

## Community Centre party

Nimbin Community Centre will hold its End-of-Year Party on Friday 5th December from 5pm in the market area of the Community Centre.

Co-ordinator Nina Boddenberg said, "I think it is important after all the challenges and changes this year, to come together and celebrate all that we have, all that we value and all that we want to nurture for the future."

The party will also celebrate the end of the Circus project conducted by Rainbow Flow Arts. Although the circus fun is sure to continue in 2015, the grant-sponsored project is coming to an end.

So, there will be some awesome circus performances throughout the party, and a fire show to end the night. Other activities and entertainments are also being planned, and there will be some tasty food to share.

This party will be a collaboration, and everyone is invited to participate. Phone 6689-0000 (Tuesdays and Wednesdays) or email: [ncci@nimbincommunity.org.au](mailto:ncci@nimbincommunity.org.au) if you would like further information, or to participate.

## Nimbin Youth Advisory Group members wanted

The Nimbin Youth Advisory Group is seeking people aged between 12 and 25 years old to represent Nimbin youth.

The aim of the group is to give young people a chance to inform the community about what's important to them, what changes they would like to see, and to develop suggestions, ideas and solutions.

This is an opportunity to become more involved in your community, to have your say, be heard and take action.

If you are interested in becoming part of the Nimbin Youth Advisory Group please contact Lisa Doherty on 0437-790-039 or email: [pchuvus@bigpond.com](mailto:pchuvus@bigpond.com)

Expressions of interest are also sought from the wider community regarding forming a collective to work towards establishing a much needed Youth Space in Nimbin. In particular, we are keen to hear from people with ideas on how to fund a Youth Space.

## Making vital choices



Depression is clearly one of the most crippling symptoms of a stressful lifestyle, but for David Ward (pictured) it became the catalyst that triggered a major turning point in his life.

After a sequence of ill-fated events that almost decimated his family, David was suffering from chronic depression and had little will to live. His dependence on a range of legitimate and illicit substances was doing little to hold him together. "When you finally reach the bottom there's a new beginning in front of you," he says.

With all that can be said about what defines a drug, many socially acceptable and commonly used substances are actually more intoxicating, habit forming and harmful than they are given credit for. "Sugar can be seen as the heroin of our childhoods, leading onto a lifetime of addiction," David says, alluding to the prevailing ignorance regarding the subtlety of its deception.

After years of living a lifestyle wracked with addictions, David astounded friends and family with a most unexpected return from the dark side, a place where suicidal thoughts had been commonplace. "It was my awakening where I learned to listen to what my body was telling me. And I was abundantly rewarded for listening and you can be too!" he asserts confidently, adding, "Consciousness and intuition are your best allies in your own personal quest."

David has formulated a unique and holistic approach to conquering destructive personal habits, which he can attest to be truly regenerative, reversing the ageing process. "Anyone can reclaim the vitality of their youth," he insists.

David builds his Vital Choices program on 4 pillars of personal power that he claims are the building blocks for a total transformation. "These are the tools that can equip anyone to completely turn their life around," he says. "Becoming a leader starts with just one follower: yourself!"

If you would like to learn more about this special opportunity for change, you can reach David on 0447-820-510 or at: [vitalchoiceslifecoaching.com](http://vitalchoiceslifecoaching.com)

# Not all dads are deadbeats

by Anika Rose

We live in a world where women are assumed the role of the "better parent" until a father goes through a gruelling and expensive court case to prove otherwise. Not to mention the alienation and demonisation often fuelled by the mother, which hurts not only fathers, but their children as well.

Where allegations are made of domestic violence or child abuse, there is a presumption of guilt against the father. The saddest and most confronting result of this is that men are being forced into homelessness, depression, financial chaos and eventually suicide in their attempts to have equal rights and a place in the lives of their biological children.

Australian Brotherhood of Fathers is an organisation that promotes pro-family values. They are a group of fathers who are paying attention to fathers suffering at the hands of the legislation in the family court system and who have learnt that asking for equality and fairness is not working, so now they are joining together to demand (in their own words) "social justice reforms in governments and the courts that encourage fair child custody outcomes together with improved economic reforms associated with child support."

The ABF started in Queensland in January 2013 and is headed up by an Australian father named Leith Erikson.

The group is shedding light on the judicial processes that are crippling fathers and abusing children. They are demanding reforms for a fairer system that allows an equal balance of financial responsibility and active contribution of both parents in a child's life.

ABF members visit the family courts and speak with men and women to hear their harrowing experiences with the Family Court system and to promote public awareness of the harm it is causing so many Australian families. They bear placards with messages such as "Parental alienation is child abuse" and "Our kids need fathers, not visitors" and promoting their current social media awareness campaign, #21fathers.

The ABF is committed to raising awareness and promoting legislative change for a number of issues:

- Lack of recognised rights for children to be able to see their fathers, limited or no child access on separation for men;
- High costs and long delays associated with the Family Court process;
- The loss of more than three dads per day through suicide; and
- Ever-increasing costs of spousal support dressed up as child support.

**#21fathers is a social media campaign to raise awareness of the fact that on average, 21 fathers in Australia are committing suicide every week.**

Family law and domestic violence issues are leading causes of suicide amongst males in Australia. The ABF seeks to raise awareness of this and make the necessary changes in the law to prevent men from resorting to taking their own lives, and children losing their fathers.

"The message here is simple. There are too many fathers taking their lives in Australia because of child access issues, child support financial pressures and Family Court rulings that are clearly biased toward mothers and leave fathers, who seek only their basic human right of maintaining fair contact with their children, suffering and in distress," Mr Erikson said.

"The ABF is calling on all parties and agencies involved to change how they deal with separated families so that both parents are afforded equal rights of access and care, while also providing solutions that reduce financial pressures.

"We are about changing the system. We are about improving the rights of all fathers. We want our kids to have strong role models and equal access to both parents. Every parent deserves



mandatory rights of access, whether they need them or not," he said.

If you or someone you know are affected by family law issues or domestic violence and want to support a call for equality, contact Leith at: [info@theabf.com.au](mailto:info@theabf.com.au) and check out the ABF website: <http://theabf.com.au>

### The ABFs key policies and goals are:

- Guaranteed 50/50 shared child care on separation with mandatory enforcement;
- Cap the costs associated with family court access;
- Criminalise parental alienation as what it is – child abuse;
- Both parents deserve the freedom and ability to access children without the need to spend thousands of dollars in the family court;
- Both parents need to be free from threats of violence or intimidation;
- Remove CSA calculations and replace with a flat rate child payment based on Newstart calculations;
- Payers deserve a more equitable system that promotes shared costs with shared parenting, that doesn't impact on income changes; and
- Payees should be encouraged to re-enter the workforce in some capacity as soon as possible to contribute equally to the family unit.

## Weave and Mend Festival wrap-up

by Granny Breath Weaver

Focusing on Beauty, Love, Caring and Sharing is so important in these difficult times.

Focusing on the beauty of the interconnected woven web of life on earth that it may become whole again, connected and joined. Our technologies have been used to destroy humanity, to destroy Earth Mother. This web is now in tatters, like a basket... one hole, one weak thread and it begins to unravel, ending in tatters.

We will focus on re-growing our forests, their web, trunks forming the axis of the web, branches connecting threads. We will focus on re-weaving our communities, holding ground, on restoring the balance that once was, recreating the interconnectedness between all of life. We will focus on the broken tatters of



our web, re-weaving and mending...

This year's Weave and Mend Festival was as always, excellent and memorable. The weaving communities, circles and gatherings are popping up here and there, where they weren't before. Many people are keen to weave and experience the 3-day camp, being together and sharing and caring.

The Our Children's Art Trust Fund was established in 2005 at Nimbin Central School for the express purpose of supporting our young people, our children, in art – music, song, dance, poetry, painting etc. We



Photos: Nina Boddenberg

saved all our 'pennies' as seed-money to begin when the time is right. Today we have \$1308 in the Trust Fund from donations and raffles.

Many thanks to those who supported the Weave and Mend and our raffles. Special thanks to Bill Cox of Treefellas, who always supplies our firewood, the Hemp Embassy for a \$100 voucher, Naturally Nimbin for a \$50 voucher and Perceptio for a \$20 voucher.

The raffle was drawn at the Nimbin Market on the 26th October: 1st prize to Raine, 2nd prize Biko, 3rd prize Gail.

Many thanks to Nimbin School of Arts committee, who give us \$200 towards the Weave and Mend each year, to the Nimbin Community Centre for the use of the grounds, and to all those people who helped in any way and many ways to create our local Weave and Mend Festival.

# Spring Fair & Open Day

This year Rainbow Ridge School celebrated Spring and showcased our lovely little school on Saturday 20th September. The weather was kind and the atmosphere was relaxed and friendly. Although there were a few other great community events on the same day there was a good turnout of people from both the school and the wider communities.

The classrooms shone with displays of children's work and were open to view and to talk to the class teacher. There were musical performances by the adult cello ensemble and the children's string ensemble. At Rainbow Ridge School children learn the violin or cello and the children's ensemble practised playing together for this event. The children also sang songs to celebrate the beautiful Spring season. Musicians took the stage to sing and play to us throughout the day.

The gardens sparkled with new growth and flowers; aromas of yummy food wafted; coffees, teas and delicious homemade cakes sold fast; stalls circled the green and craft activities kept people



busy making colourful felt, decorating candles and making little birds and there was storytelling in the playgroup space. The Parent Group craft stall was an abundance of colour and beautifully hand crafted items.

A big array of books including children's books were also on sale. The new sandpit was in full use, where crystals were discovered and sandcastles emerged. Amazing patterns of coloured ribbons were woven and unwoven on the maypole by the children in their class groups, to the delight of the onlookers.

The day was a huge success, thanks to the parents and teachers who put it all

together and the people who made their way to our beautiful little school to join in the celebration of Spring.

If this sounds like a good day out for you and your family come along next Spring for our annual Rainbow Ridge School Spring Fair and Open Day.

Rainbow Ridge is a K-8 school and interested parents are invited to contact the school on 02 6689-7033 or: [admin@rainbowridge.nsw.edu.au](mailto:admin@rainbowridge.nsw.edu.au) to arrange a tour or for enrolment information.

We have our Kindy orientation on 8th November from 9.30 – 11.30am, please ring the school for more information and if you are planning to come.



## Storytelling

by Leanne Logan

Storytelling is an integral part of intentional teaching at Cawongla Playhouse. Whether told through music, picture, action or words, stories are alive at our preschool. They are told by educators and children alike. They offer fun, healing, imagination and learning, all wrapped up in one fabulous package – a story.

I wrote the following story for Cawongla Playhouse last year. It's the kind of story that can be changed to suit individual preschool settings. It's called: Belonging

Once upon a time there was a child who lived in a peaceful place. This child was loved by a family. Together they ate and they rested. Together they worked and they played. And together they explored and discovered. Sometimes friends came over to do all this with them. It felt good.

One day, the child looked down the driveway of their home and wondered: "What's out there?" So the family decided to find out. They saw sights they'd never seen before, they had experiences they'd never had before and they met people they'd never met before. They made wonderful new friends to add to their list of lovely old friends. It felt great.

Then one day, the child and the family looked through the gate of Cawongla Playhouse and they wondered: "What's in here?" They decided to visit. They found a world that reminded them of home – where they felt loved and nurtured – and a world that was new – where they felt excited and inspired. They visited often, and sometimes their friends came along too. Soon they belonged. And it felt perfect.

For more on Cawongla Playhouse, please phone 6633-7167.

## Preschool seed savers



The Seed Savers group with educator Barb Mills and the trophy

by Diane Wilder

At the beginning of 2014, children and educators at Nimbin Preschool embarked on a year-long quest to change our yard into a space that evolves over time according to the rhythms of seasons and the thinking of the children.

Noticing that many of our plants had seeded and that other plants had grown seed pods, we formed our Seed Savers group. The Seed Savers group, which comprises many of the children attending preschool, has made decisions about what plants to plant and how to harvest the seeds.

They have made seed-saving packets that are used each time seeds are to be collected and saved with the idea that saving our seeds will enable us to grow more food and maintain a healthy seed bank not only

for ourselves, but for the broader community.

The continual planting and harvesting of seeds has enabled the Seed Savers to select varieties they want to grow and to try new seeds that they have not previously thought about growing. Our Madagascar beans are testament to this philosophy.

It has also enabled knowledge about sustainable practice to emerge culminating in the children winning the Hope Rumble (Stewart) Trophy at the Nimbin Show for Champion Vegetable Display.

Nimbin Preschool recently received an Exceeding Rating in the National Quality Standards Rating and Assessment. Our sustainable practices with young children formed part of this rating assessment.

an idea of what to expect.

Because the Stephanie Alexander Kitchen/Garden Program is a core part of our whole school curriculum, the Kindergarten class spends many hours outdoors in the veggie garden where various aspects of learning are blended across all subject areas. This year we have performed all the usual gardening tasks: preparing beds, planting seedlings, maintaining the flowers, watering and weeding, looking after the worm farm, not to mention participating in the big compost day. So what does this look like in terms of literacy and numeracy? It is story-telling, measuring, learning about life-cycles, reading books, writing short words and sentences, art and craft, sorting,

finding patterns and so much more.

Learning outdoors is not restricted to the veggie garden, but includes the garden outside the classroom.

The outdoor program enriches learning for the Tunttable Falls Kindergarten children. Research into learning now suggests that working outdoors can be more conducive to learning because higher levels of focus are generally achieved.

A parent information talk will be held at the school on Tuesday 18th November at 3pm, and dates for transition Kindies are: Monday 24th November (9am-12.30pm) and Wednesday 3rd December (9am-12.30pm). Please phone the school on 6689-1423 to register interest.

## Kindy-garden

by Deborah Williams

The journey into school life is enormous: exciting and challenging for both the Kindergarten child and the parents. For the parents, choosing the right school environment is paramount. For the child, feeling safe, nurtured and happy is essential for the transition. This can be enhanced with transition days before the beginning of their school year. The transition children look up to the older more experienced Kindies and try to follow the established class expectations and routines. And by the time the new school year begins, they have

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## Nimbin Community



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Preschool: Nimbin A&I Showgrounds, Cecil St.

Phone/Fax: (02) 6689 1203

Email: [nimbinpreschool@bigpond.com](mailto:nimbinpreschool@bigpond.com)

## Tunttable Falls Community School

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**Kindy 2015**

Call to register interest

[www.tunttablefallschool.nsw.edu.au](http://www.tunttablefallschool.nsw.edu.au)  
[tunfalls@australis.net](mailto:tunfalls@australis.net) 6689 1423



Unique place and unique education

Parent info night Tuesday 18 Nov, 3pm

Transition to kindy days 9-12.30pm

Monday 24 Nov and Wednesday 3 Dec

# NIMBIN BOWLO

25 Sibley Street  
Phone 6689-1250

## What's On in November?

- Saturday 15th – Visting Club: Geebung, Brisbane
- Rock & Roll Bowls – Sundays 9.30am, with breakfast
- Friday Nights – \$15 Buffet, Meat & Vegie Raffles
- Open Mike Nights – Wednesdays 19th Nov, 3rd Dec

**BOOK IN YOUR END-OF-YEAR FUNCTION NOW!**

- Social Membership – Still \$5pa
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## Nosin' Around with PAC



This fly was probably hit by transport on the road out of Nimbin heading north, on the straight after the Bush Theatre entrance. It was still alive when I took some shots of it, and I had to move it back into the sunlight to take this particular shot. The lens was about four or five centimetres from the fly. I could not get any closer, as the lens would have cast a shadow.

### Balance of Nature Haiku

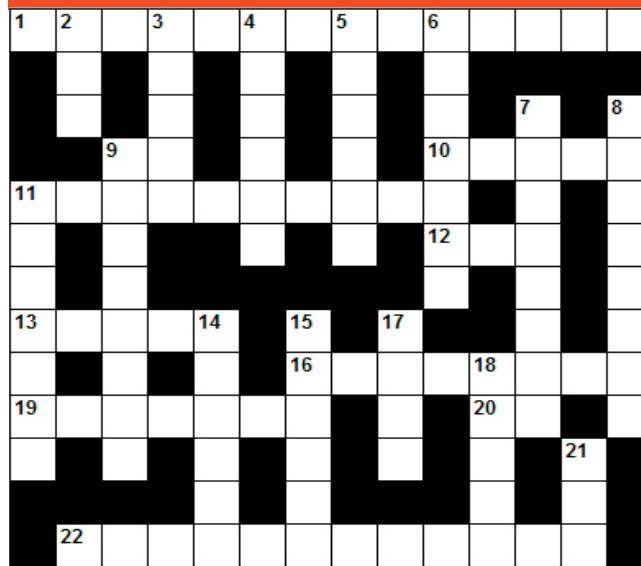
Spring bursts on the farm  
He marvels at nature's force  
Sharpens the chainsaw  
– Robin Archbold

### Dairy Dreaming Haiku

The radio blares  
He shuns the milking machine  
And dances badly  
– Robin Archbold

## Nimbin Crossword

2014-11  
by 5ynic



### Across

1. Luxury Nimbin Farmstay (7,7)
9. Mains electricity
10. Not a native feline – exotic clothing on Cullen Street
11. Dice and board game – race to bear off all one's checkers
12. Expression of disgust
13. Primordial Greek titan
16. Expected to lose
19. Insulated flask
20. While?
22. See 21 down.

### Down

2. Furies (init.)
3. Extract shale or coal gas by

- pumping in hydraulically pressurised fluids
4. Renegade
5. Government
6. Kings' seats
7. Towards the heavens
8. Cheapest class on a ship
9. Hero of Trojan war
11. Secondary sexual characteristics
14. Fool (Yiddish)
15. County on South coast of England
17. British port, present day Yemen
18. Naturally occurring radioactive gas
21. (and 22 across) Swap, buy or sell your unwanted books here in Nimbin (3,4,8)

Solution: Page 21



The world according to **Magenta Appel-Pye**

**M**y mother-in-law is constantly going to the doctor to find out what ails her. She confides in me that she knows what the problem is. Too many birthdays.

Each year she sends me a cheque and a card 'Here is your fee for each year of your splendid life'.

Having undiagnosed Lyme disease for 12 years, I dreaded that I wouldn't make it to 50. After reaching that milestone, I realised how precious life is and now I like to celebrate my birthdays in grand style like kids do. I want a party, music, singing, dancing, cake and candles. The works. And I know I'm not alone.

A bloke on a remote farm in Tasmania noticed a man walking down his driveway one day. "Hi, I'm your neighbour and I've come to invite you to my birthday party. But I have to warn you, there will be lots of drinking." That's OK, said the bloke, I certainly don't mind a few drinks. "And I warn you, there will be lots of fighting." Well I'm pretty good at looking after myself and I know how to stay out of trouble. "And I warn you, there will be lots of fucking going on." Well I'm pretty broad-minded. Tell me, what will I wear?

"It doesn't matter," says the neighbour, "it's only you and me." It's strange how families often have an astrological cluster of birthdays. Within three weeks of October/November my family celebrates 6 birthdays. Then there's my poor Piscean sister, whom no-one understands, out there on her own.

With my brother's birthday the next day, I only have one day to feel special. But that cheque in the mail with the extra \$10 each year sure does the trick. It's almost worth marrying for. Check out my Facebook page: [magentaappelpye](http://magentaappelpye)

## trivia

Devised by Martin Gill

### Questions

1. What is the name of the body of water that separates Europe from Asia in Istanbul?
2. How many of the original Rolling Stones are still permanent members of the band?
3. Where is the airline Etihad based?
4. What would you do with a nargile?
5. Who hosts the TV show "Mad as Hell"?
6. What is the main ingredient of praline?
7. In which Australian state is Mt Wellington?
8. Who did Tony Abbott threaten to shirtfront recently?
9. What is Australia's country code for international phone calls?
10. The term Hepatic refers to which body organ?

- Answers
1. The Bosphorus. It joins the sea of Marmara to the Black Sea. A ten-minute ferry ride gets you from Europe to Asia.
  2. Three. Mick Jagger, Keith Richards and Charlie Watts. Brian Jones is no longer with us and Bill Wyman is doing other things.
  3. Abu Dhabi in the UAE.
  4. You'd smoke it. It is another name for a hookah.
  5. Shaun Micallef.
  6. Hazelnuts.
  7. Tasmania. It stands above Hobart.
  8. Vladimir Putin. I'd pay money to see that, especially if he wore his budget smugglers.
  9. 61
  10. The liver.

# CHAKRAS: A SUMMARY. PART 7

by Zuela Christie

The energy system within us is the blueprint from which our bodies are built for our spirit to incarnate into matter – into this 4D world (three dimensions of space: length, width, depth + time). It is the deepest level that we can access from here. This is quite literally the level of our soul.

The chakras are spinning vortices – the energy relay centres which represent our different levels of consciousness within.

When light is refracted through a prism and the rainbow of different colours appear as a result, this is an exact analogy for the chakra system in the centre core of our energy field. Each chakra is showing a different colour as the vibratory rate is stepped down from fastest to slowest – from the crown to the base. You are a rainbow.

Also, a musical octave – or at least the 7 notes before the first is repeated.

The chakras receive and transmit from the creative Source of human life. It is through them, and then on through the nervous and endocrine systems and thence to every organ and cell in the body, that the soul is able to

express itself in form, and the intelligent homeostasis of the organism can be maintained. The chakras are like flowers and have various degrees of openness depending on the maturity of the soul.

Energy has two pathways: the incoming pathway of manifestation and the outgoing one of liberation. The first steps the higher spiritual energies down to form matter, while the latter frees the dense vibrations of matter to return once again to their spiritual origins.

**Crown Chakra: Top of head. Clear Light. Note: B.** Governs the incoming and outgoing energies of the soul, the relaying of energies from, to and between the spiritual and physical realms. Main developmental tasks – Connection to Source. Awareness of multidimensionality. Attainment of joy, peace and tranquillity.

**The Third Eye: Middle of brow. Purple. Note: A.** Governs mental and intellectual activity, Intuition and psychic abilities, eyes and vision. Pineal and pituitary glands, choroid plexus (secretion of CSF).

Main developmental tasks – Concentration, clarity, wisdom, self-mastery, inner vision, intuition, control of external senses, meditation.

**Throat Chakra: Middle of neck. Blue. Note: G.** Governs the nervous and endocrine systems (the body's main systems of communication). Throat, neck, jaw, ears, nose, nasal and oral passageways. All body joints. Thyroid gland. Cervical plexus.

Main developmental tasks – Clear communication. Self-expression. Being in tune with others, nature and the universe. Resonating with love, truth, honesty and integrity. Expression of individual and universal truth.

**Heart Chakra: Middle of chest. Pink, Green. Note: F.**

Governs all movement. Cardiovascular system, respiratory system, lymphatic system, chest cavity, brachial and cardiac plexuses. Chakras.

Main developmental tasks – Individual identity. Unconditional love. Forgiveness. Understanding, Tolerance and compassion. Transcending duality and judgement (right/wrong etc.) Identifying with the family of mankind.

**Solar Plexus: Below sternum. Yellow. Note: E.**

Governs digestive system (stomach, liver, gall bladder, spleen, pancreas and small intestine). Autonomic nervous system.

Blood sugar. Lumbar plexus. Main developmental tasks – Individual identity. Accepting personal responsibility. Inner strength and will power. Finding purpose in life. General motivation. Aligning the personal will with the higher will. Empowerment.

**Sacral Chakra: 2" below navel. Orange. Note: D.** Governs reproductive system, urinary system, body fluids and secretions (sweat, saliva, semen, blood, urine, phlegm, hormones). Kidneys, ovaries and testes. Sacral nerve plexus.

Main developmental tasks – Sexual development. Establishing personal boundaries. Socialization. Balance in the give and take of relationships.

**Base Chakra: Base of spine. Red. Note: C.** Governs excretory system, skeletal structure, skin, hair and nails. Sciatic nerve, coccygeal plexus, adrenals. Connection to the Earth.

Main developmental tasks – Physical separation from mother and others. Getting basic survival needs met. Facing one's fears. Completing projects. Right livelihood. Becoming fully present in the present moment.

## ASTRO FORECASTS

by Tina Mews

WHAT'S HAPPENING IN THE HEAVENS?

### November

We have reached the deep probing sign of Scorpio in our yearly cycle around the zodiac. Scorpio combines the fixed quality with the water element indicating that individuals who are under its influence can have very intense and powerful emotions. The evolutionary intent is a penetrating, feeling-centred self-analysis and facing those inner parts that need to be integrated and healed. Once a goal is identified as desirable, the Scorpio ruled soul will pursue it with undeterred will power drawing from any resources that are available. Scorpions are said to have a mysterious and secretive nature, great recuperative powers and can miss out on light-heartedness. More than anybody else they are driven to get to the bottom of things, not leaving a stone unturned. Scorpio likes to dig for the subterranean riches including the truth and is not afraid to expose reality for what it is. Therefore, Scorpio energy is transformative and its owners can use it for helping and influencing others in a positive way. Nevertheless, their wilful nature, resilience and determination remain a power to be reckoned with. On the downside, Scorpio can hold onto his/her grudges far too long with a tendency to contemplate revenge. On the physical level this can lead to an accumulation of toxins, which then requires the body to move through a process of purging, transforming and healing.

Pluto, the mythic Lord of the underworld and ruling planet of Scorpio, plays a very important role in the current cosmic drama. We are in the midst of a 'planetary death and re-birth cycle', not really knowing the outcome yet. The Full Moon in Taurus during Nov 6-7 emphasises our need for balancing self-reliance and independence (Taurus) with being inclusive and opening up emotionally towards others (Scorpio) as a way to greater understanding and fulfillment. Venus is in close conjunction with the Sun and opposite the Moon highlighting the need of aligning values and commitments with our soul path. The week from November 8 – 15 could turn out to be quite dramatic and intense as Mars, the cosmic warrior, will make aspects of tension to Uranus (Nov 13) and Pluto (Nov 11), the two planets indicating collective change (Uranus) and transformation (Pluto).



We urgently need to address the ways we have been managing power and responsibility over the last few years. The call for individual freedom (Uranus) and the desire to satisfy our own personal interests (Mars) will be tested against the demands of the collective (Pluto). On a deeper level we will be dealing with moral considerations

as when to accept the application of power and authority and when to stand up against it. Mars is in the sign of Capricorn calls for self-discipline and self-sustainable living arrangements as well as pursuing personal desires in a responsible and methodical manner.

In many areas there will be a new impulse set as Saturn, the planet of realism and limitations, moves through the last degrees of Scorpio. Saturn will enter the next sign Sagittarius in late December. In Scorpio we have to face the shadow areas of our soul and are forced to deal with desires and fixations that no longer serve us. Here we learn the lessons of proper energy exchange and trust in the continuous flow of life, while struggling with aspects of ourselves that we are holding onto out of fear of loss. Saturn has been in Scorpio since October 2012 and has confronted us with the looming threat to our existence due to the ongoing destruction of our environment as well as the ongoing extinction of many different species and forms of life. Saturn in Scorpio's greatest fear is not only survival but also loss of control. Its influence makes us put up walls of security to guard our perceived vulnerabilities. Events that take place around the end of the month can be viewed as symbolising the closing stages of a 30-year old developmental cycle. Many structures, values and behavioural patterns have lost their meaning or usefulness. Our relationship to leadership and authority has changed; we are in need for a fresh design in regards to the socio-economic and political organisation of our communities. The New Moon in Sagittarius on Nov 22 highlights the need for a new vision.

For Personal and/or Relationship Astrology Consultation contact Tina on 6689-7413 or 0457-903-957, email: star-loom@hotmail.com

**Astrology at the Lillifield Community Centre**  
Wednesdays: 'Relationship Astrology', 10am-1pm  
1-day workshop: 'Neptune & the Quest for Transcendence' Thursday, November 27, 9.30am-4pm.  
<http://nimbin-starloom.com.au>

#### Aries

The week from November 8 – 15 could bring some unexpected changes to longstanding problems. Remain conscious of your energy and use it for your creative projects. Avoid getting drawn into power games. An important cycle is ending and you might want to investigate what your needs are concerning others, and what kind of effects others have on you.

#### Taurus

Your relationships might be more intense at the moment and certain areas are in need for change to avoid stagnant and negative emotions. You also may have started a new creative cycle at the beginning of the year which now needs to be revisited. Reflect on the commitments you made then, if they are still valid and contributing to your developmental growth.

#### Gemini

This is a favourable period for transforming and restructuring your daily routine. It might be that you have to pay attention to your health and diet; the time could be ripe for a detox or a deep energetic cleansing. Aim at cutting with old habits and thought patterns because daily life is teaching you the relationship between body, mind and soul.

#### Cancer

You might experience a major turning point in your creative life at the moment. Some doors might have closed while others are opened revealing new opportunities. However, this shift might not take place without some tension in your most intimate relationship(s) – and you do not feel like compromising! Express your grievances and clear the air.

#### Leo

At the moment you could feel a strong urge to work on yourself and your psychological patterning. Somebody in your family lineage might play an important role now, or you might experience some sort of crisis in your own home. Whatever the issue might be, things will become lighter again after the New Moon in forward looking and visionary Sagittarius (Nov 23).

#### Virgo

The strong Scorpio energy at the moment might kindle your interest in finding out what has been going on behind the scene. Mercury, the cosmic messenger, re-enters Scorpio on Nov 9 (until Nov 29), assisting you with examining the core of matters. Your voice will become important especially towards the end of the month.

#### Libra

Most healthy relationships emerge from a basic maturity in how we commit to meet our own needs instead of overburdening others with our unsolved issues. This moment in time might bring some important lessons regarding self-sufficiency. Issues from the past could be activated now (until Dec 5) and it might be best to keep a low profile.

#### Scorpio

The last New Moon eclipse (Oct 24) signified a new beginning especially in regards to your relationship dynamics indicated by the close proximity of Venus to the Sun. You may wish to reflect on your values and commitments and could come across some really profound information later on in the month.

#### Sagittarius

This is your time to reflect on the past 12 months as you are approaching your solar return. Distil the essence of this ending cycle and intuit the vision for the future. What has been working well and what needs to be discarded? The flow of energy is to withdraw deep inside, releasing, purifying, healing and regenerating...

#### Capricorn

At the moment you have the power to act as a catalyst for friends, helping them face hidden aspects of themselves, and transform their lives. Therefore you need to pursue your personal desires in a responsible and methodical manner. Mars transits your sun sign until December 5 indicating that you have strong ambitions to achieve your goals.

#### Aquarius

At the moment you have a strong will to succeed with your goals and your standing in the community is more important to you now than at other times. You might be called upon to mediate between conflicting parties or feel inspired to step into the role of a teacher. However, be aware of hidden schemes or strategies that could undermine your efforts.

#### Pisces

Journeys that you are undertaking now could be highly transformative, or you might feel like getting involved in some kind of research to gain a better understanding of yourself and the world in general. Whatever it turns out to be, it has to contribute to your soul's path and might be put to constructive use in the months to come.

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# Flavour of the month – La Cuisine

by Thom Culpeper

## Francaise. Salade 'Nicoise'

The debates, "Who's 'Nicoise?'" and "Of What..?" "How should it be served? Hors-d'oeuvre, or as some would have, as a main?" What is appropriate and who are the main participants?

*Escoffier*: (Ma Cuisine), with tuna and diced anchovy fillets, seasoned with 'fines herbes'; parsley, chives, tarragon and chervil, all finely minced. *Heyraud*: (La Cuisine a Nice), with artichoke hearts and whole anchovy fillets.

*Elizabeth David*: (French provincial Cooking), who within the base blend, opts for simplicity and the inclusion of capers, or *Escudier*: (La Veritable Cuisine Provencale et Nicoise) who opts to include shallot and NOT to serve in a bowl, but on an oval dish? So, voila!

These dissertations and symposia are what in the end add to the pure delight of the French gastronomes, their argumentative Chefs and their distraction with, 'La haute cuisine'. I'm coming down on David's side, this is not to 'deny' the 'Froggie' Hats, it is just that for me, she's a marvellous writer and a superb Culinist on matters of the French 'Fud' and the south in particular, often quoting Escoffier's dictate: *Faites simple!*

Following David, who abhors "Fussy chef's concoctions" and with this correspondent's leaning to the peasant style and the 'dent de sagesse' experience, I propose the following based on many shared tables in Southern France. In particular, Marseilles, fresh grilled tuna, or better still, 'pink' mullet, 'un drole de type',



(not in any way related to the Oz, 'oily'), make this plate a delight. Avec a toss of grilled octopus. A symphony of colour and essence, a 'fud' simple..!

### Macedoine Nicoise, Sauce Ravigote:

Lay together the following: 12 slices of grilled chicken, 8 blanched asparagus spears, 6 potato chats, 6 anchovy fillets, the halves of 4 hard-boiled eggs. With this mix, plate the following: 250gms oil, cured tuna, ½ stalk of celery, ½ red pepper. Arrange quartered heart of a lettuce, quartered tomatoes,, a dozen blanched green beans, two radishes, sliced, a scatter of red onion slices, sliced cucumber and a dozen or so black olives of choice, and half eggs, dressed with chilli paste or horse-radish (Harissa), and whatever the season offers on hand. Garnish with Genoa basil leaves and a nasturtium blossom or three.

### The Ravigote

1 part white-wine vinegar, 3 parts olive oil, 1 red onion, 20 leaves of oregano or

tarragon, ten capers, 3 cloves of garlic and 2 stems-leaves of parsley, all minced; pepper, salt, stir in ½ tsp of dry mustard powder. Stand for an hour or so to infuse.

Arrange the cut ingredients, plate and arrange the veg, the tuna and eggs to please the eye, dress with the Ravigote and sieve two hard-boiled egg yolks over the plated salad. Garnish with basil leaves and blossoms. Serves 4 as a main, or 6-8 as an hors-d'oeuvre. A true companion of the bouillabaisse or a dish of ratatouille nicoise.

And from memory, a splendid lunch in Arles was something of this nature but done with duck eggs and the Ravigote was based on walnut oil, with black truffles and pickled walnuts from Auvergne, strewn with Calendula petals and Borage blossoms. This salad was accompanied by a veritable mountain of moules a la Provencale.

Delightful are such moments at a table. Indeed. Indeed. Pour de bon.

## For food lovers

Text & photos by Jeni Allenby

The Food Lovers Sunday events currently being held every weekend at Blue Knob Hall Gallery and Café are proving very popular with both the local community and visitors to the region. We've attended six now. We thought *Nimbin GoodTimes* readers might like to see a few photos.

We were lucky enough to attend the first one because the day before we ran into Jeni Kendall and Paul Tait at Blue Knob Farmers Market. They explained that the idea was to encourage local cooks and Blue Knob Farmers Market stall holders with a love of food to cook fresh, local, seasonal lunches at the Café on Sunday.

As they wrote in the August issue of the *Good Times*: "Starting on Sunday 17th August, the Blue Knob Hall Café will have four different chefs each month present a delicious lunch, with different dishes and delicacies from all over the world".

You'd hardly believe the wide range of cultures and cuisines we've enjoyed at the Café over the last few months: Morocco, Egypt (both beautifully created by local chef Hussein el Weshahy), Japan, India (twice) and Lebanon are

the ones we've personally attended. And you really do get to feel you are traveling, with some chefs decorating the café with treasured items (textiles, religious items, local music, etc) from much missed homelands or places they've visited that grew on the heart. As the last line of Jen Harkness and Paul Geense's "North Indian Vegetarian Menu" so perfectly puts it: "made with love and intent... and happy crazy intensely beautiful memories of India".

November will take us to Turkey (with Hussein el Weshahy returning on the 2nd), Spain, France, (Daniele Voinot used to have a delicious French cafe in Nimbin many moons ago and Claire L'Arrivee on the 23rd) and Greece (a special treat to finish the month with Lae Oldmeadow presenting 'Lae's Table' – from Greece on the 30th) as well as allowing us to enjoy Nimbin Farmers Market stall holders Ashlee and Matt's "Nimbin Valley Cuisine" on the 16th.

It's not just the different cuisines that make these lunches special. Equally important is the emphasis each week's chef - many of whom are Blue Knob / Nimbin Farmers Market stall holders – places on sourcing local ingredients.



The ta'amiya that Hussein el Weshahy served as part of his 'Egyptian Delicacies' (left); Andre and Kaori setting out their stunning 'Traditional Japanese Springtime Buffet' (right).

Jen and Paul Indian vegetarian menu let guests know that "all milk products are from small scale local organically and ethically managed farms. All vegetables are organically and locally grown. Local biodynamic spelt and rice". No wonder everything tasted so good – we still dream of their alsoo paratha and homemade kulfu icecream.

Some chefs are identifying their suppliers even further. Andre and Kaori have taken over the Café kitchen three times, twice producing exquisite Japanese cuisine, and most recently a 'Wholesome Lebanese Vegetarian Banquet'.

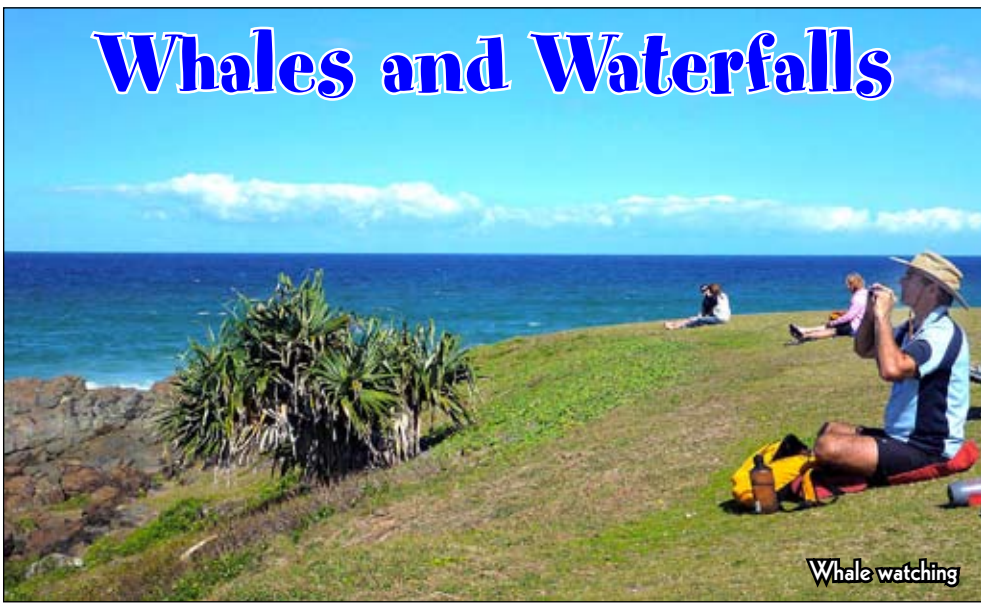
Their hand-written menu on the Café's wall at their Lebanese banquet let us know exactly where our food originated. For example, their kabiss "a selection of seasonal home pickles" included "turnips carrots beetroot from Jake @ Blue

Knob Farmers Market, red radish from James @ Blue Knob Farmers Market and cucumbers from Jiggi organic gardeners". Their stunning tabouleh "parsley and burghul salad" featured "parsley, shallots, lemons from Lae and Gerard's garden at Blue Knob" and their hummus bi tahina was "made with organic sprouted chickpeas from Gillian @Blue Knob Farmers Market".

We love how locals attending the lunch compliment the growers concerned, some of whom were at the lunch, about their great produce. The fact that so much is sourced from Blue Knob / Nimbin Farmers Markets just makes each lunch more special. Thank you so much to everyone involved!

For more info: [www.blueknobgallery.com/foodloverssunday.html](http://www.blueknobgallery.com/foodloverssunday.html)  
Bookings are essential: phone 6689-7449. Cash only.

# Whales and Waterfalls



Whale watching

by Diana Hughes

The Tweed Coast walk on September 28th led us through an array of wild flowers and whale breaching. A lovely day, with good company too. David, our leader for the day, was extremely knowledgeable about plants. The ground orchids and sundews were so tiny there's no way I would have spied them.

The fire trail behind the houses was thick with wonderful regeneration. Grass trees, three varieties of banksia and melaleuca, coral ferns, epacris, persoonia, calytrix, ricinocarpos, sawsedges, fringe lilies, vanilla lilies. But no flannel flowers. From heathland we walked through paperbark swamps, sedge lands, littoral rainforest.

Enjoyed lunch on Hastings Point headland overlooking beaches, rocks offshore, whales breaching. But the day wasn't yet finished... Walk through another swamp forest at Tweed Bicentennial Gardens, not a 'garden' at all, as I'd imagined, but pristine bush with named trees, several boardwalks, and a total

absence of visitors. Lots of ground-covering midyim. Surprised by a large goanna, who quickly climbed out of reach, displaying his stumpy remains of a lost tail.

It was a long walk, and I was pretty exhausted at the end! The weather was nice, and the wildflowers lovely. And we had the walks to ourselves, which was a real treat.

On 12th October, nine people turned up at Minyon Falls Lookout for our scheduled bushwalk. The planned walk was the Minyon Falls Loop Track, but this walk was closed due to fire. From the lookout we could see burnt out areas and smoke rising at the top of the gorge.

We decided to do the Boggy Creek Track from Minyon Falls to Rummery Park. It was a pleasant easy walk with frequent access to the water, pretty creek-scapes, pools, cascades (barely working on this day) and swimming holes. We stopped for lunch at the Rummery Park picnic and camping area – formerly an old logging camp, now managed by National Parks. Great place for camping or picnic.

After lunch we set out on the Peates



Coast walkers



Paperbarks



Beard orchid

Mountain walk – a 7 km return journey. This old track has been recently upgraded very nicely by National Parks. We passed through diverse forest types and old logging coups. We saw the remains of old felled forest giants and much advanced regrowth, including regeneration rainforest.

Also spotted on the walks were land mullets, one whip snake, two goannas (at picnic area), tiny tadpoles (not toads), sulphur-crested cockatoo, small ground orchid flower, kookaburras, and more. A most enjoyable day.



Truncated goanna

# Walks Program for November

Nimbin Bushwalkers Club Inc.

## Sunday 9th November Egg Rock, Numinbah Valley

**Leader:** Bill Potter 0428-737-747  
**Grade 2-3:** 4 hours return. Walk west along national trail and ascend along prison farm boundary fence with intermittent views of five-story Egg Rock rising out of the valley below. Descend into valley where creek flows past base of Egg Rock, swim and have lunch. Return the same way.

**Meet:** Car pool at Murwillumbah Show Grounds on Queensland Road opposite Taylors Corner Garage at 8.15am. Alternatively meet at start of walk on Numinbah Valley Road, north of Numinbah at horse riding school on left, just before you get to the entrance of the Correctional Centre (prison farm) at 9.15am.

**Bring:** Hat, sunscreen, lunch, swimming togs.

## Sunday 23rd November Clarrie Hall Dam & AGM

**Leader:** David Holston (0452 471 327)  
**Meet:** Dam wall at 10am for easy walk around the dam, approx 1hr on a mostly shaded return trail from carpark. AGM (approx 11am) will be held in the picnic area – picnic tables and toilets available, and there are interpretative signs at the dam wall. All welcome, but only members have voting rights.

**Bring:** Water, food for picnic, hat.

## December & January

There are no walks scheduled for the two hottest months. Have a great summer!

Visitors welcome, for a fee of \$5 per walk. Club membership is expected to be \$17 for 2015. For enquiries, contact the Secretary, Michele Alberth on 6632-1214, or go to: [www.nimbinbushwalkers.com](http://www.nimbinbushwalkers.com)



# Nimbin Garden Club



by Gillian Jones

The October Nimbin Garden Club visit to Wallace Road was one of the nicest gardens we have visited this year.. Over 25 members and friends immersed ourselves in the beauty

and harmony of this special space.

Brian and Michael's garden is on a north-west facing valley with deep rich top soil and a benign micro climate down one of the Channon's lovely valleys. The lush lawns and orchard slopes were interspersed

with healthy vigorous gingers, heliconias, herbs natives, bamboos and bromeliads designed around walkways and terraces providing a leisurely stroll for us to enjoy the surroundings.

The intensively cultivated four acre gardens have been established over 10 years. Originally a native bush food orchard, but abandoned due to the difficulty of deriving an income, Brian and Michael, who are both experienced well-known chefs in the area, have taken over the 15-acre property and created a place of beauty and harmony.

With over one hundred different gingers and rows of Davidson plum trees, mangoes, lemon myrtles, mangosteens, feijoas and a large variety of other fruits and edible plants, the garden was an example of how culinary plants can be incorporated into a visually pleasing design for maximum culinary use.

Other plants have been designed to provide colour themes throughout the terraces, with dragon fruit, french tarragon, turmeric and other unusual spices and bulbs which complement Brian and Michael's cooking prowess. Dams provide plentiful water and the buffalo grass lawn held no ubiquitous bindis, which is the scourge of many gardens this year.

The raffle prizes were donated by Bunnings. The next garden club meet will



be held on Saturday 15th November at Jarlanbah community centre where member and guests will enjoy an early Christmas lunch. Members are requested to bring a plate of food to share and there will be a fee for non members to attend the lunch.

We are always looking for new gardens to visit for 2015 and welcome any new members. We would like to thank all people who have made our garden visits this year so enjoyable and look forward to meeting many new friends and enjoying new garden visits in the year ahead.

[nimbinggardens@gmail.com](mailto:nimbinggardens@gmail.com)

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# 'Nocebo' is a relevant medical term

by Alan Roberts

Just as a placebo is an ineffective substance that causes beneficial effects, a nocebo is a similarly ineffective substance that causes ill effects. In Latin nocebo means "I will harm". Nocebos teach us a lot about the power of our brains over our bodies. There's lots of intriguing examples, here's some: "Japanese researchers tested 57 high school boys for their sensitivity to allergens. The boys filled out questionnaires about past experiences with plants, including lacquer trees, which can cause itchy rashes much as poison oak and poison ivy do. Boys who reported having severe reactions to the poisonous trees were blindfolded.

"Researchers brushed one arm with leaves from a lacquer tree but told the boys they were chestnut tree leaves. The scientists stroked the other arm with chestnut tree leaves but said the foliage came from a lacquer tree. Within minutes the arm the boys believed to have been exposed to the poisonous tree began to react, turning red and developing a bumpy, itchy rash. In most cases the arm that had contact with the actual poison did not react."

In another experiment, asthmatic patients breathed in a vapour that researchers told them was a chemical irritant or allergen. Nearly half of the patients experienced breathing problems, with a dozen developing full-blown attacks. They were "treated" with a substance they believed to be a bronchodilating medicine, and recovered immediately. In actuality, both the "irritant" and the "medicine" were a nebulised saltwater solution.

How does this nocebo thing work? In 1997 an Italian neurophysiologist called Benedetti gave consenting patients with mild pain an injection which he said would increase their pain within 30 minutes. Some patients were given a saline injection and the others were given proglumide, which blocks a hormone involved in hypersensitivity to pain and anxiety. Neither injection itself causes discomfort.

Those injected with saline experienced increased pain whilst those injected with proglumide experienced no pain increase – the nocebo effect was absent. This showed that the brains of the saline treated patients had triggered the hypothalamus-pituitary-adrenal hormone pathway leading to

the nocebo effect of increased pain. This is the pathway that was blocked in the proglumide patients.

In 1973 an American man was diagnosed with terminal liver cancer and given a few months to live. He died in the appointed time but the autopsy showed that the tumour was benign and hadn't grown. His doctor wrote: "I do not know the pathologic cause of his death". Could it be that, instead of the cancer, it was his expectation of death that killed him?

An oncologist from Sydney hospital with years of experience, including more than 1000 melanoma patients, found that there was a small group of patients who, on receiving their prognosis, died rapidly before the malignancy had developed enough to cause death. This he thought the equivalent to the effect of "pointing the bone".

So for some people the misperception of an actually benign entity as being harmful manifests in the real physical effects of their perception, even to the point of death. Hence it's important to discern whether it's your brain causing ill health or an outside agent – that's what science is for.



Lately I have noticed that some days the sky is covered with line and criss-crosses, watching planes with a trail of this white heavy cloud coming out. The lines of cloud emitted from these planes are lingering in the sky for hours. I have perceived that some days, planes are up there making line after line of these peculiar 'clouds'.

During community demonstrations such as the Nimbin MardiGrass or the Bentley blockade, these enigmatic emissions from the planes were in abundance. It almost seems as if the plane is assigned to make as many artificial mysterious clouds above us as possible.

I live in a pristine, natural, and remote part of this region where the pollution is minimal, but lately after the planes have come with the white lines coming out their back, the lines have turned into zigzag clouds, often a brownish, grey tinge



by Elowishus Mirkatroid

resembling the sky of a polluted city like New Delhi. Is this being paranoid or merely sensitively perceiving from a phenomenological perspective?

As an individual highly concerned with my health and that of the ecology, I am concerned by the unusual cloud formations at late. So I decided to do some research into the anomaly I have been observing.

One mob says it is a mystical fantasy made up by wild fear mongering conspiracy theorists, and the lines I am

seeing are contrails, ice crystal, and pure innocent H<sub>2</sub>O. I have seen a contrail and it disappeared after about a minute, as it was simple water vapour. Yet the clouds I have seen of late coming from planes behind, have been lingering for hours, sometimes all day, even blocking out the sun.

An 'organisation' who call themselves the WHO, that deal with global matters, claim this phenomena is geo-engineering, claiming it is 'science' to combat the horrors of climate change. They do not really give us much scientific information about what it is, or how it actually does what they claim.

Perplexed, I decided to investigate some independent researchers. Some have conducted tests on the residue and found traces of heavy metals such as barium, lead, lithium, mercury and aluminium, to name a few.

Big sprays seem to be happening in many places,

as I see independent photos popping up online sites regularly, mostly taken by civilians predominantly in 'Western' countries like Australia and America. Just the other day in America, one of these planes 'accidentally' sprayed a whole school with one of these heavy metal concoctions.

I want transparency, truth and justice. What if there is plot by psychopaths to depopulate the planet with insidious toxins, slowly poisoning everyone? It seems nearly every aspect of our society contains carcinogens from our water supply, our transport, to our food, and even 'health products'.

Wouldn't it be nice to have clarity on such a potentially serious topic? For if it was a myth like the Easter bunny, I am sure there would not be so much heated passionate debate, or contradicting information.

# JumpShakeDance

On Saturday 18th October, Jump Shake Dance held an end of year concert at the Nimbin Central School MPU, showcasing the routines that choreographer Roisin Francis and her students have been working on all year.

There was a great turnout on the evening with family, friends and dance enthusiasts attending to show their support. After opening the dance school in October 2013, Roisin had a great response from the Nimbin community and surrounding areas. Jump Shake Dance students performed tap and modern routines, while guest dancers were invited to perform, offering variety to spark interest in different dance styles. There were performances in tap, modern, Irish, flamenco and salsa.

Serena Joy's Nimbin beginners flamenco group performed admirably after only one term of classes. Serena Joy has been running classes and performing flamenco in the Northern Rivers for the past 10 years. Classes are held in Lismore on Saturdays and Nimbin on Wednesdays. If you are interested in joining or would



Gail, Tanya, Gwen, Roisin and Steve



like more info, contact Serena on 0405-819-404. Serena is starting new choreography soon, so get in quick.

A vibrant performance by the LaSalsa Latin dance team lit up the stage. LaSalsa Latin dance teaches three nights a week at Kirra and Byron, and holds regular dance parties each month for danceaholics to get their fix. Teacher Leyla has been teaching and performing in the Byron area and beyond for over 12 years. Robert joined forces with

Leyla in 2013 and together they are LaSalsa Latin Dance. Contact Robert: [www.facebook.com/robert.frater.71](http://www.facebook.com/robert.frater.71) or phone Leyla on 0429-053-088.

Overall it was a great evening showcasing local talents. Jump Shake Dance looks forward to starting up classes again in the new year. Contact Roisin on: [jumpshakedance@outlook.com](mailto:jumpshakedance@outlook.com) or phone 0457-370-396 for more info on classes.

Photos: Chelsea Freeman



## Nimbin Headers V Duke of Gloucester

This is an annual fixture that has been played in late October for 15 years, with the Sydney team holding the trophy for the last five. Nimbin won this thrilling game 3-2.



## Support your local tennis club

Registrations for the Nimbin Tennis Club are now due for the season 2014-2015. You can register at the post office with Byron, or phone 0417-298-642 for more info.

The registration is \$75 for one member and \$100 for the whole family. The courts are now insured and registered with Tennis NSW, and we now have a new net for the second court.

We are looking for some coaches for kids, so if you have the skills required, please phone 0417-298-642.

The Tennis Club will soon organise some competitions with the surrounding clubs, which should be a lot of fun.

## Shotput star shines

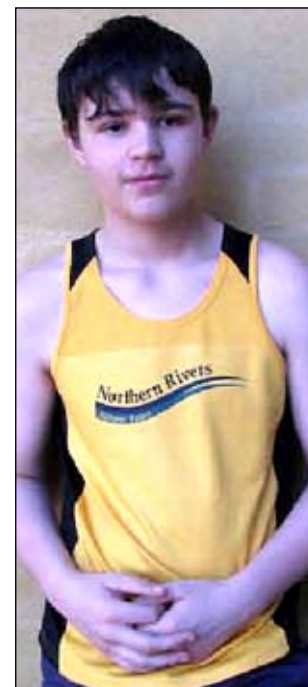
Huge congratulations to Year 6 Nimbin Central student Victor Marincowits (pictured), who has just returned from the State Athletics Carnival in Sydney.

Victor represented the Far North Coast in the 12-year boys shotput event, where he competed against the State's best.

Though unplaced at the meet, Victor competed with gusto, and should be very proud of his achievements.

Certainly some of mum's genes are at play, as Yvette also represented South Africa in shotput at the Olympics.

Everyone at Nimbin Central is very proud of him.



# Discover fitness with the experts



The team at Nimbin's Discover Fitness, personal trainers Cassandra Jefferys, Chrissy Schyff and Sharron Webby (above) are gearing up for summer, and are ready to help you achieve all your health and fitness goals.

Whether it be group fitness, yoga boot camp, Zumba, an individual personalised gym program or personal training, there is something for everyone, all fitness levels can be catered for, and no challenge is too big or small.

What we hear most as trainers are your obstacles: "I can't afford it, I don't have time, I am too unfit." Together we can overcome all these barriers and have you well on the road to becoming happier, more positive, stronger and revitalised.

We offer a wide variety of payment options to accommodate your budget, and flexible personal training times to fit in with your busy schedule. From early morning, all through the day, and into the evening.

Cassandra has six years experience and specialises in helping clients achieve their target weight loss goals, sculpting and muscle hypertrophy especially for men, and has had numerous rewarding successes, empowering clients and guiding them gently through to recovery from injury, reducing their pain and preventing further injury.

Sharron has 8 years experience specialising in training 50 to 80 year olds and with regular weekly workouts, sees great



### Lisa's story

I began my fitness journey 2½ years ago, and my before and after pics show the result. During this time I gradually shed 45kgs and learned to love being fit. When I began, I could barely manage 20 minutes of very moderate exercise, but slowly and steadily I built up. As I lost the kilos, my fitness level increased, and the fitter I got, the longer I could train. Cass was with me every step of the way with her expertise, encouragement and unconditional support. From day one, I felt welcome and comfortable as I huffed and puffed and sweated and groaned.

In addition to dropping four dress sizes, my high blood pressure meds are now unnecessary, stress on my joints is gone, sleep apnea is gone and I have so much more energy. I know very well how hard it is to take that first step, but I am here to

improvements in their strength, fitness, flexibility and balance. Sharron also enjoys the group fitness environment, and will advance all fitness levels towards achieving their goals.

say that once you do the rest will follow.

I now train three times a week to maintain my fitness and because I enjoy feeling strong and energetic. I love how I now look but more than that I love how I feel. Whether you are wanting to lose weight or just get fitter I would encourage you to book in for an initial evaluation and go for it.

My heartfelt thanks to Cass and the other trainers and all my wonderful friends I have made who have encouraged me on my journey as they travelled theirs.

– Lisa Roberts



She believes you should not let age dictate your life. With fitness, your love of life, confidence, self-belief and independence, can soar. It is never too late, you are never too unfit, and you can find the time!

Chrissy has several years experience as a body worker and massage therapist, is a qualified group fitness instructor, has completed Levels one and two in fitness boxing, and continues to study and train in the fitness industry. She has an incredible passion for fitness and is full of encouragement and support to help individuals, all ages and levels, meet their own fitness, strength and wellbeing goals. Her focus is to help people achieve their goals within their time limits, and have fun as well. Chrissy believes health and fitness is possible for all, and is committed to help this happen.

### Open Day 14th November, 4.30-7pm

We would like to give our community a wonderful opportunity to come and check out the amazing facilities that the Physical Activities Centre has to offer.

Discover Fitness, invites you to come and talk face to face with our highly skilled instructors – find out what is available for you on a personal level – offering an opportunity for those afraid to start for whatever barriers you may feel are preventing you jumping into your fitness routine.

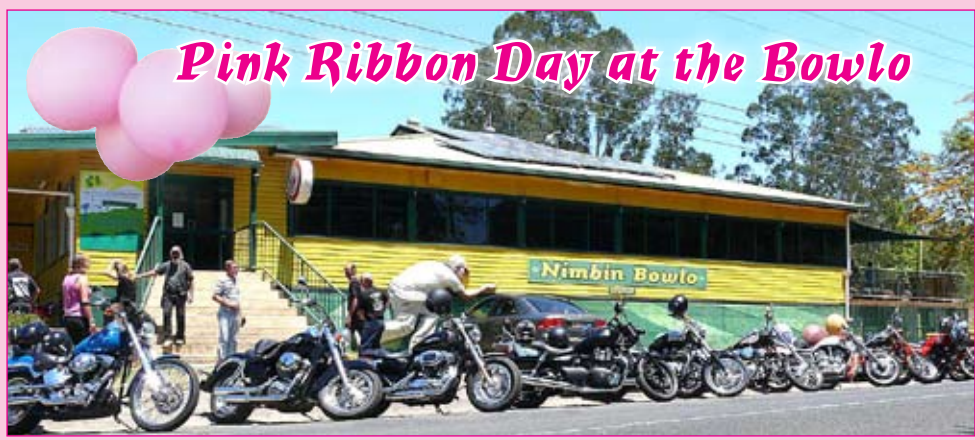
All the instructors are here to encourage, motivate and support you, no matter what fitness level you are.

At 5.30pm, Personal Trainer Cassandra and other guest speakers from allied health professions will be offering a talk relating to injuries, weight loss and fitness for general health and wellbeing; giving you information to empower yourself and move you towards your goals regarding rehabilitation and wellbeing.

Lisa, who has had an incredibly successful journey with her own weight-loss, fitness and lifestyle changes will be available to talk to during the evening.

Refreshments will be available. For further information, please call Cassandra 0428-439-526.





## Pink Ribbon Day at the Bowlo

Sunday 26th October was a good day for charity, with Nimbin Bowlo's Pink Ribbon Day raising \$815 for breast cancer research. Organiser Pat MacDonald said, "It was a really good day. Thanks to all the local businesses who donated prizes for the raffles, and to the womens bowls committee for all their help."



Local duo RhythmShift provided a lively rock'n'roll vibe. Numbers at the club were boosted by the attendance of 140 motorcycle riders, who had booked in for lunch on the fifth annual 'Compression Depression' social ride for Lifeline which, with 18 corporate sponsors, raised over \$8000.



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## Bush Theatre back to glory days

The re-opening of the Nimbin Bush Theatre on Saturday 11th October was a raging success. Over 300 local residents and visitors came to show their support to the new proprietors David Hyett and Louise Grenfell in their new venture.

A beautiful spring day ensured that all planned outdoor activities which included welcome to country from Lewis Walker, live music and outstanding hip hop dancing by local teenagers Harry and Ish were enjoyed by the appreciative crowd.

The Bush Factory, which David has nick-named the Nimbin Multiverse now houses Nimbin's newest café Phoenix Rising, the Bringabong shop, the Bush Theatre and Nimbin Candles. The combination of these interesting businesses makes the Bush Factory a very viable tourist destination, and has extended the village boundaries beyond the main street of town.

David and Louise are very happy with the first few weeks of trading. The café is getting repeat customers who are enjoying the peaceful creekside setting and the excellent coffee made by two



of Nimbin's most renowned baristas, Sonya and Chris and the fact there is room for children to play safely.

The Bringabong shop, an iconic retail outlet with a cult following, is back on track. The loyal customer base is seeking it out and sales are improving after the main street fire.

The first gig in the theatre was a success with three bands, Unsupervised, MysticBeats and Celstino delighting the 150 patrons, who all loved to dance and dance they did.

The big Halloween party for

the local children was a blast (pictured), and many more activities are in the pipeline for the coming months.

There is live music on the outdoor stage every weekend from noon to 4pm Saturday and Sunday, and negotiations are underway with some big-name bands for the Theatre.

Louise is taking bookings for Christmas parties, which will be fully catered, and the theatre is available for hire to local interest groups.

For further enquires, contact David Hyett on 0418-824-598 or email: [dhyett@linearg.com](mailto:dhyett@linearg.com)



Di Ulrick retired from the Nimbin Bowlo in October, after 17 years service behind the bar.

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Leaving	Arriving	Leaving	Arriving
Lismore Transit Centre	Nimbin – Main St. (Park)	Lismore Transit Centre	Nimbin – Main St. (Park)
7.00am	7.30am	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
4.30pm	5.15pm		
6.05pm	6.35pm		

No Public Holiday Service  
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