th October

Mebbin Lagoons, Mebbin NP
Leader Judy Hales (6689-1477).
Grade 2-3, 2.5hr return. Short off-track walk with easy grades to excellent piece of World Heritage listed rainforest with huge fig and gum trees
Meet Nimbin carpark 9.40am, or 10am at junction of Kyogle and Cadell Roads. Bring food and water.

Advance notice: Sunday November 24th, AGM, and private rainforest walk, Len Martin's residence.

photos). Always fun to have new people along, especially youngsters.

We met up at the junction of Goonengerry and Mill Roads, parked our cars a few kilometres along Mill Road, and headed into Goonengerry National Park. It's a very small national park, but it boasts a big surprise to first-time visitors. It's criss-crossed with tracks and fire-trails, but the one we took through the numerous stringybarks led to the waterfall that overlooks Wanganui Gorge. Fabulous view. I've never known anyone see it for the first time without gasping 'Oh wow!' or words to that effect. It is just as dramatic (if not more so) than the Minyon Falls landscape, and a lot less crowded.

We sat on the rocks for quite a while, admiring the vista while we ate our lunch. Conversation was broken by some long silences. It seemed nobody wanted to leave. Eventually we moved on to complete the circuit through the Park and back to Mill Road. It's an easy walk – probably taking 2 hours at the most without the lunch-break. Well worth the effort. – **Catherine Baker**

Creating new patterns

by Marilyn Scott

We're travelling the last quarter of 2013... nine months from the Solstice, December 2012... a time of gestation, what have we birthed? What have we created? Have we created our world?

What do I see around me, what have I allowed through the sacred gates of my awareness? What feelings, what thoughts? What have I approached, friended, taken into my body? Where has my focus been? This period of gestation, the first nine months of 2013, conceived at the Summer Solstice

2012, birthed at the recent Spring Equinox ... has been a significant time, in the evolution of our self and our world.

The energy surrounding conception and gestation... plus our ongoing focus, has created this 'new' you... created the new me, created our personal and collective worlds.

It's been a big year for me... I remember the 2012 Summer Solstice well... and what my intentions were. I've learnt more about 'healing', how so much first needs to happen on the levels we cannot see... before the physical has a chance to respond, and begin to strengthen. It's at those deeper levels that



healing first needs to occur. A lot of these are often hidden in the realms of our unconscious, not available to our conscious mind, but at times revealing themselves through bursts of emotion. A human being is a complex and sophisticated creation. The body a miraculous wonder... maintaining itself with an awesome intelligence.

I've been trained in Energy

Medicine, worked as a Therapist... the human body never ceases to amaze me. It's sentient... it's conscious, it's aware and it responds to anything that comes near.

I remember a class I did in Ortho-bionomy, a Visceral class... we were observing the organs of the body. I was new to body work then, my previous training being in Energy work. I listened and tried to understand, we were asked to approach the organs in our body... with our awareness and with our hand. I had no pre-conceived ideas about what to expect. What I did experience blew my mind! I found that the organs not only have an individual energy, but also a colour and a personality... they talk! Some would allow me to approach

quite easily, others would be much more wary and demand that I honour their boundaries.

Everything is energy, has a consciousness and a presence. Everything vibrates; everything has a field... and interacts with all other fields. Everything is made of life, of consciousness, of sacred energy. Everything responds.

What I have control of is my vibration... what I 'give out' to all other 'fields', to all other life. How is my vibration created? It's created by my thoughts, my feelings, my choices, my actions and my awareness... it's created by everything I stand for, who I am... and most importantly what I focus on. Focus is a very powerful energy... much more powerful than we're often aware of. What I focus on appears... what I focus on

manifests into my physical existence... what I focus on creates my world.

We're much more powerful than we think... we're not victims, quite the opposite; we're made from awesome material. We can do so much... we're sentient beings.

It's time to start creating new patterns... creating new neural pathways. I can actually feel them happening in my brain, these new neural pathways of mine... I see the changes in my awareness, and my focus... it's very cool. I can truly say... we create our world. Time for a new focus, time for creating new patterns... focusing on life, on beauty, on harmony, on health, on an abundant and healthy environment... on a peaceful world. We do have the power, oh yes we do.

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50 Shades of Grey

Last year, in a fit of despair, I chopped off my hair, as you do, taking all the fake colour with it. I was left with a punk, grey hairdo. To my surprise I really liked it. So did my husband and others. People were constantly saying, "Who cut your hair? The silver streaks really suit you."

I never had such positive press. I've either wasted a lot of money at hairdressers on cuts and colouring, or people are lying.

Funnily enough, I feel rather sexy with my natural salt and pepper contrasts, in a cougar sort of way. My husband's hair has been

turning grey for years. I think it's distinguished and like it every bit as much as his raven-haired days. It's like having a different man, and I certainly like a change every now and again.

So why shouldn't I feel sexy and intelligent with my grey spikes? Society places a lot of pressure on women to try to hang on to youth but somehow the grey hair sits more easily on my face and my present age. I am grateful to have survived this long, many didn't. Other men like it too. They seem relieved that someone their own age looks like them. That grey is being

The world according to...

Magenta Appel-Pye

sanctioned as attractive.

Yes, I do look a bit older than friends who have brightly coloured hair, but I'm comfortable with that. Anyway you can't always be

young, but you can always be immature! But who knows, one day in a peak of depression I might buy some bright hair colour and change it.



ever passed the test of time.

I played music at births and deaths, parties, picnics, protests and visiting Celebrity gatherings like the Gaskin Tennessee Farm crew ... or Anne Wigmore, who had us all eating sprouts and drinking wheatgrass juice. I got fit. I planted everything green, saw babies born while their fathers threw up massive barbed wire fences overnight in a territorial war with each other. I watched as my music, played with peaceful intent, soothed an acrimonious Tribal Meeting. I received an immediate spiritual reward from the Tribal Higher Self, part of which was the realisation that Music is a Priesthood ... because of its power to hurt or heal ... and that Tuntable is Sacred Ground!

I remember moonlit nights walking down the road. It was pre-solar and pre TV. Candle-lit hamlets twinkled from the dark valley slopes. Recorder quartet music rode the moonbeams down to us. Guitar and voices ... further along, the sound of a lone hand-drum and a tin whistle. And frogs.

One moonless, wet-season night, we came home from a gig. A storm hit us ... like I had never seen before. We were carrying a sleeping kid each, guitars and banjo, a couple of bags of stuff, when the sky fell. As we took our first steps uphill to the old Army tent at the bottom of the orchard, a flash of lightning as bright as day lit the landscape for maybe 5 to 10 seconds. A clap of thunder woke the kids with

a start. We headed off as the plug opened. It had already been raining for weeks so we were wearing gumboots, which filled with water in seconds. The handles on everything we were carrying got immediately soaking and slippery. The kids were as slick as tadpoles. The sky lit up again. This clap of thunder was ten times louder than the last. The kids were crying! The rain was pounding down, The mud was rising up to envelop us Aaarrggghhh!

Everyone at Tuntable, and whoever has lived there, has a million stories ... and then some! Nature and the Elements ... Ticks, leeches, midges, mozzies, march flies, snakes, spiders, weeds, cops, helicopters, floods, birth, accidents and death, midwifery and healing, neighbours, building, gardens, orchards, workshops, plants and plots, wallabies and wild life ... meetings, beatings, bleatings, sweetings, greetings, entreatings ... and it ain't over yet!

I wrote some of my best songs in that blessed valley. It's magic. The invitation is out. Some great stuff is gonna happen ... and whatever's offering during the Birthday Festival will be enriched by your presence. Meet lots of beautiful people. Join in and have fun, Experience the Regional home and people of the first local Human survival phenomenon ... the Tuntable Tribe. United they stand ... for 40 years ... without a Prime Minister!

Peace, love and brown rice!

Tuntable turns 40!



Mookxamitosis

by Brendan (Mookx) Hanley

Once, that statement might have been considered an oxymoron. "A bunch of rebellious, dole-bludging, drug-addled, dropout, lame-brained, dead-beat, draft-dodging, fringe-dwelling, blissed-out, pissed-off, fly-blown, whinge and moan, hopelessly home-grown hippies establishing an ongoing, self-regulating, alternative housing estate? In your dreams mate ... in your dreams!"

But hey, 40 years it is ... and none of the above has ever applied. So there! Nyah Nah Ne Nah Nah!... and Happy Birthday Tuntable! What an adventure!! What a housing estate!!!! Some of the richest times of my life happened in that valley. Some of the worst too! But whatever I was ... however I appeared ... whoever I claimed to be ... I was accepted. Pretty much on my own terms (within the ethos of the Tribe and the land).

I wandered with Patterson, my banjo, across bare paddocks turning into bushy, rainforestry tracks alongside the sometimes gurgling, sometimes raging creek. Ambling through the funky little hamlets, populated by the prettiest and most interesting people I will probably ever get to meet. Usually naked ... like me! There were domes, teepees, icosahedrons and A-frames. My banjo would announce my approach. The billy would be boiling on the fire outside the tent

... and the joint would be getting rolled in the half-built cabin nearby. I'd come round a bend. A beautiful Gypsy Fairy Space-Queen Earth-Mother Venus-Aphrodite Diana Lilith Shakti Gaia-Child Eternal Goddess would be squatting by the fire, rolling a Drum cigarette, one kid on the tit and the other kid pooing on the veranda ... or chasing after a snake.

These days I get to hang with a bunch of cute ukulele-wielding kids in the Tuntable school ukulele band! They rock! Over 30 years ago I did similar stuff at the same school with several of these kids' parents. The now-exemplary school was just an old farm-house in those days. We were living up the North end. Our kids went to the school. We did clowning, pantomime, dress-up play-acting stuff ... usually in the thatched cubby house below the school. It's still there!

It's amazing teaching those kids' kids. It's amazing being in thick forest where there were empty grassy cow-acres when we lived there. It's amazing how our children are bonded to the friends they grew up with in the valley. It's the tribal thing. It works.

Tuntable has always referred to itself as a tribe. They have tribal meetings and gatherings to this day. There's no boss. Nobody runs the joint. They sort things out. This is how tribes work. This is why the only human communal paradigm that has ever survived is the Tribe. Not Kingdoms, Royal Families, Dynasties, Reichs, Nations, States, Countries, Empires, Democracies, Republics, Companies, Corporations, Governments, Parties, Groups, Fellowships, Clubs, Organisations, Conglomerates, Juntas, Dictatorships, Churches, Armies ... whatever! No other Human Collective has

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They now have four horses - Anzac, Scarlett, Bossanova and Dr Chocolate - all trusted and trained by Dave and Vicki, using John Chatterton's method. Vicki Adams said they had created a stress-free way of letting people experience the healing power of horses.

Visitors from America, Norway, Japan and Italy had already enjoyed the experience. Vicki said wwoofers helping on the farm were included in the horse training and riding.

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Riding high at Jiggi

to enjoy a relaxed experience (BYO lunch and drinks).

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and Vicki also give lessons, trail rides and beach trips, as well as clinics. Enquiries for school holiday programs are welcomed.

HippyHorses charge \$30 for a trail ride or \$20 for a lesson, plus an added cost of fuel for beach trips. Bookings have to be in two days before a ride or visit. For more information, phone 6688-8023 or email: hippyh420@gmail.com

HippyHorses can also arrange several on-line college courses with government assistance for those who are eligible though Centrelink. Special rates apply as arranged.

Get in step with JSD

Jump Shake Dance (JSD) aims to get Nimbin moving with classes in tap, modern and World Dance Fitness in age appropriate classes.

The fun kicks off on Sunday 20th October at 10am, with an open day of exhibitions and workshops.

"Everyone's seen Riverdance," says Roisin Francis (pictured), principal teacher and young entrepreneur, "but tap has so much more to it, street grunge, Broadway.

"And who doesn't want to make a bit of a beat while they boogie? Modern is just that,

whatever's going. Hip-hop, jazz, shuffling, a dance mix to popular music, it makes it really fun for everyone.

"Once we are up and running, we'll all come together at the end of 2014 and celebrate with a great concert for the community to enjoy. I'm hoping to make it an annual event."

And World Dance Fitness? "It's my own brand of motivational classes for adults," she says. "It takes from all my favourite dance styles, Bollywood, African, Latin, making for a party



atmosphere while you sweat."

JSD is the culmination of Roisin's lifelong passion for dance. Starting with lessons in Scottish Highland at the age of four, Roisin has had training in jazz (modern), Irish Step and flamenco.

She has 14 qualifications in the Les Griffith Tap Dance Academy syllabus (LGTTA), and attended the Hunter School of Performing Arts High School

"All I wanted to do as a kid was dance," she says. "The highlight has to have been performing with the Tap Dogs at the Sydney Olympic Games opening ceremony. I was 14 and it was incredibly exciting."

Now Roisin hopes to bring some of that energy and inspiration to local dancers. For enrolment, more information and to have a bit of a boogie check out the open day or contact Roisin on 0457-370-396 (see ad at left).

Nimbin Garden Club Notes

by Gillian Jones

A group of around 25 garden club members and friends met at Chris and Mac's garden in Shipway Road on the afternoon of the spring equinox.

Their sloping pasture looks directly on to the Nimbin Rocks silhouetted on the western sky, and a large dam with perch, cat fish and eels is centrally featured on this lovely property.

Mac and Chris have been on the 7 acres for around 11 years looking after the land for the owners. Planting various walks around the property has been a creative process for Chris and Mac whose artwork and sculptures are dotted throughout the various zones on the property. The Bali inspired resting lounges, the walled courtyard with bamboo and other cacti and boat



pontoon, as well as the dinghy, all provide a marvellous leisure block for full enjoyment of the lush surroundings.

Quondongs, cliveas, native frangipani, mimosas, caliantras and palms as well as a variety of native trees surround the dam and views, even though it has been a battle with clay soils. Red-hot pokers and lomandras line the dam as well as large native white flowering lilies. The dam has created its own ecosystem with an abundance of dragonflies and other happy flying bugs, creating a lovely experience.

Our guest speaker, Peter Hardwick delivered some very interesting information about bush foods. Much of his information can be found on the net, especially for plant identification as there are plants that can be poisonous if used unwisely. There are published books available both online and in hard copy, but as many are not peer reviewed and are out of date, it is important to ensure that either universities or well reputed plant identification sites are used.

Peter brought some yummy dolmades made from mulberry leaves, as well as some native grapes in brandy. Many plants Peter mentioned have an astringent taste, which has been bred out of our commonly-used plants over the years. However, it is this astringency



that has the properties of healing and other health-giving benefits which are so important for our bodies strength and resilience.

There are a huge range of gourmet-type foods which we have almost deleted from our gardens: chick-weed, Madeira vine, dock weed and a slender grass like a parsley grow in abundance in our region, however all taken in small doses seems to be the safest way to consume these edibles. Peter has been working with Southern Cross University to map and identify a number of these plants. He eats bush foods on a regular basis, about 60% of his green matter, however he advises for us to eat them sparingly as our livers have to work too hard if we eat too many plant toxins.

Our next garden visit is to the Boomsma's property behind Coffee Camp school on Saturday 19th October at 2pm. Members and visitors are all welcome. Please bring a plate of food to share and something for the plant swap table.



A month of mouth-watering football finals



Match reports by PAC

Men's Fourth Division

Saturday 31st August
Minor semi-final
Alstonville 2
South Lismore 2

This game went to extra time and penalties Souths winning 4-2

Saturday 31st August
Major semi-final
Nimbin Headers
Italo Stars

This game turned out to be a classic. The play flowed like good wine. A well-worked move by the Nimbin Headers forwards Phil (Chip) Courtney to Stone who cuts past one player and blasts the ball in towards goal. It comes off one defender and Gary Whisker is Johnny on the spot in the six metre area and slots it in for the opening goal on 27 minutes: Headers 1 Stars 0. Stars create a chance but it's over the bar. As the weather has been hot lately, there were two extra drinks breaks, one in each half. Two minutes after the resumption of the first, some great passing by the Headers team found Gary Whisker again nearly in the same spot as his first goal and the result was the same: Gooooooooo! Nimbin Headers 2 Italo Stars 0.

Two minutes before half time the Stars attackers catch the Headers napping as the ball is played down the right, is switched to the middle and then on to the left to a forward who was one on one with the Headers Keeper. He slots the ball back across the Keeper and in to the right hand corner of the net, so the score at the break was Nimbin Headers 2 Italo Stars 1.

In the second half, some nice passing football by the Headers creates some chances, Gary to Stone on to Phil: just over. And again some minutes later. After the drinks break, Gary, goal-poaching again, turns and shoots and the ball comes off a defender and out for a corner, but nothing comes from it. With about eight minutes to go in the game, Stars receive a penalty for a tackle in the box. The dot shot is duly smashed in: Nimbin Headers 2 Italo Stars 2, full time.

In the first half of ten minutes each way extra time, the Headers could have scored quite a few times.

After the turn-around with ten minutes left, it was attack and defend by both teams as they searched for the winner.

With three minutes to go, Stars are on the attack. The ball comes out to the left, the forward pushes the ball past the Headers keeper and as it's rolling into the net to give Stars the win, out of the blue comes Headers defender Max and in a cloud of dust the ball is kicked off the line and out for a throw



in. The whole Headers crowd erupted into applause as this kept us in the game. With 110 minutes of growling football behind them, both teams must have been exhausted.

The penalty shoot-out was taken at the northern end of the ground so the sun would not be in the keepers' eyes. Headers to start, and this is how it went: 1-0, 1-1, 2-1, 2-2, 3-2, 3-3, 4-3, 4-4, 5-4 and then Nigel Hayes, the Headers keeper, stands on the goal line and the Stars keeper prepares to take the penalty. He moves in, hits the ball in the air and the Headers keeper moves to his left and palms the ball down and the Headers win 5-4 on penalties. It came down to two great saves in the end, one off the line and one on the line. Both teams walked off the pitch exhausted, to a standing ovation by the large appreciative crowd.

Since the Headers first started playing at their ground, there have been some truly great games over the years and this one is up there with them, for all those people who were told about the game and did not show up, you missed a classic.

Saturday 7th September
Elimination final
Italo Stars 4
South Lismore 1

This game was 3-0 to Stars at half time. And there were three penalties in the game, two to Souths and one to Stars, and the Stars keeper saved one.

Saturday 7th September
Preliminary final
Lismore Thistles
Nimbin Headers

Even though the Headers had lost the opening game of the season at home to Thistles 5-2 and the away match 8-0, I was confident they would come away with the win. A mate asked me before the game what did I think, and I said 3-0 to the Headers.

With only three minutes down after the kick-off, Headers forward Steve Waddington weaves his way through the defence and slots the ball past the keeper, only to come off a defender's knee who rushed to save, and the ball's out for a corner.

Thistles mount an attack and a Thistles player is fouled outside the box – a free kick is awarded but nothing comes of it. The Thistles player comes off with a dislocated finger.

Another hot day and in Lismore the temp is 28o and playing in the full sun must have been very hot, so two extra drinks breaks were employed, one in each half.

Headers on the attack: forward Phil Courtney has a run up the right, crosses the ball to Steve who has a shot: corner.

Another attack by the Headers sees left wing forward Gary Whisker have a shot; another corner. Nothing comes of both corners and it's half time, and I'm thinking the Headers have had the most of the ball possession and are looking good: Thistles won't beat us 8-0 on this day.

Good work by Headers wing half Grant Mercer down the right takes him past one player then another and crosses the ball and the Thistles keeper spills it and it falls to Headers striker Steve who smacks it back past the keeper and into the net but the young linesman has his flag up for some reason and the goal is disallowed. With half an hour gone Headers centre forward Phil has a shot but straight at the keeper.

Two minutes later, the ball arrives at Gary Whisker's feet, now over on the right hand side of the penalty box, and he cracks the ball past the keeper with his right foot: Headers 1 Thistles 0.

Thistles are now having a problem trying to keep the Headers forwards at bay, and six minutes later Steve Waddington who nearly scored two, gets the goal he fully deserved to make it Headers 2 Thistles 0.

After another run, a shot by Steve, but straight at the keeper and the whistle went for full time.

I have to mention that the rejigged Headers line-up worked wonders in shutting down the Minor Premiership strikers and protecting the goal to keep a clean sheet, and the whole team playing superbly to get to the Grand Final.



Saturday 14th September
Elimination final
Lismore Thistles 4 V Italo Stars 2

Friday 20th September
Grand final
Nimbin Headers
Lismore Thistles

This game was played under floodlights with a 6pm kick-off.

After 2 minutes of play, Headers struck with centre forward Phil (you know who) Courtney chipping a lovely looping ball from way out on the right side of the pitch and with the Thistles keeper just off his goal line, it went over his head and into the net: Nimbin Headers 1 Lismore Thistles 0.

The Headers are awarded a free kick just outside the penalty box, Phil runs over the ball and just touches it, Gary Whisker hits a cracking shot into the net and for some reason the referee disallows the goal. This was shades of two weeks before, when the Headers were disallowed a perfectly good goal and the same referee was in control tonight, and I was thinking don't let this be the decision that decides the game.

18 minutes down in the game, one of the Headers defenders over on the left kicks the ball to clear, and it must have spun off his boot and went square over the middle of the penalty box landing at a Thistles player's feet who stopped the ball, slotted it past the Headers keeper and into the right hand side of the net: Headers 1 Thistles 1.

On the 25-minute mark, Headers left wing forward Gary Whisker has a shot and the Thistles keeper has to push it away for a corner. The same thing happens again, and when the third corner comes in, the ball falls to Headers striker Steve Waddington, who smacks it onto the crossbar. The ball spins straight up into the air and curls out for a goal kick. Thistles were now under enormous pressure.

32 minutes in, Headers striker Steve receives the ball up front with four

Thistles defenders bearing down on him. He slips past one, crosses the ball to centre forward Phil (Chip) Courtney who shoots, but straight at the keeper. Five minutes later, Phil chips the keeper again, but just over the bar.

With half time approaching, some lovely play by the Headers, and centre forward Phil latches onto a ball supplied by Chris and chips over the keeper and into the net. What a time to score! Headers 2 Thistles 1, and the Nimbin Headers walk off the pitch with raucous support from the very large contingent of Headers supporters ringing in their ears.

The second half's first 20 minutes was a close affair, with both teams trying to get that first goal of the half, and Thistles having the majority of possession. With the highlight being the booking of Headers forward Steve Waddington for fouling a Thistles defender.

But on the 31-minute mark, some great passing football by the Headers out of defence through Geri Price-Jones onto Bruce Hatfield on the right wing who crossed the ball onto centre forward Phil Courtney in the middle of the park who slipped an inch-perfect pass to Gary Whisker, who had a lot of work to do as he went past one defender then turned his man and had the luxury of a

nanosecond to place the ball past the Thistles keeper and into the right hand corner of the net. Thank you linesmen, thank you ball boys, Nimbin Headers 3 Lismore Thistles 1.

With time now running out fast, Thistles mounted a desperate attacking session onto the Headers goal area with three corners in a row, the third corner being defused by a great diving forward catch by the Headers keeper Nigel (Banks) Hayes, who picked up the man of the match award after the game. And as Nigel cleared the ball, the referee blew his whistle for full time.

Both teams got a standing ovation as they walked off. The Headers supporters then sang, "Come on, you Headers" as the whole team walked over to the fence, applauding the best supporters on the far north coast.

Headers had won this tatty old trophy before, in 1995. We must have had three senior male teams back then, as I was manager of first and reserves divisions at that time.

Junior Grade 12

Sunday 15th September
Nimbin Headers 2
Goonellabah 1

In the regular season these teams had two nil all draws.

And this one was a close affair with it being one all and the Headers receiving a penalty towards the end of game to put them into the GF.

The team won the GF one to nil leaving them undefeated for the season well done youngsters.

'Til next season, this is PAC signing off.

Nimbin Crossword Solution

From Page 22



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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		

* Mondays & Thursdays Only

No Public Holiday Service
Town Service - Wheelchair access available upon request, 24 Hour notice required
Some Buses connect in Nimbin for Operators to Murwillumbah

Sunny start to Show season



Thanks to all the photographers who contributed their top shots from the Nimbin Show: PAC, Brian Alexandra, Marie Cameron, Guy Stewart, Sue Stock.



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