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# Digestive problems and Bowen Therapy



I don't remember much I've been told about the planets that are influencing our lives lately, but I do remember things are supposed to improve, apart from the usual bend in the middle. But then again, I suppose there needs to be a bend in the middle, a positive and negative bent, otherwise we might all turn into light beams with floating tattoos.

Mind you, the way we're treating our beautiful mother earth, I'm sure that she is fervently praying we all turn into light beams soon so that she can have a well deserved rest from the antics of her recalcitrant offspring.

In the Chinese horoscope we are heading for the Year of The Goat and this is one little ball of potential light who will be mightily pleased to observe the arse-end of the Year of the Horse as it gallops away into the distance.

Horses look great, but they are inclined to kick, buck and bite if things aren't going their way and have delicate stomachs when it comes to diet. Whereas the good old goat eats almost anything without complaint, is relatively calm when it is contained and has the ability to dance like a butterfly over the most rocky of terrain.

Unfortunately our digestive system relates closer to the horse than the goat. Perhaps this has something to do

Conversely it is being seriously muttered about in the universes of science that the health of our digestive system may have much to do with how furiously we kick, buck and bite. Many parents have been exposed to the outrageous misconduct of children after their sugar treats, but apparently us grown up kids can also suffer emotional and mental disruption if our gut is not being fed the right stuff or is just not functioning as it should.

This is a bit of a Catch 22 because emotional, mental or physical trial can throw the gut into complete disarray. And regrettably long after the trial appears to have been nicely tucked away in the memory box the digestive system may still continue to misbehave in a strange and unusual fashion.

We can be left with a situation where many of the things we eat either go straight through us, give us stomach pain, make us nauseous or turn into a constipation that indicates the expletive 'shit a brick' may actually be a grand truth. Then again if we are really lucky we may only suffer from bad breath, bloated stomachs, weight gain, excessive flatulence, headaches and perhaps pain in the shoulders.

There are a few different biological reasons for these symptoms, but the good news

is that often this problem can be sorted with relative ease.

During my time as a Bowen Therapist I have assisted many people who suffer from a disrupted digestive system back toward good health. These included babies with severe colic, others whose stomachs just weren't right and also the very elderly who may have suffered from constipation or diarrhea for many years.

I always begin a session of any type of healing by checking my client's digestive system no matter what the issue, because if the gut is not doing its job properly then the body will be suffering on a deeper level and this will exacerbate back, shoulder, neck and limb problems.

On the other hand some back and neck problems can exacerbate digestive issues because the backbone truly is connected to the knee bone. We all function as one complete unit, physically, mentally and emotionally.

I am in clinic in Nimbin Wednesdays and Saturdays. It would be my absolute pleasure to assist you in any way I can within the realms of my experience and education as to the benefits of remedial massage, spinal realignment, Pranic Healing and last but certainly not least, Bowen Therapy.

Love, Light and Laughter.

For an appointment,  
phone 6689-0240 or mobile  
0439-794-420.

# What is Biodynamic Craniosacral Therapy?

by Betti Wille

In January's article I wrote about the different rhythms or "tides" that move through the whole of our living bodies. These tide-like motions come in at least three known patterns of pace and depth and they refer to our body midline (spinal cord). In Biodynamic Craniosacral Therapy (BCST) this phenomenon is called "breath of life" or "primary respiration". These terms point to a movement like inhalation and exhalation but the quality is a more fluid one. As part of our universal fabric it is present in every single one of us.

Explaining what Biodynamic Craniosacral Therapy means is always a bit of a challenge. It's like entering a field where thought and intellect better step back and give way to something very different. The other day an image lingered on my mind: the image of a flowing river, dynamic and very potent. I would like to share a few more thoughts about this and explain why BCST is a fluid-based therapy.

In the foetus, the percentage of water in the body is almost 100% and in an adult it is still 70%. Each one of us represents a "water feature"! Water is permanently on the move in our bodies, quite like a flowing river. Of course everyone has their own characteristics but altogether the flow of fluid follows a certain universal pattern (as expressed in the tidal movements of primary respiration).



During life we experience stress, strains and trauma. In very extreme situations or due to ongoing high stress levels, our nervous system is sometimes unable to dissolve the accumulated tension. The human body has its own strategy to deal with such an overload. Instead of collapsing, it encapsulates the problem and works its way around it, like a boulder in a riverbed. The flow of water is then altered accordingly, but still works well. We probably stumble over our boulders from time to time but don't recognize them as what they are (in fact they are encapsulated energy). These inert masses become part of our life patterns! When the "riverbed" gets too cluttered to run a healthy flow altogether, our body will

produce symptoms of severe distress or might even seek refuge in a more or less violent disease. This may be prevented by paying more attention to our inner realities.

A practitioner of Biodynamic Craniosacral Therapy is trained to "listen" to the inner realities of the body by using gentle touch. The body's drive to bring about wellbeing is always present. And health as a matter of fact is expressed in the motion of cells and tissues at all times. By acknowledging the inherent intelligence behind all "problems" and connecting with health rather than dis-ease, something happens: a softening, an opening, a sigh of relief from the body tissues and from deeper within. At last someone is listening.

If you have a Biodynamic Craniosacral treatment the question of resources will arise. "Where in the body do you feel well-being? And what does this feel like?" are typical questions. It's all about a balance between feeling safe and meeting the challenge of transformation. This is of utmost importance to set the self-healing process in motion. With BCST there's no need to relive past traumatic memories. It works on a cellular base rather than employing thought or psyche.

For more information email me: [biodynamic.touch@gmail.com](mailto:biodynamic.touch@gmail.com) I'm available for info/treatment until end of February, and again from May onwards. Let's be happy and enjoy this life fully!

[nimbin.goodtimes@gmail.com](mailto:nimbin.goodtimes@gmail.com)

# Sunsparkle at Rainbow Ridge

Sunsparkle Playgroup, for children aged two to four years old, meets weekly in term time at Rainbow Ridge School for Steiner Education.

Our playgroup program is based on the seasonal cycles of the year and is expressed through stories, songs, craft activities and festivals.

We follow a strong rhythm. We do the same thing in the same loving way each week, which helps to foster a strong sense of security and wellbeing in the children.

The heart of our playgroup is play, the most natural and normal activity of a child. Our simple toys are lovingly handmade from natural materials or gathered from Mother Earth. Silk cloths, handmade dolls, knitted balls, felt sewn animals, baskets of gumnuts, stones, shells, seedpods, and blocks of sanded and polished branches are all toys that are open ended. They have so many possibilities for the young child's

imagination. A seedpod could be a little boat, sailing down a blue cloth river, or it could be a spoon used to mix the porridge to feed to one of the dolls. A silk or cotton coloured playcloth can be used as a dress up, or pegged onto some chairs for a cubby house, or used as a warm blanket to wrap one of our dolls.

While children are busily learning imaginative self-directed play, the adults are engaged in their own purposeful work. Each adult task, whether it be sewing, tying a shoelace, sweeping or washing up, is done with care and devotion.

We bake bread from organic spelt sourdough, listen to a gentle puppet story, share songs and games, have a morning tea picnic and outside play too.

Sunsparkle playgroup is a nurturing and warm space which allows the small child to experience life in a healthy and wholesome way, and creates an oasis of peace, friendship and support for



parents.

For more information about Sunsparkle, please email [sunsparkle@rainbowridge.nsw.edu.au](mailto:sunsparkle@rainbowridge.nsw.edu.au) or call Rainbow Ridge School on 6689 7033.

## Rhythm in painting

Cameron (pictured) has discovered an effective rhythm within his paintings, using coloured circles. He meticulously organises patterns of circles according to colour and size that in effect create a purposeful rhythm.

Such is the depth of thinking applied by children within their image-making that they make visible to us, helping us to understand that image-making

is an interpretation of their ideas and theories at hand. For Cameron we observe an organisation and order in his thinking as well as a desire to design the image like a design of his mind.

Nimbin Community Preschool is taking enrolments for 3-5 year old children now. Places are filling up quickly so phone us on 6689-1203 for enrolment details.



## Nurturing skills for life and learning

by Natasha Livock

For the past three years, I have had the privilege of working at Cawongla Playhouse, along with a small group of community minded, professional, skilled, knowledgeable and friendly people whom I call colleagues and friends. Throughout this time we have slowly developed our own sense of belonging and identity. At Cawongla Playhouse, nurturing relationships is integral to our identity, and for this I am grateful.

At Cawongla Playhouse we care about one another; we understand that each of us has a family and a community that we belong



to. We acknowledge the challenges in creating and maintaining an all-important 'work-life' balance. At Cawongla Playhouse we ask each other questions and really listen to the answers, and for this I am thankful.

Cawongla Playhouse is full of beautiful, special and unique things: children, families, conversation, nature, vegetable and flower gardens,

positive communication, problem-solving, laughter, dance, play, learning and respectful relationships, and for this I am appreciative.

Cawongla Playhouse recognises that the skills for life and the skills for learning tend to go hand in hand. Life is often messy and necessitates skills in persistence and resilience, as does learning.

A rewarding life requires an open and curious mind, as does learning. Life entails so many 'dispositions for learning' - problem-solving, negotiation, compromise and positive communication. Our preschool is a microcosm of life and it is our shared responsibility to model human kindness and decency, and we do, and I am thankful for this.

Life at Cawongla Playhouse is enhanced through our collective understanding of the importance of emotional literacy and emotional intelligence; modelled and implemented as we learn together in our social setting; it is embedded in our relationships, and for this I am grateful.



open from 8.30am until 5pm, a short day being 9am until 4pm.

Please feel free to call in (we're located within the Community Centre Complex in Cullen Street) or give us a ring on 6689-0142.

## Cooking up a storm

by Elissa Wenzel

This month we have been cooking with the children, making fruit cups, apricot balls, popcorn and play dough.

We have lots of exciting activities planned for next month including excursions to the park and Zee Book Exchange, along with everyday activities including painting, play dough, sand pit, bikes, books, water play and lots more.

If you're thinking about centre-based child care and education for your child (6 months – 6 years), please come along to one of our free play sessions which are held on Wednesdays during the term from 10 – 11am where you can meet the staff and other children and see what we do here at the Nimbin Child Care Centre.

Our daily fee is a very reasonable \$15 for permanent short day bookings, and only \$20 for a casual short day. We are

[www.nimbiningoodtimes.com](http://www.nimbiningoodtimes.com)

## Cawongla Playhouse

nurturing skills for life and learning



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### Nimbin Community Preschool



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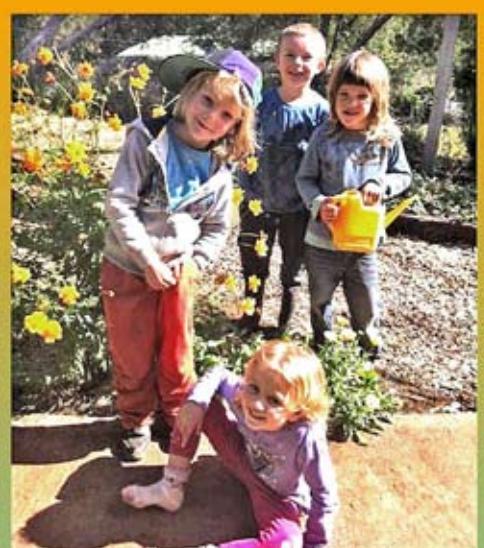
Enrolments available now

Preschool: Nimbin A&I Showgrounds, Cecil St.  
Phone/Fax: (02) 6689 1203  
Email: [nimbinpreschool@bigpond.com](mailto:nimbinpreschool@bigpond.com)

### Tuntable Falls Community School

Now enrolling Kindy 2015

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



Unique place and unique education

Limited spaces available.  
Enrolment information on our website.

# NIMBIN BOWLO



25 Sibley Street  
Phone 6689-1250

## What's On in February?

- Saturday 14th – Valentines Day: Twilight Bowls  
OPEN MIKE FUNDRAISER – BBQ, DJ from 5pm
- Sunday 22nd – Club Visit: Casino Railway Hotel
- Twilight Bowls – Every Wednesday from 5pm
- Open Mike Nights – Wednesdays 11th, 25th, 7pm
- Memberships due – Only \$5
- Courtesy Bus – Book at the Bar

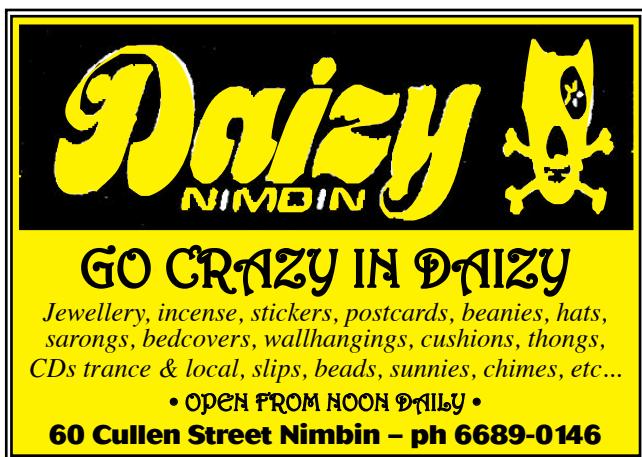


### CHINESE RESTAURANT

- Lunch & dinner Tues – Sun
  - Friday Banquets
  - Take-Aways
- Phone 6689-1473



**FOR APPOINTMENTS**  
Tel 6689 1000



# Nimbin Garden Club Notes

by Gillian Jones

The Nimbin Garden Club celebrated a fantastic Christmas lunch at Jarlanbah Community at the end of last year and after a couple of months break, we are looking forward to getting back to visiting the wonderful gardens which are on display in our Nimbin valley and surrounds.

New members are always welcome, and we are constantly on the lookout for new gardens, bush blocks or geographically beautiful areas to visit. So please call us if you know of anyone who has a lovely garden, or if you have a garden which you lovingly tend, so we can help celebrate the beauty which you have achieved.

Our first garden club visit for the year is on Saturday 21st February at 2pm. We will be visiting local artist Rikki Fisher and her husband, Rob Fisher's garden on Blade Road Nimbin, off Blue Knob Road.

Rob and Rikki have lived on the 15 acre property for nine years and transformed the garden and house to a welcoming productive



Visit this Blade Road property in February

garden. They have wonderful views over Mount Nardi, and this garden has a very peaceful and serene feel to it.

Address: 46 Blade Road, Nimbin (2.5 km from Nimbin Post Office). Look for Nimbin Garden Club signs. Please bring a plate of food to share, a cup and a chair. We look forward to seeing you there.

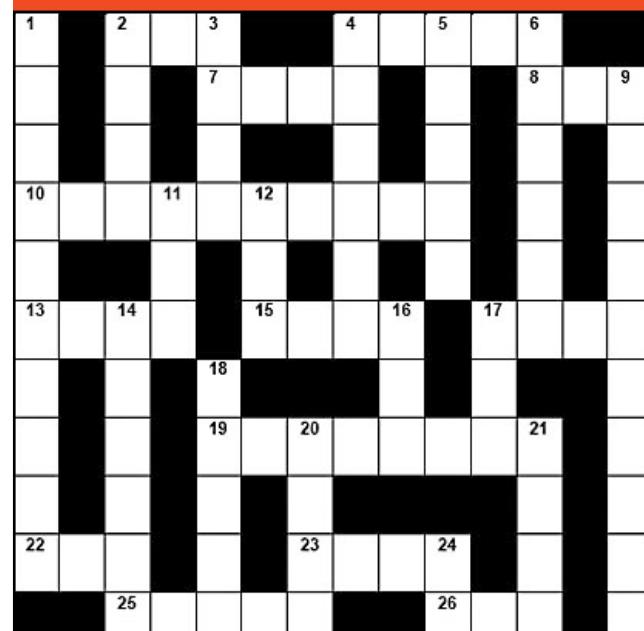
[nimbingardens@gmail.com](mailto:nimbingardens@gmail.com)



## Nimbin Crossword

2015-02

by Syncic



### Across

- Drives bulls crazy (so they say)
- Get used to
- Panache?
- Subdivision? Your fate
- Destroy utterly (for example, Campbell Newman's LNP)
- Cricket pitch
- Two or more colours (e.g. of a bird)
- Minor and major constellations
- Drowned city
- European tree (mostly dead or dying outside Oz)
- Algerian port city
- (and 26 across) Socceroos' new silverware (5,3)
- See 25 across

### Down

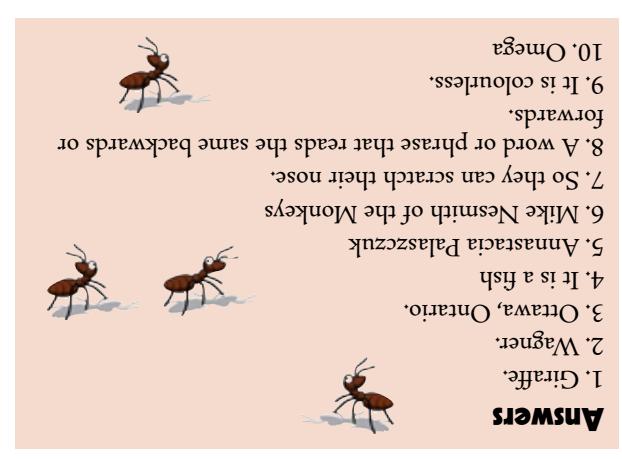
- Vertical plane measure
- Film holder
- Obligation
- Crazy
- Not rented out yet?
- Potion of life
- Leader destined to share Campbell Newman's fate (4, 6)
- "Offline" (internet slang) (init.)
- Electromagnetic pulse (init.)
- Respiratory ailment (common in wet season!)
- Shelter for 17 across? Kid's cubby
- Israeli machine gun
- Desert plants
- Nutter
- Fail to read a chapter? 21 North Carolina (init.)
- See 25 across

## trivia

Devised by Martin Gill

### Questions

- By what name is the cameleon more commonly known?
- Who composed the four operas known as the Ring Cycle?
- What is the capital city of Canada?
- What type of animal is a Bombay Duck?
- What is the name of the Premier Elect of Queensland?
- The mother of which famous musician invented white out correction fluid?
- Why do American astronauts have a small patch of velcro inside their visors?
- What is a palindrome?
- What colour is steam?
- What is the last letter in the Greek alphabet?



Solution: Page 20

# Reasons for rebellion continue to rise

by Sophia Hoeben

**O**h! The inequity. The Australian two-party political system that has been around since Federation is a very narrow version of democracy. Those on the conservative right have always resisted left-wing ideals, that being political moves mostly to improve the lot of the common people and in some cases moves to protect the environment.

Right-wing politics on the other hand, usually means looking after the rich and the big companies they invest in. When we stop and scrutinise the whole gamut of what this means, we find the so-called 'right' were always morally wrong and the so-called 'left' morally right!

However, things are more extreme now than back at the turn of the last century. Greed is rampant and now the 1% of the population, that being the filthy rich, own 50% of the world's wealth amongst them. This is one of



the main reasons why many folks around the world have had enough and have taken to rioting and rebellion.

In today's political arena of clowns, the Liberal Nationals only seem interested in accumulating wealth for the mining companies and selling Australia on the foreign market. Tony Abbott's policies are all about increasing the mega wealth already possessed by people like Gina Rinehart and dirty companies like Rio Tinto. The Greens are trying to counteract unscrupulous moves such as:

1. Scrapping the Clean Energy Package and

Mining Tax.

2. Reintroducing the Temporary Protection Visas and devising a dirty deal to send refugees to Cambodia.
3. Cuts to the ABC and SBS and the closure of regional radio and television stations.
4. Four billion in cuts to higher education. (a uni. degree will now cost \$100,000.)
5. Draconian laws allowing the government to monitor citizens.
6. Moves to allow the burning of native forest as woodchips, (under the guise of renewable energy funding!)
7. Cuts to science and innovation (whose funding is the lowest ever)
8. Failure to protect the Great Barrier Reef by allowing the expansion of the fossil fuel industry.
9. Secret free-trade deals which allows multinationals to sue our government and lower health and labour standards.
10. Ripping off more than \$500 million out of Aboriginal and Torres Strait Islanders

programs.

There are more points of contention, but it's going to take more than political awareness to stop this government from introducing ever more destructive policies. Yet people are afraid these days that if they speak out or protest in any real way they may be seen as a potential terrorists by this scaremongering government. We must protect the only right left to us apart from that of consume, be silent and die, and that is freedom of speech and the right to raise our voices in dissent.

Of course, everyone on Earth faces the ever-increasing problem of climate change, one issue that won't go away or be ignored, for much longer anyway. It is estimated the world's population will reach nine billion by 2050.

There is no way our precious Earth can sustain such numbers, the rich will have to go so that maybe the rest of us can get on with the job of trying to save the Earth from the total annihilation these people obviously have planned.

## ASTRO FORECASTS

by Tina Mews

## WHAT'S HAPPENING IN THE HEAVENS?

### February



At the moment, the Sun sends its cosmic rays through socially orientated Aquarius, the sign of friendship and equality. Individuals who are strongly influenced by it are often concerned with the subject of social structuring seeking to reform society and human nature. The impulse to reform can be very powerfully fuelled by an abstract ideal of human perfection. Aquarius is a mental (air) sign even though the mythological background of 'the waterbearer' reveals a close connection to 'the waters of life' that Aquarius pours out of his vessel (cup).

As we enter the Age of Aquarius we feel the urge to live in a better, more 'humane' world. However, inaugurating a new reality requires the development of our intuitive powers, the ability to perceive life and its diverse forms energetically as an interconnected whole. Aquarians are idealists and interested in the progress of the collective more than individual achievements believing that the whole is more important than the parts that compose it. Nevertheless, head and heart can remain disconnected with the result of being too emotionally detached and too fixed on their at times eccentric ideas. Heart-felt passion and warmth from the opposite sign Leo might be the missing ingredient for shining the light in the dark and grounding a worthwhile cause. Mercury is still retrograde until February 11, reminding us to tap into our creative potential and think out of the box as the messenger planet spends a very prolonged time in forward thinking Aquarius (5 Jan – 13 March). Even though we can go back to 'business as usual' once this retrograde period has ended, we might have picked up a few new tricks on the way when re-addressing projects and plans. Aquarius is the sign of innovation and de-conditioning from what has been the norm promoting unity within diversity. In Aquarius we learn equality between all beings, that everything human, animal, plant or mineral is interconnected and part of the web of life. The Full Moon in Leo (Feb 3-4) is conjunct Jupiter, signifying our expanded sensitivity to the idea of being a co-creator. This can be a very healing moment because of a coinciding line-up of planets in compassionate Pisces. Imaginative Neptune is fused with Venus, the archetype for creative intelligence, Chiron, the wounded healer and Mars, the sacred warrior. If we can accept the reality of "light and shadow"

within ourselves, we are able to accept it in others, and the world around us.

The sign Pisces reminds us that we live in a world of polarity and our task is to find our true centre and spiritual purpose.

The New Moon in Aquarius on February 19 marks the beginning of the Chinese year of the Goat/Sheep.

The Year of the Goat is an excellent period for all the Chinese zodiac signs. According to the Chinese calendar, the element for this year is Wood and the lucky colour is Green. This Chinese New Year 2015 starts from February 19th 2015 up to February 7th 2016. The Goat is the eighth sign in Chinese astrology and number "8" is considered to be a very lucky number containing the vibration of abundance, wisdom and infinite possibilities. The symbol exists of two opposing forces (yin and yang) with a connecting point in the centre (heart). This central point is a perfect place of harmony and peace that only can be found when we slow down, listen to one another, and develop our intuitive abilities. 8 is the sacred number of the Goddess and relates to the divine feminine. It relates to the concept of peaceful co-existence through creativity and resourcefulness, which includes the skill of creative problem solving. Important shifts can happen during this year because many will feel the need for a spiritual renewal of the world as we know it with a greater emphasis on getting back to basics. If you like to learn more about "the Astrology of 2015" you can attend our workshop on February 19 (details see below).

The two relationship planets Mars and Venus enter the fiery sign Aries on February 20/21 and will journey together until the end of the month. This could add some spice to all relationship dynamics. However, there also is the danger of emotional overheating, impulsive behaviour and poor judgement.

*Navigation by the Stars: Personal and/or Relationship Astrology; Life Cycles and Your Year Ahead: Plans, Directions, Concerns; contact Tina on 6689-7413 or 0457-903-957, email: starloom@hotmail.com*

*'Astrology of Family Patterns and Ancestry' starts Wednesday February 4, 10am – 1pm, 8 mornings at the Lillifield Community Centre. One-Day Workshop on February 19, 9.30am – 4pm at the Lillifield Community Centre: 'The Astrology of 2015' with renowned astrologer Maggie Kerr.*

*New Beginners class starting on Saturday, March 14; contact me for more information and all bookings.*

### Aries

Community and friends play a large role right now and it is helpful to take a cooperative approach. Reflect upon your true values and the next frontier that is worthwhile to conquer. Mars, your ruling planet enters Aries on February 20 (until March 31) fuelling your drive for initiative and action.

### Taurus

Friends might be of great help at the moment especially in regards to furthering your goals and aspirations - and they may need your help and assistance in exchange. Beware of too high expectations, instead use your harmonising abilities for peaceful co-existence. Be an inspirational team worker.

### Gemini

Mercury's extra long journey through inspirational Aquarius (5 Jan-13 March) has been creating a fertile ground on which new seed ideas can fall and sprout. This is a time of shifting perspectives, when you can take a larger view on life, especially if you align with your creative mind and intuitive abilities.

### Cancer

The line-up of planets in Pisces might have a very softening influence on you. Allow time for daydreaming and honour your sensitivity. What is your 'quest for the holy grail', your spiritual journey about? This is a great moment to reflect on your greater goals in life and how you like to devote your energy.

### Leo

The Full Moon on February 4 may remind you of your potential as a co-creator, because there are opportunities to engage with others who share your hopes and aspirations. You could function as the catalyst, helping them to face and heal their emotional issues. The challenge is to align your will power with your spiritual assignment.

### Virgo

There are lots of issues that need to be organised and talked about, and you have the opportunity to take a creative approach for solving the problems at hand. You might get lots of support for your innovative ideas, especially when you can widen your perspective and be more inclusive in your understanding of others.

### Libra

The Aquarian energies can bring a very experimental approach to your creativity. This is a good time for sharing with as many people as possible. However, there is a need to balance cooperation with assertiveness because of an overall inner shift towards greater personal independence and decisiveness.

### Scorpio

At the moment your home-life is more busy and unpredictable than usual and you might feel like breaking away from old patterns. However, you need to work on your beliefs first, as they can be very fixed. It might be helpful to engage in creative activities and find things to do that bring joy and happiness.

### Sagittarius

Communication can be highly intuitive at the moment and you might get great insights about yourself and the world around you. Opportunities for new connections, including from overseas or people from a different cultural background are possible. Your activities are also focused on your home, but keep a balanced approach.

### Capricorn

Rules and regulations are meant to serve the people they are made for to create a better world. It is essential to take a compassionate and inclusive approach in your communication and networking with others. Find a balance between promoting your own personal outlook and opinions as well as being an agent of harmony.

### Aquarius

You are natural networkers, but at times you are tempted to overextend yourself. However, this might be a great moment in time for gathering cooperation from people to help with the fulfilment of your aims and purposes. Nevertheless, not everybody might share the same enthusiasm about your particular field of interest.

### Pisces

Venus and Mars, the two relationship planets are moving through your sun sign until February 20/21. This is a great signature for combining charm with assertiveness, and passion with sensitivity. It could be a very enjoyable time for your romantic and artistic happenings. On the negative you might feel over-emotional with a tendency to over-indulge.



### **She Says:**

Dear H, you may have been bowled over by this guy with his fine long legs but here's a silly point – men all over the world, and apparently some women too, love cricket.

I too have tried, but after 20 minutes I dozed off, slipped off the lounge and slashed myself on an empty beer can. I still have the scar on my left cheek. It still hurts to sit down.

I realize that men aren't very good at resting when they need to and so, during the heat of summer, cricket allows them to sit down and rest while being entertained. Time slows down, holidays are extended and memories of boyhood matches in the backyard rekindled.

But they're not even speaking my language. To me 'out for a duck' means taking your Grandma to the movies. A 'silly mid on' is a boob tube and 'slips' are things you wear under a sheer dress.

However, my hubby has taught me a valuable cricket phrase. When a nasty comment is thrown at you, instead of taking a straight hit, you can decide to 'let it go through to the keeper'. This phrase has been invaluable at times when otherwise I would have been completely stumped.

So even if he does have a short leg and a silly mid-on, don't give him the full toss, because he could well be a keeper. Having been married for a long time, I can assure you this will happen every year so you will just have to get used to it.

I suggest you learn the ukulele, because you're going to need something to entertain you over summer. At least cricket stops couples from becoming too co-dependent.

## **She says / HE says**

**Send your relationship problems with a pseudonym to  
She Says He Says: nmappe@westnet.com.au**

**D**ear SSHS, my new relationship was going well until summer when he dumped me for... cricket! Not playing cricket but watching it on TV. Not just for one day, or even three days, but the whole of summer. I tried stripping in front of the TV, but he merely peered past me. Help! What can I do?

– H. Owzat

### **He Says:**

I must confess to you Ms Owzat (interesting name, Polish?) that I've always wanted to write about the Big Picture: philosophy, politics, the wonders of nature, the universe, the humanities. So thank you for giving me the opportunity.

Cricket embodies all that is. It's probably the most Zen activity anyone can do. It involves science and mathematics and works just like the principles of the cosmos. Both work to a set of rules but with an unpredictable outcome, although it would seem outcomes take a little longer in cricket and perhaps with a little less unpredictability. Don't ask me to explain. It takes a lifetime in front of the telly and a lot of beer to understand the complexities of cricket, and just about everything else in life as well. I'll give you a clue though, two words, bat and ball.

Cricket is also a great social and political asset to humankind. How enjoyable it is to see the English team kept out in the field for days on end, watching them burn and melt in the hot Aussie sun. And think how much more tolerable Americans would be if they played cricket and we could do the same to them.

So Ms Owzat, when your boyfriend watches the cricket, there's more to it than meets the eye. He's actually bettering and improving himself as a human being. Just a little tip. If you decide to give in and watch with him, don't come out with any questions/comments like, "Why is the bowler rubbing the ball up and down his crotch like that? It looks disgusting." That would spoil the cosmic connection. Rather, ask questions like, "Would you like another beer, darling?" Remember that if "we" win, you just might be in for a good time tonight!

## **Future bushwalks**



**Chinaman's Beach, Evans Head, August 2014**

by Catherine Baker

**A**t our walks program meeting on 18th January, beside the lovely Palmers Road swimming hole near Clarrie Hall Dam, we drew up our provisional program for the first half of 2015.

Please note the 'provisional.' The walk leaders have volunteered their time, offering to lead walks they know and love. Without them we'd have no club. But with bushwalking, as in all things, there is often the unexpected. To quote Robbie Burns, the best-laid plans of mice and men go oft awry. Could be the weather. Or fallen trees across tracks. A family crisis. Illness. Elopements, weddings, births, a lottery win – who knows?

But we'd like to publish our six-monthly provisional program so that those of you who might be keen on this or that walk or camp can pencil it into the calendar well ahead of time. If in doubt, check the website. You can also try phoning the walk leaders a few days

before the walk to check it's still happening. The leader's phone number and further details of the impending walk are usually published in the NGT at least one month prior.

So, remembering that this is not written in blood or carved in stone, here's the plan 'til end of June:

### **Sunday 15th February Minyon Falls Loop Track**

**Leader:** Judy Hales (6689-1477)

**Grade:** 3-4. Descend to plunge pool at bottom of falls and return on Loop Track to top of falls. Steep walk, good track. About 4km, 2hrs return if you don't stop and stare.

**Meet:** Minyon Grass Picnic area at 9.30am  
**Bring:** water, lunch, hat, bathers

### **Sunday 1st March**

#### **Bar Mountain, Tweed Ranges**

**Leader:** Bill West (0429-933-544)

**Grade:** 3. A medium-difficulty 5km forest



walk starting from Bar Mt picnic area, featuring Antarctic beech trees, orchids and a spectacular lookout over Collins Creek. Excursion could be extended by driving a further 10km to the Pinnacle Lookout.

**Meet:** 10am corner of Murwullumbah/Kyogle Road and Pinnacle Road, Lillian Rock.

**Bring:** water, lunch.

### **Weekend camp 14th-15th March Clarrie Hall Dam**

**Leader:** Carol Evans (0481-314-372) will lead a weekend private property camp; walking, swimming, boating, fishing at a pristine section of the dam. Camping fees apply. Further details next edition of NGT.

### **Sunday 29th March Tallow Beach, Cape Byron**

**Leader:** Eleanor Edwards (6672-3894) will lead a walk north along beach and down to the coastal lagoon. Grade 1. Further details next edition of NGT.

### **Sunday 12th April Currumbin Valley, Springbrook National Park**

**Leader:** Don Durrant (6633-3138) will lead an approx 2-hour rainforest walk. Some rock hopping. Grade 3 to 4.

### **Sunday 26th April Stokers Siding Rail Tunnel**

**Leader:** Bill Potter (0428-737-747) will lead an easy walk along the rail line from Tunnel Road; see constellations of glowworms in tunnel. Grade 1.

### **Weekend camp 9th-10th May Forest Tops, Border Ranges camp**

**Leader:** Michele Alberth (6632-1214) will lead the weekend camp at Forest Tops Picnic area, to include the Brindle Creek walk, grade 3.

### **Sunday 24th May**

#### **Brunswick Heads to Grays Lane**

**Leader:** Catherine Baker (8884-2160) will lead a 7 km walk, half on beach and half on management trail. Car shuttle to avoid walking 14 kms. Grade 1.

### **Weekend camp 13th-14th June Lamington National Park; camp at Binna Burra**

**Leader:** Peter Moyles (0412-656-498) will lead various walks, all beautiful. Some easy, some not. Grades various.

### **Sunday 28th June Brummies Lookout**

**Leader:** Bill Potter (0428-737-747) will lead a walk from Brummies Rd, ascending a steep track to a lookout over the western side of Mt Warning.



**Murray Scrub**



# Flavour of the month—Pamplemousse, avec couscous

by Thom Culpeper

Captain Shaddock's lay-over in Barbados en route to England from Malaya during late 1690s left an indelible mark on the citrus of the New World. He bought the seed of the 'Citrus maximus', the Pomelo and landed it in the West Indies.

The Pomelo, then, universally known as the 'Shaddock', was propagated in Barbados and was utilised in plant breeding programs that led to the development of other forms from spontaneous 'sport' material and hybrid crosses.

Europe didn't like it, with the exception of the French and Dutch, and took to the hybrid, the grapefruit, (pomelo X sweet orange).

Meanwhile the East, from China, where it had been known since around 100 BC, to New Guinea embraced this Malayan native, the Pomelo, with gusto! 'The Pamplemousse' is the French term for this mighty citrus.

The Southern Thais embraced it, developed and settled it into their general culinary practice. Some 22 varieties are now propagated worldwide. The 'Kao Pan' is considered the most delicious of the Thai types.

A variety of interest to Oz is a selection from Carter's Ridge, Queensland, 'Carter's Red'.

Pomelo may flower 2-4 times a year and keep for as long as eight

months, paper wrapped and ventilated, the skin becoming deeply wrinkled, but the fruit becoming sweet and flavoursome. Kept too long though, they bitter.

Rice, white-polished, is now the 'chaff' of the plate. It is, I would argue, boring. Red, black, wild and brown rice are interesting, healthier and appetising. The West might think to look more to the Middle East for its culinary inputs. Couscous is an energy-wise ingredient to prepare. And so, I propose Pomelo with Couscous!

## 'Pamplemousse' avec couscous

To serve 2-4

Prepare 2 cups couscous. Cool.

3 tbsps sliced and dry-fried shallots, in macadamia, walnut or sesame oil.

1 tbsps fine sliced, (a chiffonade) of mint. ½ tspn finely chopped ginger.

2 Davidsons plums, de-seeded and diced.

1 Pomelo, 750gms, peeled, freed of all pith and separated into arils.



1 small, hot chilli or a piquant one.  
2 tbsps of pomegranate cells.  
½ tspn fine chopped, dried 'Wakame' sea-weed.  
1 tspn of fine sliced Kaffir lime leaves.  
4 split and grilled prawns.  
A sprinkle of fish salts or sauce, tamarind or lime juice  
A pinch of MSG.

Toss all the ingredients together with the couscous. Dress with chopped Thai basil and Kaffir lime leaves. Plate and serve with the finely diced chilli, pomegranate cells and the grilled prawns.

Note: Use MSG should you want the divine effect, use just a pinch. If not, use some grated 'Wakame' sea-weed.

## Research holds key to bush foods

Research holds the key to more native spinach on our dinner plates

It's known as native spinach, now researchers at Southern Cross University are trying to determine if Warrigal greens contain similar levels of oxalic acid as found in spinach and kale.

One of the main obstacles to Warrigal greens (*Tetragonia tetragonoides*) being adopted as a mainstream vegetable – and a viable alternative to spinach – is the perceived high levels of oxalic acid in the leaves. In rare cases, too much oxalic acid can cause kidney stones.

Lead researcher is Associate Professor Bronwyn Barkla from Southern Cross Plant Science. Professor Barkla is being assisted by chemist and Research Fellow Dr Ben Liu, also from Southern Cross Plant Science, and 2015 SCU Science Summer School student Carolyn Vlasveld, a Bachelor of Science graduate from Monash University.

"Oxalic acid is a naturally occurring chemical that is found in many different food sources such as leafy greens, nuts, seeds, most berries, certain fruits, soy and soy products, as well as meat and dairy products," said Professor Barkla.

"High oxalic acid levels in food may constitute a risk to human health as these compounds readily bind calcium and other mineral nutrients to form oxalate crystals. This decreases the ability of the body to absorb these essential nutrients but also, the build-up of calcium oxalate crystals in the urinary tract is thought to lead to the formation of kidney stones."

"Studies have shown that soluble oxalate levels in *T. tetragonoides* can range from 1.5 per cent in leaves of older plants to 12 per cent in leaves of young plants.

"However, these levels are comparable to those reported in some varieties of spinach including those grown commercially. Yet people consume



Associate Professor Bronwyn Barkla from Southern Cross Plant Science (left) and 2015 SCU Science Summer School student Carolyn Vlasveld inspect the Warrigal greens (*Tetragonia tetragonoides*) in the greenhouse. Photo: John Waddell/SCU

spinach on a daily basis.

"In this project we will grow both *T. tetragonoides* and a commercial spinach variety under similar growth conditions and directly compare the levels of oxalate in both young and old leaves of these plants to perform a direct comparison."

*Tetragonia tetragonoides*, which is high in antioxidants as well as other minerals, nutrients and vitamins, is a common coastal and estuarine species of the Pacific region. It is native to New Zealand, Australia, Japan, Chile and Argentina.

Professor Barkla said Warrigal greens – also known as Botany Bay greens, tetragon, native spinach or New Zealand spinach – was eaten by both Indigenous Australians and the early settlers.

"Its use was first mentioned by Captain Cook who ordered that it be eaten by his crew on board the Endeavour to fight scurvy."

Professor Barkla said Warrigal greens was a hardy crop and could be used to remediate salty soils.

"What makes this plant particularly attractive for cultivation is that it is significantly salt tolerant, showing the typical response of halophytes to salinity, with growth enhancement at low salt concentrations and tolerance of high salt concentrations, unlike most crop plants where soil salinisation results in unacceptable decreases in quality and yield."

"The cultivation of this native species would provide more options for landowners where the salt levels are already moderate to high, allowing for the increased use of degraded or marginal lands for agricultural production or the conservation or rejuvenation of ecosystems through the ability of this plant to bioremediate saline soils through the hyper-accumulation of salt from the soil into the aerial parts of the plant."

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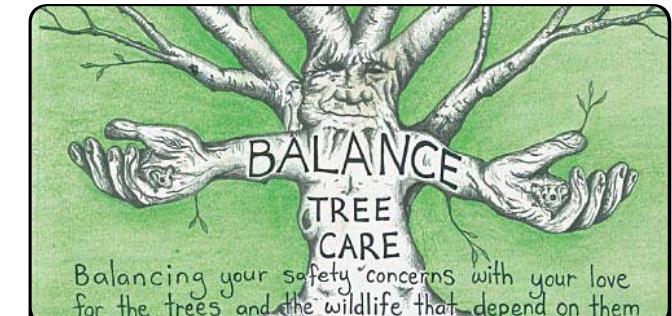
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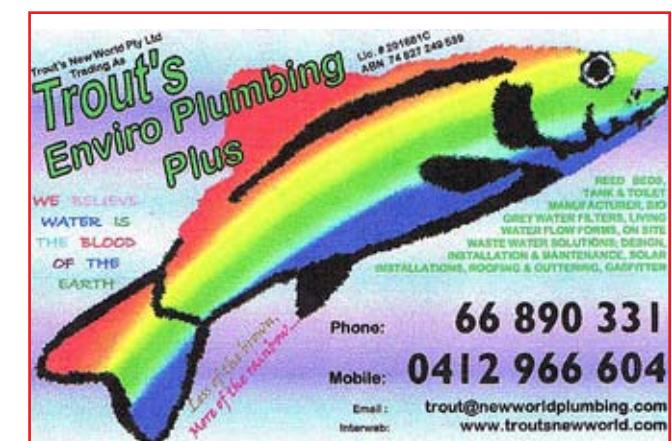
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## Nosin' around with PAC



Fairy Wrens. Male pictured left, female right.

There are three types of fairy wrens in this region the superb blue wren, the variegated wren and the red-backed wren *malurus melanocephalus*. Two forms occur: the scarlet-backed form in Eastern Australia from about Atherton, Qld, to Port Stephens, NSW; and the crimson-backed form, from about Pardoo, WA, to Atherton, Qld. The red-backed is the smallest of the fairy wrens, 12cm-13cm. They are found in tropical and subtropical woodland with grass understorey. Both these photographs were taken in early October 2014, a few kms along Crofton Road on a superb spring morning with mist dissipating as the sun rose higher in the sky.



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## Beekeeping news

by James Creagh

Left: Bees "bearding" outside a hive at Tutti Frutti Farm, Lillian Rock. Bearding is where bees gather together outside in the shape of beards. It is commonly seen during warm days and evenings during the summer, when it would be too hot for them all to be inside the hive.

I have heard of only a few bee swarms happening. That is normal. This is the time for bees to be harvesting nectar and pollen getting ready for the winter. This is a good time to think about re-queening. There are several reasons, the main one being to reduce chances of the hive swarming in spring. By removing the old queen and replacing her with a younger one, the hive thinks it is a new hive and is less likely to swarm.

The wet season is happening now and the small hive beetle has become more active. Check the SHB traps make sure they are clear and the oil or diatomaceous earth is fresh. These beetles are a major problem for the hives, and need to be managed to reduce their spreading.

As mentioned previously, other areas of Australia have experienced poor honey harvests due to drought conditions. I have been hearing that some large honey producers from as far as Toowoomba are interested in placing hives in the Mt Burrell area. There has been some concern for local beekeepers

who may be in the 5km that bees range. But while the flow is on, there should be plenty to share, and when the flow ends they will be moving their boxes on to the next place. I heard of a large producer who had placed his hives in the Mebbin Springs National Park and found afterwards many of his hives infected with American foul brood. So the risks can run both ways.

Nimbin Natural Beekeepers Meetings are held the first Sunday of every month. All are welcome, including beginners as well as experienced beekeepers. The meetings are an opportunity to learn about bees and share knowledge and experiences about keeping bees.

For more info, phone 0434-892-466 or 6689-7575 or visit the Nimbin Natural Beekeepers on Facebook: [www.facebook.com/groups/327832207427674](http://www.facebook.com/groups/327832207427674)

### Fermentation Festival

The Blue Knob Farmers Market will be hosting the 2nd annual Fermentation Festival with about a dozen speakers sharing knowledge about fermentation. They are expecting to have meads and other honey ferments.

I have been experimenting with pickled garlic in honey. Just place peeled whole cloves of garlic in a jar filled with honey. The fermentation takes about 1 month and the honey-garlic flavour is divine.

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## Massive year ahead for the mighty Headers

by Gary Whisker

2015 marks the 30-year anniversary for the Nimbin Headers, and we intend to celebrate this wonderful milestone in style.

In the coming weeks we will announce an array of fun-filled gatherings and celebrations, culminating in an awesome Queen's Birthday long weekend extravaganza in June. Excitement is brewing for a match involving past and present players, with live music, canteen and BBQ and plenty of kids' activities to ensure a great weekend for all the family. Details and dates will appear in future Nimbin GoodTimes editions and on our Facebook page.

2014 proved to be yet another successful season for all of our teams, with the juniors playing some great football and showing improvement in both skills and teamwork. The Women's 3rd Division side won the fair play award for the third consecutive year, made the finals series and their hotshot striker Ruby Grabovsky won the joint Golden Boot award.

The Men's 5ths showed great team spirit and togetherness, despite finishing in the bottom half of the table, but the shining light was the Men's 3rds who



became league champions and narrowly lost 3-2 to Pottsville in an exciting grand final. The spectacular home win over Italo Stars, coming back from 2-1 down to win 5-2 in front of a huge, vocal crowd to clinch the title will live long in the memory of all who witnessed it.

And so we come to the upcoming season. Sign-ons this year will be held on Saturday 7th February outside the Green Bank in town, and at our grounds on Saturday 14th February, with both running from 9am -1pm. As always, all players and ages are welcome. You can also register online at: [www.myfootballclub.com.au](http://www.myfootballclub.com.au)

As well as the sign-on, a big workday will go ahead on Saturday 14th from 9am onwards, with a range of tasks

including brushcutting, cleaning, painting etc. As with all grassroots sporting clubs, we run entirely on volunteer help, and we need as much as possible for us to continue to offer such a great football experience for the entire Nimbin region. Even if you only have an hour spare, please come down, get involved and become part of the mighty Headers family.

Senior training will be on Tuesday and Thursday evenings from 6pm, and junior training will start soon. Once again, all information regarding registrations, fees, training and upcoming events can be found at our Facebook page: [nimbinheaderssportsclubinc](https://www.facebook.com/nimbinheaderssportsclubinc) or email us at: [nimbinheaderssportsclub@gmail.com](mailto:nimbinheaderssportsclub@gmail.com)



Ruben Mack smacks a free kick at the Italo Stars goal

# Gong Hey Fat Choy

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

The new moon on 19th February ushers in the Chinese New Year. This calendar is lunisolar using both the moon phase and the solar year. We are going into the year of the sheep, goat or ram. It must have been left to a Libran to name the years – oh, I can't decide, let them choose. I find this confusing and am thankful to be born in the year of the dirty rat because it would spin me out to have to decide what animal to be. Left to my own devices, I would choose Tasmanian Devil.

Although I wouldn't call myself a sheep, upon reflection I do relate to being the black sheep of the family. Every family needs one. I wouldn't mind

being the bellwether sheep. This is the one who leads. Also a person (sheeple) who indicates trends.

It's the same for those born in the year of the Rabbit or Cat. These two animals aren't even that close, except that they're fluffy and you can pat them, when cats deign to allow you. Rabbits aren't so aloof but they do tend to escape and breed. In Queensland it is illegal to keep rabbits with a hefty fine of \$176,000!

Those born in this zodiacal year, 1931, 1943, 1955, 1967, 1979, 1991, 2003, 2015 are most compatible with pigs and least compatible with rats.

I'm over all the doom and gloom everywhere. We live longer than ever



before in the most peaceful times the world has ever known. Don't buy into the media misery mongers. The sheep/goat/ram year is a fortuitous one. The acronym of GOAT is Greatest Of All Time and I hope this year will be that for you. Gong Hey Fat Choy, enjoy!

## Sacred country



by Marilyn Scott

*'It is not so much for its beauty that the forest makes a claim upon men's hearts, as for the subtle something, that quality of air that emanates from old trees, that so wonderfully changes and renews a weary spirit.'* – Robert Lewis Stevenson

such generous spirits, such dignity and humility, always sharing and welcoming. I've experienced things here that I'll never forget, they've changed me forever. I'm aware of the land in a way I've never been before. It was here that I began to vote Green. I'm grateful and thankful for being accepted, and all the kindness shown to me. I hope I can give back from what I've learned, what I've been so generously shown.

2015 has certainly got us off our butts. Time for doing all those things you've been putting off ~ now's the time. There's so much support to get you moving... time to follow your heart, what you truly believe in... in the depths of your soul.

It's time for me to leave this place. I've known it for a while, I felt the gentle push, but it was difficult to let go. The push turned to shove; I knew my time here was up. I've learnt what I came here to learn... now's the time for a brand new chapter. I feel excited, I'm really looking forward to it; comfort and ease, flow, happiness and joy... my time of reward.

'Mahalia' will be on the market very soon, hopefully by March.

It's not all been easy; there's been plenty of opposition. As a 'sensitive', from a Gypsy/psychic family, I see below the surface of things... it's not always pretty,

unfortunately. But that's no longer part of my world. I choose a world where I can thrive, where I am loved, where I am nurtured and cared for. I create my world.

Twelve years ago ~ a Jupiter cycle, was when I first visioned this place. I even drew it... it was calling me. I had my plans; they didn't materialize the way I imagined... so much more happened, but in a completely different way. It's been a healing journey, of such quality ~ I feel honoured that it was offered to me. I sense the healing has been deep, beyond the symptoms I can see. I feel it's healed a lifetime, and maybe more... who knows how far along our ancestral line the healing goes. But I've often had the sense that something in my ancestral line finishes with me... the victim, the martyr, the abused. It's an amazing feeling to experience such a thing... healing happens, healing exists. I believe in it with all my heart.

Thank you Githabul nation for your generous spirit, your dignified and humble presence... for your great wisdom and ancient knowing.

*"To burn with desire and keep quiet about it is the greatest punishment we can bring on ourselves."* – Frederico Garcia Lorca 1898-1936, Spanish Poet and Dramatist.

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| 8.00am                 | 8.45am                   |
| 12.00pm                | 12.35pm *                |
| 2.35pm                 | 3.10pm                   |
| 3.20pm                 | 4.15pm                   |
| 5.30pm                 | 6.00pm                   |

| Leaving                | Arriving                 |
|------------------------|--------------------------|
| Lismore Transit Centre | Nimbin – Main St. (Park) |
| 8.00am                 | 8.30am                   |
| 12.00pm                | 12.35pm *                |
| 2.35pm                 | 3.10pm                   |
| 5.30pm                 | 6.00pm                   |

| Leaving                  | Arriving               |
|--------------------------|------------------------|
| Nimbin – Main St. (Park) | Lismore Transit Centre |
| 7.52am                   | 8.50am                 |
| 9.00am                   | 9.35am                 |
| 12.45pm                  | 1.15pm *               |
| 3.25pm                   | 4.10pm                 |
| 4.30pm                   | 5.15pm                 |
| 6.05pm                   | 6.35pm                 |

| Leaving                  | Arriving               |
|--------------------------|------------------------|
| Nimbin – Main St. (Park) | Lismore Transit Centre |
| 9.00am                   | 9.35am                 |
| 12.45pm                  | 1.15pm *               |
| 3.25pm                   | 4.10pm                 |
| 4.30pm                   | 5.15pm                 |
| 6.05pm                   | 6.35pm                 |

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Authorised by Justine Elliot 107 Minjungbal Drive Tweed Heads South

**It's shameful that North Coast National Party representatives have announced their support for a PRO-Fracking 'NSW Gas Plan'.** This is their policy that will see some rural families being forced to live just 200m from CSG wells. It means under the National Party's 'NSW Gas Plan' it's *business as usual* in existing licence areas for risky CSG and other unconventional gas mining activities.

**Labor's policy is to ban CSG** in our region whereas the National Party's agenda is to expand harmful coal seam gas mining even though our communities overwhelmingly don't want this toxic industry here.

The National Party's PRO-Fracking 'NSW Gas Plan' does absolutely nothing to protect communities, water resources or farmlands. **In fact the National Party's irresponsible CSG policy puts existing clean and green businesses like tourism, agriculture and food production at risk.**

Authorised by Justine Elliot Federal Member for Richmond