

Some tips for your baby-moon!

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

With spring in the air and new babies on the way, I thought that it would be good to talk about useful tips for postpartum. Whether you will be a new mother soon or you know someone who will be having a baby soon, there are things to do that can ease this incredible time of transition.

The 'baby moon' is the time after your baby is born. Many cultures recommend 40 days of rest, where the mother is looked after by family. Dr Sarah Buckley recommends women stay in their pyjamas for two weeks! This time is crucial for new mothers to heal and bond with their baby.

• Pre-make some meals

During the last few weeks of pregnancy, there is usually some heavy 'nesting' going on. Mums-to-be usually find an incredible urge to clean and get their space ready. Another very useful thing to do is freeze some meals. This makes dinner that bit easier when you are tired and/or breastfeeding. Popping some home-made soup in the saucepan will provide an easy and nutritious meal!

• Stock up on supplies

Delay the need to go out shopping by stocking up on non-perishable items like toilet paper and soap.

• Ask for help

Don't be shy! Most people are more than happy to cook a meal or help with cleaning or washing. Acknowledge the incredible work your body has done to bring new life into this world. You don't 'get this time back' so make the most of it. Rest and allow proper healing time.

This time after birth where new mothers rest and recuperate is often referred to as 'lying-in'. This time varies between cultures. Ideally, the new mother will have family or friends visit and cook, clean and help look after the baby. If family don't live close by, some women hire a 'post-partum doula' to help instead.

• Honour this time

Only invite people into your space that you feel comfortable with. You are busy enough looking after your new baby without needing to feel like a 'host' for any guests.

Upcoming Birth & Parenting Events

• 7th September: The Vaccination Debate

Jimi Wollumbin will be providing an informative talk on this hot topic. "This two hour seminar will provide parents and health care professionals with well researched, accessible information from around the world on the most controversial subject in medicine today. A short history of vaccination will be followed by the main questions facing doctors and parents alike". It will be held at Nimbin Birth & Beyond from 10am-12pm. To book, please phone Kirrah on 0429-308-851.

• 8th September: Birthing From Within – 5-hour Couples Workshop

For those needing a shorter workshop than the usual 10-hour weekend courses. This 'Busy Bees' workshop will cover using your breath to help labour feel shorter and easier; practising skills for birth support; and emotionally and physically preparing for birth. Being held at 'The Pregnancy Space', upstairs at Nurture, 115 Keen St, Opposite Fundies, Lismore, from 12-5pm (bookings essential).

• 14th September: Building Better Dads free workshop

For men preparing to embark on the adventure of fatherhood. This 1-day workshop will cover: sex, relationships, finances, work-life balance, team parenting, baby safety, changing nappies, getting time-out and changing family dynamics. For more information, phone Steve: 0458-461-936.

Nimbin Birth & Beyond September Schedule

Now Wednesdays, 4.15pm-5.15pm

4th September: Using belly dance to help open your pelvis;

11th September: "Ask a Doula" FAQ's about birth;

18th September: Breath Awareness for birth;

25th September: Not on;

2nd October: Birthing From Within birth preparation.

New time, new day.

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

It's not all in the mind



by Dr Elizabeth McCardell
M Counselling, PhD

Here I am wondering how to write this article, and wondering what and how it is I am able to wonder anything at all. I know I want to write about the mind and the body, somehow, but how do I proceed?

In common language "the mind" is usually used to refer to the thinking-feeling "I", that which allows us to be aware of the world and our experiences, the agent of oneself that is apparently separable from the body. I'm not satisfied with that, because it doesn't actually say anything. It's sort of like saying, as I read recently, that experiences, including near-death experiences, are just experiences. What are experiences? What is the mind?

I'm particularly unsatisfied with the idea that the mind is separable from the body. Who has a mind without the agency to produce it? A human mind cannot be conflated to divine consciousness, even if we think of the human mind as a part of divine consciousness.

I am also unable to concede the popular notion that everything is all in the mind, because this feels inherently unsatisfactory. It feels to me like I would have to agree that my mind "cooks up" all existence, and I cannot buy that. Fortunately, I'm in good company.

In Buddhism, all phenomena (subjective and objective) are said to be dependent upon causes and conditions where nothing arises uncaused. Every cause has a previous cause, a previous context, and situation, so that every phenomenon arises from previous phenomenon. It is interesting that such a perspective sits well with modern Western psychological thought and that it contrasts with our earlier philosophic tradition. The latter had a far more mystical idea about the nature of mind,



the psyche. The psyche was seen as a sort of conflation of the soul and thought, that was somehow independent of everything material, a sort of spiritual ether. Contemporary psychology, and Buddhism, sees the mind as inherently relational, and thus not independent of anything, nor ethereal.

The mind, seen relationally, arises in a dependent way upon both internal and external things. Pain, for example, is thus not all in the mind as much mind itself is not a creation of itself. We are responsive, relational beings. There really is an outside world, and there is a relationship we have with it. This relationship is incredibly complex and entwined. If this was not so, we would not be able to share our experiences with one another, nor with other sentient beings.

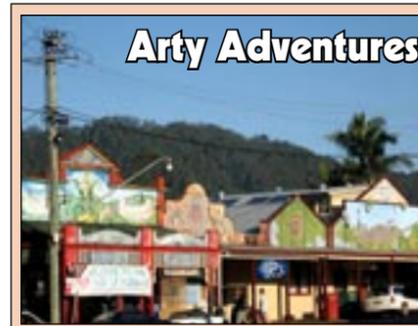
I note here that there is certainly a school of Buddhist thought that declares the material world as nothing but a projection of our minds, but this is not shared by other schools of Buddhism. The Dalai Lama, for one, considers it more 'coherent' (in his words) that there is a reality that consists of both the subjective mind and objective objects in the material world.

The relational dependence of the mind upon inner and outer realities is what Buddhists call the philosophy of 'dependent origination' in which there is a

continuum and complexity of attributions. We are thus able to say, we are made of stardust; we are continuous in substance with the rain and the oceans; we join with our ancestors as we tread this earth – mystical phrases that house actualities. The basic elements that make the universe, make our bodies and our brain, that give form and language to our minds (the archetypes of divine potters that contrive bodies and give them breath, has something essentially true to say here).

Our intentions, our will, our activities in the world thus matters incredibly, for these have a real bearing on all else in our subjective and objective lives. This how, what, and whether: the how we live our lives, what thoughts we think, how we manifest those thoughts, whether we are generous towards others and ourselves, and so on, is where psychotherapy and clinical hypnotherapy comes to their own. The changes and choices we make really do change our relationships with ourselves, one another and our physical environment, and the matter of our own brains (brain plasticity).

The mind truly is a relational state of being. A change at the level of mind, changes fundamentally everything, because the mind is not separate. Life really isn't all in the mind, for the mind is merely an integral part of it.



Arty Adventures

Natalie Lord, artist, writer and mother of 6 kids under 7 photographed Nimbin along her creative journey. See more at 'Natalie Lord's Creative Space' on Facebook.

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Taking \$ pain from treatment

by Brigid Beckett

More than one billion Chinese people can't be wrong. Acupuncture is widely used in China and practised in modern hospitals to treat a wide range of conditions.

Acupuncture can be used for practically anything – arthritis, asthma, insomnia, sinusitis, infertility, constipation, migraines, immunity boosting, depression, recovery from surgery, support during chemotherapy.

Any side effects are positive – relaxation and relief from stress. It is not addictive. It is not a drug, cannot be patented, and costs virtually nothing.

We are in a world with health budgets blowing out and people's spending power down. Why is acupuncture not used more often? Why is it often too expensive for people to try it? Why is it being used more for facelifts for the wealthy? Why has it become an overpriced luxury for a few?

From these questions, the concept of Community Acupuncture has evolved. Acupuncturists in countries including Australia, the UK and USA have evolved a model to make acupuncture more accessible.

Acupuncture generally needs a series of treatments to work, at frequent intervals. Most treatments cost at least \$60, so a course will cost \$600 to 1000. Too often patients will have one or two treatments for a longstanding problem. This is as useful as taking



one or two pills of an antibiotic course.

Community acupuncture offers acupuncture at affordable prices. It involves patients being treated in a room where there are a number of beds or recliners. It is a quiet, soothing setting.

Necessary details are taken privately and quietly. There is less talking than people may be used to in clinics with private rooms. But the treatments are not of a lesser quality. There is time for each treatment to take as long as is needed. The emphasis is on the treatment rather than talking, enabling maximum benefit from the needles.

Treating people in a community setting has many benefits. It enables family and friends to come for a treatment together. A collective qi can develop, a collective stillness that will aid the healing process.

The spirit of Community Acupuncture is to provide honest, accessible treatment to anyone who needs it, in an atmosphere of mutual trust and respect.

Don't forget to have fun!

by Tonia Haynes
Dip Bowen Therapy, Cert Remedial
Massage, Advanced Pranic Healer

Recently I went to an excellent party. The venue was elegant, the light show made me feel like a kid in fairyland, and the music rocked.

Conversation was light and happy, people smiled and laughed a lot and almost everyone in the room got down and boogied furiously on the dance floor.

The very best thing about this party was that to my knowledge there was not one sincere, sad conversation about the horrors of coal seam gas, the terrible plight of our desperate refugees, or the fact that our government is now populated by people who have forgotten their good manners and also the bigger picture of the future of this planet and those who walk upon her.

Everyone forgot their judgments and beliefs about themselves and others and simply had huge amounts of fun.

It was a great party and now, weeks later, the memory still causes me a grin of delight.

It is so easy to forget to have fun. It is so easy to forget to have gratitude and joy for the gift of life. We all get caught up in the shoulds and should nots, particularly as we extend mathematically through the passing of the years.

During adulthood we are condemned to follow certain roles of behaviour and manners of dress whether we want to or not, dictated by a society which has a fear of difference. So in order to save ourselves and those close to us

we become acceptably 'responsible' and show our efforts towards being responsible by desiring those around us whom we love to do it better than we did.

After all we have been shown in so many painful ways that we did not do it well enough and we certainly don't want them to feel the pain we felt.

Consequently, because we think it is what we are meant to do, we interfere in their journey of life or encourage them to stay in their pain by worrying about it. Often we agonise over them more than they do themselves, having been fed the illusion that worrying equals caring.

We carry old anger towards others for what they supposedly did to us, and forget to empower ourselves for the part we more often than not played, consciously or unconsciously, to encourage the events in the first place.

Most of all, we refuse to believe that every experience we've ever had was just an opportunity to polish another facet of the diamond that is us and instead of becoming the shining beings, which I believe is our inheritance, we carry our experiences and their associated beliefs like stones that weigh down our shoulders.

Does all this sound like having fun? Only if you're a masochist.

Perhaps we're simply brainwashed? After all, the media tells us daily how badly we suffer and many religions tell us suffering is the only way to the big sunbeam in the sky. What better way to control humanity than to keep them victims to beliefs that only serve the limitations of others?

In my personal experience, letting go, forgiving others and ourselves can be a huge challenge, particularly when one is sitting in the victimhood of rightness.

But I also discovered along the way that when one decides to make an effort to release the burden of having to be right, the feelings of freedom are fantastic.

Having fun is as different as we are. For me, it is a good dance and happy people, for some it is playing scrabble or the piano and for others it is screaming their lungs out at a football match.

Whatever your idea of fun, I suggest you start doing it again quickly, for lack of fun and laughter in your life will slowly but surely make you old and sick.

No fun equals stresses that overload our adrenal glands and close down our digestive system, fill our muscles with lactic acid and calcify our bones.

The result is wrinkles, stomach problems, stiff and sore joints, sore backs and eventually sick organs, which are crying out for a bit of laughter and joy so that their energy can once again flow in good health.

Having fun is hard work when one is in pain, so if your pain comes from back, neck, shoulder or limb problems, or digestive upset, it is probable that I can assist you on the road to recovery with a mixture of Bowen therapy, remedial massage and spinal realignment.

I am in clinic in Nimbin on Wednesdays and Saturdays. Make an appointment to see me, I guarantee by the time you leave my clinic you will be back on the road to feeling better about yourself and your right to have fun.

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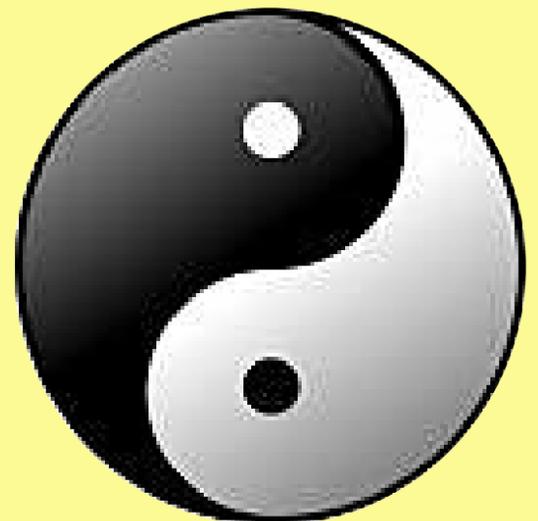
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Nimbin Hospital Information



Immunisation Clinic

For 0-5 year olds. Held in Nimbin Hospital on the second Tuesday of every month. Clinics on 10th September, 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 Clinics: 19th September, 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.

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

Nimbin Hospital Auxiliary meets on the second Friday of each month. Our next meeting will be on 13th September.

New members welcome, please support your local hospital.



Nettle: the wonder weed

Talking Tea with Rebecca Ryall

I've been recommending a lot of nettle tea lately, so this month I'd like to revisit this remarkable herb.

I don't know if it's the change of season happening, or due to astrological considerations or whatever, but I am meeting a lot of people who are just needing some reinforcement at the moment. People who are feeling that yes, they are moving forward, but can also acknowledge that it's been an arduous journey for them in the last little while.

Personally I'm finding it tricky to stay on top of good, regular, nutritious meals at the moment, so finding a little fortitude in my tea is a bonus. The nettle is an incredibly nutrient rich plant – rich in iron, vitamins A, B & C, selenium, zinc, potassium and magnesium, to name just a few. It is enormously helpful to me to have this nourishing powerhouse at my fingertips. I even throw a few pinches into a pot of soup or quinoa.

I used to live in the middle of a cow paddock. The land there, on the banks of a mostly lazy creek, had been grazed for generations. There wasn't very much in the way of nourishment left in the soil. Two things grew in that paddock in profusion – thistle and dock (more about these two next month).



Down by the creek, in the shade of the she oaks and the hardy wisteria, where the soil was moist and richer, grew the nettle, *Urtica dioica*. Beautiful, lush green patches of it, leaves silver with fine stinging hairs. It is said that wherever there is nettle, one will also find dock growing nearby. The juice from the leaf of the dock is reputed to take away the sting of the nettle if applied to the affected skin. In my experience, I'd say this is true.

There's another thing about the sting, though. Long ago it was determined that nettle, applied to the area affected by rheumatism, arthritis, and other conditions of joint inflammation, would pull the pain outwards, as such, to the skin. In effect, inducing the sting on the outer surface of the body would move the inflammation out of the joints and inner spaces of the body and onto the skin, thereby relieving the often intolerable pains in the joints.

We now know about the anti-inflammatory and antihistamine properties of nettle, and the effectiveness of these constituents when taken internally – a much less painful preparation!

The stings of the nettle are rendered harmless by crushing, drying and application of boiling water, so the dried nettle tea we see has a slightly different character to the fresh variety – some texts claim that the vitamin C content of nettle is destroyed by the drying and storage process. Taken as a simple tea, nettle tastes almost a bit like a sea plant. There's something briny about it, like seaweed, this pseudo-saltiness making it an ideal additive to cooking.

Nettle is a traditional 'spring clean' herb. No wonder I'm so driven to drink it at the moment! Shaking off the last vestiges of winter, I'm ready to greet the sun anew.

I mix nettles with peppermint when I want a little pep me up; with rose petals for when I want to feel wholesome; with meadowsweet and catmint when I have an upset belly; in fact, most tea blends can tolerate a little nettle thrown in for good measure, and a pot of soup is subtly enhanced by a sneaky pinch of nettle added towards the very end.

Nettle is a constituent of several Tea Medica blended teas, including Cleansing Brew, Hayfever Reliever, Nurture and Pregnancy Blend. Drop by the GreenBank (next door to the Post Office), or visit www.teamedica.com.au to check out the full range, and sample a blend or two. Enjoy your cuppa!



Green Bank

Business Feature

We've been spring cleaning down at the GreenBank, throwing wide the windows and greeting the sun.

To celebrate the return of crisp, sunny days and stone fruit blossoms, we'd

like to share a special offer with you. For the month of September only, we are offering 10% off our range of **stainless steel ware** and reusable coffee cups. That's all lunch tiffins, water bottles and cups.

These have been hugely popular products due to

their stylish credibility. Stainless steel lunch and drink ware is long lasting, hardy and odour proof. Purchasing these products is a once only investment, yet you reap the benefits for years to come. If you haven't seen these products, then now's your chance. And the

rest of you can take this opportunity to add to your collection.

We have recently collaborated with **ReTyred furniture** to bring you a range of baskets, plant pots and outdoor furniture made from recycled tyres. These are so durable and hardwearing, yet look great. Best of all, they're mould resistant!

Just in time for Father's Day, we now have **bamboo underwear** for men, brought to you as part of the enormously popular Boody range, which also now includes leggings for women. We are also expanding our baby range, and have some new and exciting books for sale, too. Naturally Nourished has recently expanded the range to include a selection of body oils, which are definitely worth a try as we mitigate the effects of a cold, dry

winter on our skin. Kristy, from Four Elements Beauty, is offering a range of non-toxic nail varnishes through the shop now, too.

We are pleased to announce the arrival of **Krishna**, our newest practitioner. Krishna is an experienced and respected practitioner of KaHuna and remedial massage with many years of experience working in the area, and offering retreats at his home at Shanti Bhavan. He will be joining us on Wednesday mornings until 1pm, and appointments can be made by calling the shop on 6689-1881.

So we have massage available on Monday afternoons with Anna, Tuesdays with Tina in the mornings and Jacqui in the afternoons, Wednesday mornings with Krishna and Karen in the afternoons, Thursday all day with Kylie,

Titanya all day Friday, and 1 Saturday per month with Anne. Every other Saturday we have Dr Jacqui offering her sensitivity and compassion through emotional release therapy in the mornings, and our resident beautician Kristy in the afternoons.

If you haven't done so already, we strongly encourage you to come down on a Wednesday afternoon and check out the Nimbin Farmers Market, which operates out of our carpark from 3-6pm every Wednesday afternoon.

This has quickly become a thriving little gathering of local growers and producers of quality (mostly organic) foods and garden supplies. There are new products and producers popping up every week, and with busking children and the odd raffle, the atmosphere is jubilant and welcoming.

A permaculture view of bamboo

by Anastasia Guise

The full moon is up and glowing high above the Big Island of Hawai'i, and outside my bedroom window, a madman has a machete in his hand. Here, in this island where a volcano ejects its molten lava into the ocean daily, and yet the cap of its highest peak Mauna Kea is snowcapped all year round, this man is working at midnight in the cool and the silence. He is cutting Oh'e, Hawai'ian Bamboo.

Hawai'i has two native species of bamboo, carried by Polynesians on their sea journey across the Pacific, and thereafter naturalised in Hawai'i. Here, a transplanted clump can produce full-sized spears in a year, and in the growing season,

shoots can grow up to a metre a day. Ano Tarletz is cutting bamboo at midnight because this is the time when transpiration is lowest – and the chances of successful culm-section propagation – are highest.

And thus begins my love affair with bamboo. It is a tactile and aesthetic obsession, and partly an intellectual and pragmatic one too. I am mesmerised by the smoky blush of new growth, the delicate hair turning coarse and then receding, to reveal glossy colours in bronze, green, pink, gold and black. The spears unfurling, like raising a flag, are a dramatic declaration of the growth season.

In many parts of Australia, bamboo has had a bad rap. In the 1970's a bunch of hippies ran around

planting the running, or monopodial bamboo all over the place, and while it did some of the work of holding gullies overgrazed by cattle, it also started wars, "attacking" neighbours with its rapaciousness.

Yet clumping – or sympodial – bamboo is so entirely different, and so beautifully versatile. There are over 1200 species of bamboo worldwide, most of them utilised extensively across Asia for building, scaffolding, plumbing, fuel, furniture making, food, as wall panels, fabric, and so forth.

Here in Australia, bamboo is yet to reach its potential. Its application in Australian-made textiles and manufacturing continues to be repressed by an enormous Chinese manufacturing industry. There has been no serious government or industry consideration of bamboo's ability to provide a large sector of

the paper-manufacturing industry – in four years, rather than the 15-20 year maturity of pine forests, and longer for native forests – to relieve pressure on Australian native forests.

Although bamboo produces an extremely strong and supple fibre with none of the inputs necessary for cotton production, Australian industry continues to import Chinese-made bamboo fabric, rather than grow our own. It sequesters more carbon than a hardwood forest, it's machinery-harvestable, drought and cold-resistant, and yet its potential to remedy marginalised or overgrazed farmlands and riparian zones remains virtually untapped.

One area for potential Australian supply that is being investigated is in edible shoots. We import over 600,000kg of canned bamboo shoots every year, and the market for them continues to grow. Some

farmers have, since the 1980's, been successful in supplying city restaurants with fresh shoots.

At my place, I have a mixed collection of bamboo, for construction, consumption and beauty. There is *Bambusa lako* – or Timor Black, whose slightly stripy jade culms turn chocolate-coloured at maturity. It is a constant presence outside my windows, reminding my children of their genetic inheritance. Along the terraced slopes I have *Dendrocalamus sikkimensis* for its bronze colour, a *Bambusa chungii* – for the powdery white blush on its new growth, and Buddha Belly – for its quirky swollen culms.

And the yellow *Bambusa vulgaris* greets visitors at my driveway entrance – and while it will create no wars, it announces itself nevertheless like a bundle of spears, thrust skywards.

Herb of the Month

by Thom Culpeper

A powerful Radish?

Horseradish (*Amoracia rusticana*). Syn. Red Cole, Amoracia, Course radish, Khreyn, Barbaforte and generally in Europe 'Chren'.

Following the herbal tradition, John Gerard described it as a radish, (Raphanus), which mirrored the historical terminology.

Pliny (The Elder) and Dioscorides (Persicon), the Delphic Oracle is said to have told Apollo that Thlaspi (persicon) was the

equal of gold.

Grow Horseradish in rich loam, enriched with potash. Watch for the brassica pests, and lift the roots when the leaf tops die back. Keep the plant area isolated: this beauty is invasive. Don't let your Nags at it, bad bad bad... Use it to clean the grounds before solanum plantings of trematodes, in the same manner as other brassica.

Your Herbalist will help you with the modern uses of the plant – new understandings of its uses



are emerging.

The Ashkenazi Jews of Europe count horseradish as one of the 'bitter herbs', served at the passover. Some Tutons name it 'Krensenf' or 'Tafelmeerrettich'.

Horseradish sauce is the general term used by cooks to refer to the grated

form of the root blended with Mustard and lemon or vinegar dressings. The blended horseradish and fresh ground mustard is the marvelous 'Tewkesbury Mustard', prepared in balls sometimes covered with gold leaf. Billy Shakespeare has Falstaff deriding Pion for having a "wit as thick as Tewkesbury Mustard".

Rare roast beef anointed with horseradish sauce supported by fresh turnip-rape (Neeps) and Yorkshire Pud is sublime – a true comfort food.

Take care when preparing the root for shredding, it's merciless on the eyes!

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Homes tour has it all

As a fund-raiser for the 7 Sibley Street Sustainability Project, selected houses, farms and gardens around Nimbin will be open to the public on 28th and 29th September.

Most are owner-built, range in size from large scale to compact, and demonstrate that you can build something interesting and beautiful on a relatively small budget.

On show will be interesting architecture, with great craftsmanship and attention to detail. The houses exhibit features including energy-efficient design, the use of recycled materials and fixtures and renewable energy technologies.

For those interested in building a composting toilet, at least three different models can be viewed in these houses.

The more mature gardens offer an opportunity to see a range of trees and shrubs that provide the backbone of a garden, and show the importance of considering how a garden will look in 10 or 20 years.

There is a wide range of plantings and garden designs, orchards, veggie gardens, with plants for sale, including an extensive range of bromeliads.

There will also be a tour of farms,

vegetable gardens, a forest and orchards, and there will be a talk on beekeeping and a demonstration of establishing a vegetable garden, including biodynamic composting.

On a commercial dairy there will be a free cheese tasting, access to baby goats and the chance to see the milking process.

A guided walk through Jarlanbah Permaculture Hamlet starts with a short tour of the Djanbung Gardens Permaculture Institute, with short creekside walk to a community garden and two open houses.

At a small mixed organic farm kids can see and pet animals, and a guided tour of an award-winning forestry plantation offers the opportunity to see a best-practice in a mixed hardwood plantation.

Peter Hardwick will take a tour around the backstreets of Nimbin, pointing out edible weeds, native bush foods and wild food treats, with the emphasis on safe foraging.

Tickets are \$40 for the full weekend and \$20 for a one-day pass, available at the Nimbin Apothecary. A limited number of tickets will be available at the gates for \$10. Children are free.

Those who pre-book will be in the



draw for a prize. As all venues are within a 10km radius of Nimbin, and it's possible to see a few houses in a day.

A brochure will be available with ticket purchase and in Nimbin on the day, and will include tour programs, detailed descriptions, a map and other information such as refreshments, toilets and wheelchair accessibility so you can plan your day.

Look out for flyers and stalls at Nimbin Show and on election day at Nimbin Polling Booth. For more information call Diana on 0427-886-748 or email Mandie on: halegarden@yahoo.com.au



Spangled Drongo make-over

It's Spring... and Wednesday 4th September is set down for the Grand Re-Opening of Nimbin's Spangled Drongo restaurant, with a new menu, a new look and new signage.

The Spangled Drongo Restaurant, established 2007, is the home of Thai food on the north coast.

Long time favourites include smooth red or green coconut curry with your choice of meat or seafood; Pad Thai, fried rice noodles with vegetables and cashews; and Kow Pad, fried rice with vegetables and egg. Have

your meal with all veges or the deluxe version, including tender chicken breast and banana prawns. Vegetarian and gluten-free options are also always available.

Returning to the Drongo will be fried ice cream and spring rolls, always popular with locals, along with the staples: chicken satays and our famously delicious peanut sauce, tasty and delicate Thai fish cakes; hot and spicy Laksa; tangy green papaya salad; golden chicken curry pies and stir fried dishes with an amazing array of

combinations specialising in seafood.

The Spangled Drongo is also licensed, serving boutique beer and wine. Patrons can enjoy a quiet drink in town here without having to go to the pub.

Next door are new friendly neighbours in the Oasis Café, and by summer both premises will be sharing an outdoor dining area in the backyard.

Now that it's a bit warmer and we don't have to scuttle home to light the fire and get indoors, why not stroll down to the north end of town?

Nimbin Death & Beyond

We are a group of locals, committed to supporting the community with personal choices surrounding death and dying... Nimbin style!

We are planning a "coming out" stall, at the Nimbin Market on 22nd September.

Come by, have a chat and find out what we have been up to. You might be able to help us, by having a delicious short massage or Bowen therapy session. You could even eat a piece of cake and browse our second-hand books while you are waiting. For enquiries, email: nimbind_eathandbeyond@yahoo.com.au

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September Walks Program

Weekend 14th-17th September

Camp with walks (various grades) in Boonoo Boonoo and other NPs (members only).

Leader: Don Durrant (6633-3138 at night).

We have booked a National Parks hut in Boonoo Boonoo NP with one queen sized bed, one bunk bed, one king sized single bed all with pillows; one double sofa with fold-out bed; wood heater (wood supplied); kitchen with fridge, stove, oven, cookware, crockery, cutlery; bathroom, shower, toilet, basin; generator (fuel supplied); nearby picnic tables and wood barbecue.

Bring food, linen, towels, pillowcases, blankets/duona, warm clothes any time of year, insect repellent.

Cost per person will depend on numbers; hut costs \$88/night. Can camp. Some may wish to arrive early/leave later, perhaps camping at Bald Rock. Phone Don for details. It is essential that members proposing to come on this weekend contact Don well ahead to confirm their booking – numbers are limited!

Saturday 28th September

Goonengerry NP, Wanganui Gorge

Leaders: Michele Alberth, Catherine Baker (6684 2160)

Grade 2. A circuit walk (approximately 2 hrs walking, more if we start near beginning of Mill Rd) through areas of different vegetation on used gated-off roads and fire trails. Fabulous views over the Gorge and beyond.

Meet 10am at Goonengerry School at the junction of Goonengerry Road and Mill Road. Will drive as far as possible along Mill Road (if weather has been wet, last part of Mill Road can be a challenge for 2WDs. Also, don't confuse it with Mill Road at Huonbrook). Bring water and lunch.

Saturday 12th October

Magical mystery meander along local creek

Leader: Judy Hale 6689 1477

Grade 4. A walk of 3-4 hours following creek past waterfalls, cascades and pools amongst advanced regrowth and old growth rainforest. Slippery creek crossings. Optional short cliff climb to top of waterfall.

Meet 9.30am Nimbin car park opposite Community Centre.

Stinging giants in Wonderland

It takes two and a half hours to drive from Nimbin to Murray Scrub, up on the Toonumbar Range, so the Nimbin Bushwalkers Club seldom goes there. It is just down the road for a few of our members, showing how much effort they put in to come on the rest of our walks.

Eight people turned up at the remote bushland carpark for our first August walk. There was much evidence of the damage bellbirds have caused to the forest, along with experimental patches of forest where the lantana had been cleared under the forest giants to see if that makes a difference. The walk passes through areas of giant buttressed trees: booyong, teak, strangler fig, flooded gum, and finally a stand of huge, straight, unlogged cedar trees. The place is a wonderland.

There are way too many giant stinging trees, of all heights, from ankle-biters to half way to heaven. The track has been mostly cleared of them. We spotted an enormous strangler fig off the track, and in heading for it, Christina was unlucky enough to plant her face in a stinging tree. The sharp pain arrived fast. I pulled out the Club's official first-aid kit and made some suggestions.

First we tried to remove some of the stinging hairs by applying sticky tape, and peeling it off. Christina was sufficiently motivated to do this for herself. She had ruddy cheeks in no time. The next cure was to scrape the face with a sharp knife blade, a shave that would pull out more of the fine hairs. It was a truly horrifying sight watching her drag a steel blade across her own face, without a mirror, just by touch. She said she could feel them coming out.

Our last cure was the juice from the stem of the cunjevoi lily, an old bush remedy, but beware, the plant is poisonous and you must not get this juice in your eyes, throat or mouth.

It was a beaut ramble for the rest



of us. Toonumbar is from the word 'danamba', meaning 'people used to live there sometimes'. Now we know why.

Barefoot Bushwalking

Being the nature-loving haven that Nimbin is, it is not surprising that a

few of our members go barefoot when possible. You need a certain toughness of skin to get away with it. One may envy the extra connection to the land that this nakedness brings, but it gives leeches unencumbered access to your blood supply.

Frosty Woodenbong

by Marilyn Scott

"INTEND to be or experience 'different'. Intention is powerful alchemy"

– Lee Harris

It's been a full-on few weeks, inside of me that is. I've been experiencing so many feelings, moods and emotions, with the election forefront in my mind. Bit hard to avoid if you have eyes and ears.

It started with rage, as if Lilith herself was bursting through my pores. 'Enough is Enough' was my last blog title – it felt like the ancient voice of the Feminine screeching inside me – it was intense. Then there was the fear. I could 'see' the darkness advancing, nearer and nearer, the threats towering and encroaching. And the sense of loss was overwhelming. Then the depression landed.

Some would call me an Empath... my sensitivities encompass all around. "I'm energy-sensitive," I'd often say. It's not always easy. Even as a child, walking down the street with my mother, I'd stop and talk to people as I passed... especially those who were in pain or suffering. I could feel it. I can still hear



Mum saying, "Marilyn do you have to talk to everyone?"

"Yes, I do," I'd reply. We're who we are right from the start.

Yes, these last few weeks have not been easy or light. I found it hard to remove the pictures from my mind... the feelings flooding me... the fear in the atmosphere. I wanted to help, but it all seemed overwhelming.

Then I woke up this morning to another precious day. And I became aware of the gift I have, the gift of appreciation. It won't always be that way, I won't always be here... but for now it is. Such a gorgeous morning here in Lindesay Creek: the air, the mountains, the water, the many creatures that call this home, the sounds, the silence, the presence. The arrival of the sun, his warmth and his radiance, his reflections

all around, precious beyond precious it is.

I know we can forget. It's so easy to become habituated in the old, outworn default way of thinking; of focusing on what's wrong, what isn't working, on negative thinking. So easy to become critical, I know – I'm a Virgo. But we understand more now about the nature of the brain and the body; how our thoughts not only impact our body, but also create the events in our life, and our wider world. It may seem a little fantastic to some that our thoughts have actually created the current situation in the world, but they have. We're all responsible for what's happening now... each one of us has contributed to it, in some way, either big or small.

But I've made a decision (quite an achievement with Mercury in Libra!), a promise to myself. I intend – right

here and now – to be aware of my blessings and the gratitude that fills me, each and every moment. I understand that it's only gratitude that will bring me what I need, take me to where I want to go. I can trust it to create the best for me.

I feel supremely grateful on this brand new day, and I'm going to be grateful every moment, every single one of them, 'til I take my last breath. That's my promise to myself.

I trust this moment to give me all I need. I trust Life to provide the resources I require. I feel blessed beyond measure: I'm alive and I intend to experience its joy, its splendour, its bounty, its expansive generosity, until I have to leave. That's my promise to myself. I wish you a bountiful and courageous month.



Calendar Girls in Ballina

Calendar Girls is quirky, poignant and hilarious. It celebrates the story of a feisty group of Yorkshire Women's Institute members and their charity calendar with a difference.

The WI members persuade one another to produce a nude calendar using everyday objects to preserve their modesty. The results are astonishing and attract international attention. The girls reveal more of themselves than they expect, sharing humour and a new closeness, warmth and strength.

Calendar Girls will be staged by the Ballina Players, directed by Fran Legge, in their Theatre at 24 Swift Street, from 13th to 28th September with evening performances at 8pm Thursdays to Saturdays, and Sunday matinees at 2pm. Tickets are available at Just Funkin Music, Ballina, or phone 6686-2440.

Opening night on 13th September will be a premium event with savouries, cakes, and champagne.



Land Down Under

The world according to...
Magenta Appel-Pye

for the last 100 years – “girt”. Bring back ‘girt’ I say. My stomach is girt by fat. I’m girt by idiots.

At the recent footy match between Australia and New Zealand the only person who knew all the words was the professional singer who studiously learnt the dirge. You could tell everyone was miming or just singing la la la. During the foreplay to tribal warfare the All Blacks performed their always impressively intimidating Hakka. Our response? *Our land is girt by sea*. Oops, so is theirs. No wonder they thrashed us.

Why don’t they run a competition for a new anthem? We have some excellent Australian composers. The prize could be a trip overseas.

I think a better choice is *I Come from The Land Down Under*, where women glow and men chunder. It’s a great song, loved around the world but trying to translate it to my German friend was impossible.

My husband’s excuse for not knowing Advance Australia Fair is that he’s Polish and he informs me that the Poles don’t sing their national anthem, they fart it! Now that’s a good option for us Aussies.

Don’t get me wrong, I love Australia and I’m very patriotic (well I used to be, politics and all that!) but I have to admit I can’t stand our national anthem. “*Australians all let us rejoice for we are young and free*”. We’re an ageing nation and we certainly aren’t free – we’re mortgaged to the hilt. And what about our indigenous people, the oldest civilization on earth?

No-one remembers the words. I was always in the orchestra playing oboe so I didn’t sing it. That’s my excuse, what’s yours? Probably that it’s a really crappy song that no-one relates to. There is one word however that stands out – only because no-one has used it in common speech

The “C” word... or the lie in the sky

CHEMTRAILS in the SKY

Music (*Ghost Riders in the Sky*) Stanley Jones (1948) Lyrics Brendan Hanley (2011)

*A young farm-hand walked overland one bright and sunny day
Upon a ridge he rested as he went along his way*

*When all at once a mighty trail of toxic spray he saw
Right across the clear blue sky ... then more and more and more*

As jet planes flew above him he copped a mighty whiff

*Of strontium and barium with every poison sniff
And clouds of aluminium all shredded up real fine*

A fatal toxic cocktail... some arseholes had designed

Chorus
*Shitty I Ayyyy... Shitty I Ohhhhhhhh
Chemtrails in the sky
The lines were straight and spreading out
- North South East and West
The planes were flying in a grid, two and three abreast*

*A bolt of fear went through him as they sprayed and then flew off
Then he saw the poisons drifting down ... as he began to cough*

*They soaked the trees and killed the bees and turned to clouds all thick
Brooding like a thunderstorm made everybody sick*

*And everywhere in every town they sprayed their toxic swirl
On every man and woman ... on every boy and girl.*

Chorus
*Nobody seemed to question where the hell this shit came from
And no-one in authority admits there’s something wrong
They’ll poison all the water and they’ll poison all the land
Until the day the people say ... “It’s time to make a stand!”*

*So let’s all get together and discover who it was
Who reckoned it’s okay to spray their chemmies up our snoz
We’ll find the corporate criminals who run the ruling class
And take their planes and toxic rains ... and shove them up their arse!*

Chorus

Sunday August 25th was Global Chemtrail Awareness Day. Rallies were organised all over the world. Yet somehow, people still relegate chemtrails to the “conspiracy theory” category. Nowadays they are globally so well witnessed, photographed and documented as to be well beyond being theories. The theories are about who, why, how and WTF?

I’m not into conspiracy theories anyway. I don’t believe in them. I don’t even understand the term. With 9/11, the “bigger the lie, the more they believe it” paradigm had a landslide win. It seems evident to the intelligent observer that these days, anything is possible... especially technical... and nasty! So why not chemtrails?

In fact why not tell people that deadly fluoride is good for you, that around 50 vaccinations to a kid under two is necessary and totally user-friendly, Fukushima is cool, CSG is a groovy industry, coal mining is maybe even better... then there’s how fab and clean uranium is... and of course, chemtrails don’t exist! Only nutters believe in them... sci-fi wankers and drug-damaged dole bludgers. The usual suspects! Even lots of holier than thou, save the forest, save the reef, save the whales, stop CSG, stop fluoride, pro-gay, pro-abortion, free-thinking radicals disappear into strange places at the mention of chemtrails.

It happens to be a fact that you’ll never see a chemtrail, or much else for that matter, from the limited confines of your own fundamental orifice.

It’s difficult for an observant person to even be civil to the “they’re just normal commercial jet contrails” platitude any more. If you’ve never studied bacteria, meercats or axolotls, you won’t probably know very much about any of them. The same goes for everything else ... including chemtrails. What value is an opinion about the state of the sky from someone who never looks up, or who dismisses what is evident because they can’t conceive of the possibility?

Something weird is happening up there. Every day. All over the world. At a unimaginable cost of squillions. Planes spray stuff that spreads and



Mookxamitosis

by Brendan (Mookx) Hanley

covers the sky within hours. I’ve seen it happen dozens of times and taken a plethora of photos. And so have thousands of other people from all walks of life. Facebook is daily inundated with images... from all corners of the globe. Straight lines, intersections, grid patterns, curved lines,

herringbones, you-name-it... they ain’t clouds and they ain’t commercial jet aircraft exhaust fumes either. They’re something else and we need to know all about them. Ongoing denial of their existence is playing right into the hands of the perpetrators.

Some say army/air-force, some say Monsanto, New World Order, Agenda 21... who the hell knows? Is it barium, strontium, aluminium? Is it weather manipulation, people-poisoning, crop killing, bee destruction, Morgellon’s disease propagation? Are Monsanto really developing aluminium-tolerant crops to sell us when nothing else will grow? Who knows? You wouldn’t put it past them! We’ll never find out if we don’t observe and investigate. Denial is extremely counter-productive.

There are tests, samples, results, residues, effects... yes and tonnes of theories. There are photos of big jet planes refitted with massive tanks allegedly full of whatever it is that gets sprayed, reports by so-called whistle-blowers, from pilots and airport maintenance men to ex-CIA officials ‘fessing up on their prior involvement. There are scientific reports and official statements. They’re painting white lines into the weather maps on TV, and also into kids’ cartoons and advertising posters to “normalise” the occurrence. I even saw several trails in one scene from *Game of Thrones* recently. Medieval contrails? It’s hard to know what to believe... but please don’t ignorantly shove it aside as just another conspiracy wank. Keep your eye on the sky and you’ll see.

Better yet... do your own investigation and tell the rest of us what you discover.

Something strange is going on in our skies. We need to find out before it’s too late.

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Bigger and better second birthday bash

by Lorelei Anderson

We had the most perfect weather for the Skate Park 2nd Birthday Bash to celebrate the day. It was thanks to Lismore City Council Youth Grant and Jennifer Parke that made it all possible for Nan and Pop to come on board and run our first Skate Comp at our park, along with Dylan from SBA, thanks guys.

Also thanks to Intra Youth Drug and Alcohol Counselling Service for the graffiti art wall, and Youth Connections North Coast Our Village Rocks Project for the BBQ and co-ordinating the young skaters' involvement in planning the event, not to forget Mayor Jenny Dowell, who took time out once again to join in and help us with the celebration and with the cutting of the cake. Thank you Darren, from Nimbin Bakery for the fantastic cake that fed many mouths.

It was a great day for the Nimbin Community, as well as top skaters from all over the Northern Rivers and Queensland, thank you to them and all of the local skaters of all ages that joined in. It had a great, vibrantly colourful atmosphere and was enjoyed by young and old. This positively charged celebration adds an exciting annual event to the Nimbin calendar.

The local Police, who also enjoyed the event, estimated there were 500 people present. Check out the video of the day by Gabe from Nan and Pop at: <https://vimeo.com/72327945>



Many thanks to Bringabong for the top, first prize of a voucher for \$250 that went to Jesse Noonan from Queensland for an all round, all-day ripping effort. As well as the sponsors: Creature, Reason, Afends and Independent Trucks.

Also, thanks to Nimbin Tattoo Studio for their voucher, Jamie for the PA and the bands that added to the days atmosphere, David Harris for the jumping castle on behalf of a fund raising effort for Vicki Hunter from Nimbin SCU, Rex for his wonderful Thai food and Katrina for snow cones and great coffee.

There are always the people behind the scenes that do a great job who also need to be recognised, like Neil Morrison for his tireless effort of keeping the skate park the beautiful, wonderful place it is, Bill Cox, say no more, always there to do whatever needs doing without question, Nathan Carthew,

Lisa Doherty, Jen who made it happen and all those that I haven't mentioned that helped make it not just a great day, but a huge success. All funds raised by FONSK8 on the day from the BBQ and selling drinks/t shirts will go towards building the half-pipe for the park that is in with LCC for approval at the moment.

Thank you to every one who supported us.



Nimbin Garden Club Notes

by Gillian Jones

Nana and Hendrik's garden on Stony Chute Road is facing north to the most glorious view of Mount Warning. With the Nightcap range on the right and the Border Ranges to the west, and Blue Knob's flanks showing her different faces, the view was quite breathtaking when we visited their property in August.

Their six-acre garden is well kept, and after 16 years of planning, planting and tending, it is a testament to their creativity and exuberance for life. Nana and Hendrik's infectious optimism about life flows into their garden. There are lawns surrounding perennials and native shrubs including lilly pillly, aniseed myrtles and a variety of grevilleas.

The 11-year old Bismarck palm was on a lean due to strong winds, however with a few big shoulders, was propped back into place and staked to provide a symmetrical view of the its elegant shape.

A stunning Burmese fig tree, though inedible, olive trees, North American swamp cypress, liquid ambers to name a few, were dotted along the slope with a couple of seats to slow down and enjoy the panorama.

The cluster of grass trees were feasted

upon by rainbow lorikeets, and the butterfly plants were ideal places for new creatures to breed.

Jasmine, gardenias and other ornamentals and a small rock garden including a small yarrow lawn provided wafts of spring scents, even though spring is estimated to be about six weeks early.

The Garden Club grows stronger each month with a regular attendance of around 30 people. Not only do we share knowledge of plant species and tips for improving our own gardens, but we feast upon home made cakes and biscuits and swap plant cuttings and seedlings.

Our new fundraising committee members, Andrew and Nick, have been building up our coffers and relationships with suppliers. We are very grateful to B & B produce in Lismore who have provided items for our raffles, as well as Andy at Nimbin Mill Farm who has donated bags of compost and soil conditioner for our raffles. We look forward to supporting our local suppliers and are very grateful for their generosity.

Our club is discussing ways in which we can beautify



the Nimbin Village and surrounds, especially both entrances to town.

All new members and visitors are welcome to visit our various gardens. Please call Denise on 02 6689-9324 for any enquiries about the Club.

Next month we are visiting Chris and Mac McMahon's garden at 45 Shipway Road, just south of town, on Saturday 21st September. Remember to bring a seat and a plate of food to share, and if possible plants for the swap table. Watch for the Garden Club signs.





Run-up to the Semi's



Nimbin Headers V South Lismore



August match reports by PAC

Men's Fourth Division Round 14, Saturday 3rd Alstonville 4 Nimbin Headers 1

I was not at this match, as I was working on the *GoodTimes*, but I did hear that Alstonville did have a ten-minute purple patch and scored three goals and the Headers could not reel them in.

Round 15, Saturday 10th Nimbin 4 Bangalow 1

Nine minutes in, Nimbin Headers take the lead with a cracking shot from centre forward Phil Courtney that gave the keeper no chance. A few minutes later, Bangalow had a shot on goal that gave the Headers keeper the jitters, followed up by another shot, but this time wide. On the 20 minute mark, Headers forward Stone hits a stinging shot that hits the underside of the crossbar and down onto the goal line and into the side netting: Nimbin Headers 2 Bangalow 0.

The next action was down the other end of the park as a Bangalow forward has a shot from outside the penalty box that was just over and wide of the crossbar. There was an extra drinks break in both halves, as the weather was sunny and hot. Four minutes after the resumption, the Headers wingman Gary Whisker receives a great pass and sends a perfect cross into the box for centre forward Phil Courtney to head in for his second and the Nimbin Headers' third. And that's how the first half ended.

The opening action of the second half saw Bangalow have a shot on goal, but saved by the Headers keeper. On the 68th minute, Bangalow received a corner kick that is hit towards the goal but is kicked off the line by defender Dan Oxley. A few minutes later, Bangalow receives another corner kick. This time a forward heads it in, Nimbin Headers 3 Bangalow 1.

72 minutes in, Headers forward has a shot and kicked out for a corner. Two minutes later a floating cross from the Headers finds forward Geri Price-Jones who heads the ball into the net. A great goal, but taken away by a bad refereeing

decision for a foul: Geri knocked a defender over after he had headed the ball. With about 7 minutes to go in the game, a lovely cross from Headers forward Steve Wadington found centre forward Phil Courtney who slips the ball across the Bangalow keeper to post his hat-trick. And the game finishes Nimbin Headers 4 Bangalow 1.

Round 16, Tuesday 13th South Lismore 1 Headers 1

The first 20 minutes of this game were very entertaining, with both teams creating chances, but the finishing was a bit off. 24 minutes in, Headers midfield player Mercer has a shot on goal that the Souths keeper palms onto the post and out for a corner. 40 minutes in, the Headers have a shot that is put out for a corner again but nothing came from this one either. With a couple of minutes left in the first half, a South Lismore player has a shot at goal, but just wide.

The second half starts similar to the first 45 minutes, but on the 62 minute mark some lovely flowing passing by the Nimbin team from the right hand side of the field finds Stone on the left hand side who squares the ball to forward Gary Whisker who is in the middle of two defenders and only the Headers. A few minutes later Gary Whisker is tackled in the centre of the park and that was the end of his game. About half an hour into the second stanza the Headers keeper saves from a Souths' corner.

And what was to be the last kick of the game with South Lismore piling on the pressure, a shot passes by the Headers keeper and into the far corner of the net. The Headers kick off and the referee blows her whistle. (Swear words) South Lismore 1 Nimbin Headers 1.

Round 17, Saturday 17th Goonellabah 2 Headers 2

12 minutes in and Headers forward Geri Price-Jones receives a great floating cross and just heads the ball over the keeper as he comes out and flattens Geri, a better goal you would not witness. But the young girl running the line puts her flag up as

the ball lands in the net, and the decision is no goal. Say no more PAC.

25 minutes in and Goonellabah is on the attack down the right. A cross is made and the Headers keeper instead of picking up the ball decides to kick it, and the ball ricochets off a Goonellabah forward and curls into the net: 1-0 to Goonellabah.

With only about two minutes left in the first half, some great passing by the Headers results in a goal and the same linesperson has the flag up again for offside. The referee goes over and has a word and over-rules and it's a goal for the Headers so the first half finishes 1-1.

The first 20 minutes of the second half is end-to-end stuff. Then Goonellabah have a couple of shots, one just passing the post bar junction and the other just whistling past the right hand post.

About half an hour in, Headers forward Geri Price-Jones, after going through two defenders, has a shot over the keeper. It hits the crossbar and in: Headers 2-1.

Three minutes later, a late clearance by a Headers defender ricochets off a Goonellabah forward and he's through, one-on-one with the Headers keeper who comes out, stops and comes again, but the ball is already heading towards the back of the net. There's a few more rallies by both teams but it finishes a draw, 2 all.

Round 18, Saturday 24th Headers 0 South Lismore 2

This was the last game of the regular season before the semi finals. On the 14th minute mark, a great cross from Headers forward Geri to Rubin, who has a shot that the Souths keeper just saves. The Headers had a period of about 20 minutes where they attacked Souths, who could not get out of their own half, but the Headers could not score. With about 5 minutes to go in the first half, Headers forward Stone hits a low hard shot which the Souths keeper saved brilliantly, tipping the ball away for a corner. With time running out, Headers player Phil Courtney heads a ball towards goal and the Souths keeper had to tip it over the bar, nothing came from the corner. Half time: Nimbin Headers 0 South Lismore 0.

Two minutes into the second half some nice passing by the Headers, Phil to Gary and on to Stone who shoots, but straight at the keeper who saves comfortably. On the 55 minute mark, South Lismore score a lovely goal, two passes and smacked low and hard past the Headers keeper: 1-0 to Souths.

62 minutes in, Headers

forward Phil has a shot that just whistles past the crossbar. Another attack by the Headers finds forward Phil again who places the ball around the Souths keeper, only to see it just miss the post and out for a goal kick. It does not look like it's going to be our day.

73 in, Headers player Max has a shot from way out side the box, which flies just over the bar. Two minutes later, Headers forward Gary shoots but the keeper saves. On the 85 minute, Souths are awarded a penalty for a player being tackled in the box. Headers keeper Nigel Hayes has no chance as the ball is hit low and hard to his left. Nimbin Headers 0 South Lismore 2. A few more attacks by the Headers with no reward brings the game to a close.

The Lismore Thistles won the minor premiership and the Headers team finished second on the point score table.

The senior men's fourth division have a home semi final on Saturday 31st August, so come down and support your local football team to keep them winning through the finals.

Women's Fourth Division Round 13, Sunday 4th Headers 9 Lismore Workers 1

I was not at this match, but by the score, the Headers girls had shooting practice.

Round 14, Friday 9th Lismore Thistles 2 Headers 1

Round 15, Sunday 11th Nimbin Headers 0 Ballina 0

In this game there was a lot of midfield play with not very many scoring chances. But on the 15 minute mark, Nimbin Headers created a chance with some great passing finding centre-forward Ruby who crosses the ball in the air and Headers forward Jaz flicks on a header that the keeper palms away and regathers.

Anna for the Headers has a shot but wide. Ballina have some shots that are all too high.

Ten minutes into the second half, Headers centre-forward Ruby takes the ball past a defender and just as she shoots, the keeper blocks and saves at her feet. This was the defining moment of the game, where it could have been won or lost. Ballina have a few more shots, but all are wide or high. And so, no goals and a point each.

Round 16, Tuesday 13th Tintenbar 2 Headers 2

Round 17, Friday 16th South Lismore 0 Headers 2

Round 18, Tuesday 20th Goonellabah 2 Headers 1

The ended up finishing fourth so they should have had a home semi final but for some reason they had to play



Nimbin Headers grade 16

the game at Ballina. I think if they would have played at home on the Sunday (which should have been their right) they would have beaten Lennox Head.

Knock-out semi-final, Friday 23rd August Headers 1 Lennox Head 2

This is how the season ends, well done senior fourth division girls.

Alstonville Junior Carnival



Headers supporters at Alstonville Photo: Fabien Prevost



Nimbin Headers grade 7 Red Bellies Photo: Chris Owen

The Nimbin Headers were well represented at the Alstonville Junior Soccer Carnival on 4 August.

"The carnival was very well organised, the kids had a ball and it was a great day for soccer players and parents alike", said Fabien Prevost, Headers Committee.

With teams of all ages,

and two from the grade 7 group, there was some exciting football taking place. Cracking goals and near misses in competitive hard fought games. A great effort by everyone.

Nimbin Crossword Solution From Page 22



Headers under 10s Photo: Rhiannon Davies



LISMORE – NIMBIN NIMBIN – LISMORE BUS SERVICE

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Phone for a very competitive quote on quality seat-belted coaches, capacity 18 to 59 including wheelchair accessibility. Full timetable on-line at: www.wallersbus.com

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

* 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

Barkers Vale - Wadeville - Cawongla

CAWONGLA VIEWS



\$105 000

- 5117 m2 rural block
- Special price!
- Power & phone
- Beautiful views

WAYFARAWAY



- 8 acres
- 2 BR home
- Fantastic views
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CLIFF VIEWS



\$525 000

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- 4 BR home
- Granny flat
- Fruit trees
- Dam

NARANYA



\$575 000

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- 3 bedroom home
- Established gardens
- Grazing land
- Spring fed dam

TREE TOPS



\$249 000

- 5 acre MO share
- 3BR strawbale home
- 2.5kW solar system
- North aspect

DREAMS COME TRUE



\$650 000

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- Grand home
- Timber floors
- Wood heater
- Veranda's

JERRAPARK



\$695 000

- Approx 40 acres
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- Huge home
- Creek & waterfall

ITS TIME



\$1.4 Million

- 744 acres
- 13 paddocks
- 22 dams
- forestry plantation



Peter

Lis

John

Harcourts
SINCE 1888

MURWILLUMBAH

A MEMBER OF THE HARDCOURTS GROUP

Paul Stobbie
Ph.0448 191 351

paul.stobbie@harcourts.com.au
Office: 02 66 727 828
murwillumbah.harcourts.com.au



Marta Stobbie
Ph.0455176563

marta.stobbie@harcourts.com.au
Office: 02 66 727 828
murwillumbah.harcourts.com.au



KUNGHUR

AUCTION



- AUCTION TUES OCT.1ST - RSL 6pm
- OPEN HOME EVERY SATURDAY IN SEPT. 10.30am-11.15am
- 5 PARK LIKE ACRES, MOUNTAIN VIEWS
- UNIQUE STONE AND TIMBER RESIDENCE
- CREEK FRONTAGE, FRUIT TREES GALORE

MURWILLUMBAH AUCTION



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- GOOD FENCING, QUIET COUNTRY ROAD
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