

## Celebrations



December was the time to hold a party at Nimbin Preschool to celebrate the year with families and children.

It was also the time to send those children going to school our blessings and well wishes for a successful move into the world away from preschool.

The Nimbin Preschool Parent Committee would like to extend a thankyou to the broader community for continued support and to wish everyone safe and happy holidays.

We would also like to acknowledge the staff at preschool for their commitment to children's learning and the dedication afforded to young children's thinking and doing.



Left: Malika, Amelie and Avalon sing with Sarah Stando. Above: Staff members Barb Mills, Sara Hudd, Diane Wilder, Gordon Ellard, Kylie Kingston. Right: Two Iron Men arrive.



Preschool re-opens on Wednesday 28th January 2015 for children. For enrolment enquiries, phone 6689-1203 from 27th January.

## Kyogle Youth Ventures

After the tragedy of losing three Kyogle teenagers in a car accident December 2002, the Kyogle community responded with a positive action of creating Kyogle Youth Ventures (KYV).

KYV teaches older students skills which they use to mentor younger students about risk-taking behaviours through activity based learning, role modelling and support. This program aims to communicate to the participants that they are connected to a wider community that cares about them. The program commences with a camp each year around the time that the accident occurred and is followed by monthly activities throughout the following year.

In the 12 years since its conception in 2003, the Kyogle Youth Ventures program has been integral in forming positive relationships and networks between young people of different ages in the Kyogle community.

This year's group kicked off the program with a 3-day camp from 11th-14th December near Wollumbin (Mount Warning) where participants and leaders formed strong bonds and worked together to achieve goals and overcome obstacles.

Teamwork was a must, with each day presenting group and individual challenges including raft-building, hiking, tree-climbing and balancing activities. The group worked together, encouraging one-another and keeping up group spirits with songs and chants.

One of the leaders at this year's camp, Kleon Toffetti spoke highly of the event explaining, "The Kyogle Youth Ventures camp was a great experience for me, as



it was my first interaction with KYV and I found participating in the role of a leader was a refreshing and enlightening experience.

"The immense positivity and emotional connections of the camp had alleviated the burden of recent life events, connecting with young people and building open and honest relationships is really important for their transition into high school. I'm eternally grateful for the opportunity to go on the camp."

Youth workers found it beautiful to watch five past participants grow into nurturing young adults who have returned as strong leaders this year. As participants in previous years, these leaders are imparting their skills and knowledge to the next KYV generations. Of the ten leaders at this year's camp it was wonderful to see such great representation of Aboriginal leaders who constituted half of those attending.

Kyogle Youth Action student placement Alice Burgess reflected, "Participants gained confidence in their interactions with one-another and with leaders throughout the camp. It was fantastic

to see strong friendships forming, and the way that several participants felt supported and encouraged to face their fears and over the three days attempted challenges they had previously felt unable to do."

Kyogle Youth Action has been involved with the organisation of the camp for several years, last year taking on the responsibility of KYV continuing into the future.

It has only been possible to sustain the program into its 12th year through the incredible support of the community and volunteer leaders and adults; and with the substantial ongoing financial assistance from Brown & Hurley, contributing \$2100 this year through their Charity Golf Fundraiser, and Kyogle Council with its valued donation of \$2500.

Northern Rivers Community Foundation also demonstrated its continued backing with its contribution of \$2000.

This camp sadly saw the last year of involvement by highly dedicated Tony Kempnich, who has been integral to the program since its inception, but he thoroughly enjoyed his last camp.

are guiding the children at all times and engaging them throughout the activity. Words such as wet, squishy, cold, gooey can help children learn language and connect them to what they are experiencing.

Nimbin Early Learning Centre still has spots available for 2015 in both the infants group 0-2 years, and in the preschooler group ages 2-6. If you are interested in sending your child to Nimbin Early Learning Centre, please phone Elissa on 6689-0142.

We wish everyone a Happy New Year and safe holidays.

## Playgroup's phoenix mural

by Mel Smith, Program Officer

The families and children of Nimbin Playgroup have been working on a lovely project since August and have finally completed it.

When the Rainbow Café (and museum) fire sadly occurred, we commenced an art project to donate to the café if and when it got rebuilt.

We chose to build a 'Rainbow Phoenix' mosaic on a door to symbolise both the rising (phoenix) of the Rainbow Café and the door is to symbolise new doors opening.

It has morphed quite considerably since the beginning, and eventually we made the mosaic using broken jewellery collected from Lismore's op shops, and many beads and small crystals that have been accumulating.

The work is now complete and installed at the Pot a' Gold Café in Cullen Street.

The playgroup is located at Lilly Pilly House – the purple building behind the community centre. We are open Tuesday and Friday 10am – 1.30pm if you would like to drop in for a chat.

Nimbin Family Centre 6689-0423, email: [nimbin@fsn.org.au](mailto:nimbin@fsn.org.au)



## Playhouse gallops along

by Leanne Logan

As the Chinese Year of the Wooden Horse came galloping to an end, so too did our year at Cawongla Playhouse.

We crossed the finishing line with a bang, celebrating what was a huge year for many of us with our annual twilight picnic. This event saw our whole preschool community come together for an evening of good food, lively conversation, movie and storytelling, fabulous prize draws, popcorn, ice-cream and fun.

The evening opened with young and old alike spreading picnic rugs to listen to the tale of how the Chinese calendar came into being. Our Chinese dragon of 2012 reappeared – more dazzling and sparkling than ever before, thanks to the hard work of the children in recent weeks. Our much-loved rainbow serpent of 2013, Gooriella, again took to the sky, reminding us of the past and our connection to place – in fact reminding us all that



this is where we belong.

And our new animal addition – the stylish wooden horse sculpture that the children created with Jamie in Term 3 of 2014 – oversaw the whole evening. This beautiful piece of communal art will grace our lovely gardens from this time on.

As the evening unfolded, we thanked Marley Myles – our fabulous and inspiring educational leader – for all she has passionately contributed and shared over many years. Marley is moving on to different pastures and

will be fondly remembered and sadly missed.

Among much more, Marley was the woman behind this year's preschool movie, the spaghetti western-style 'Year of the Wood Horse', a celebration of preschool life. Many of the movie's all-star cast are also moving on – to kindergarten – and will also be much missed.

Happy New Year from Cawongla Playhouse. We will resume on 28th January, and are taking new enrolments. For more information, phone 6633-7167.

## Footprint painting

At Nimbin Early Learning Centre, we have been doing lots of craft activities including footprint painting.

Footprint painting is a wonderful opportunity for children to learn. They learn cause and effect when they see that their feet are making prints on the paper. They learn tactile and sensory skills from touching the paint and feeling how paint feels on their skin and in between their toes.

They also develop language, because adults

# Fearless father needs support to save daughter

Adam Koessler's daughter, Rumer Rose, was diagnosed with late stage three neuroblastoma cancer on Christmas Eve, 2013.

Rumer has an 11cm cancerous growth that is putting pressure on her internal organs and wrapped around her spine. They relocated from Cairns to Brisbane for Rumer's treatment.

Along with her proposed 12 months of radical chemotherapy Rumer's mother and Adam immediately implemented a complementary medicine plan to increase her quoted 50% chance of survival. Their aim was to create an alkaline climate in her body, and to provide a nutrient dense diet, alkaline water, essential oil therapy and a healing environment of fun and positivity.

After a vast amount of research and consultations, they acquired and proceeded to administer medical grade cannabis oil and claim the results were amazing. It also counteracts the negative side effects of chemotherapy.

"What we saw when Rumer was given the medical cannabis oil what nothing short of miraculous. Rumer's quality



of life improved instantly. She would say, "Daddy, tummys not sore". She would be able to eat like a champion and began to gain weight, her energy was up and wanted to go outside instead of lay on her back with legs curled up.

Her skin colour came back, her eyes were sparkling again. We looked at each other in complete amazement. We were certain after seeing these results that her recovery was entirely possible," Adam said.

However, Adam was arrested at Lady Cliento Childrens Hospital on 2nd January this year and charged with supplying dangerous drugs to a minor under 16 years. The bail conditions include that he is to have no contact indirect or directly with Rumer.

Adam is due to appear in a Brisbane Magistrates Court on 20th January.

"Rumer is now in intensive care on morphine and struggles to breathe on her own. She has spiralled downhill since she lost her daddy and oil treatment. Cannabis oil is an amazing healer and needs to be made available for anyone in need. We need this fast tracked in Australia. My goal is the have these charges thrown out. Rumer needs her Daddy by her side," Adam said.

Support Adam through his facebook page *Fearless Father* or donate money via: [http://gofund.me/rumer\\_rose](http://gofund.me/rumer_rose)

# Airport humour? Shirley you can't be serious

by Michael Puck

Hitching back south (finally) from G20, I was dropped off at Ballina airport and decided to hitch a ride on a plane on Xmas Day.

What followed has been discussed with Australian Federal Police, but they're rather humourless about my attempts to serve my country. Maybe it's the implication that they could be doing their job better; maybe it's my dreadlocks. It's definitely not the jay I rolled in the foyer of their national HQ in Canberra yesterday – because it's only ever just a cigarette, officer.

So here goes, a list of jokes I made during the journey. Please, try this at home. Just don't try it at an airport!

1. JQ459 departs Ballina airport at 4:20pm. (That joke is not an original.)
2. No radioactive materials? Litvinenko totally broke aviation regulations.
3. I'm on blue meanies right now – to the woman at the check-in desk. "I think you should board the plane, sir."
4. I forgot about the pliers in my bag, but I saw them on the x-ray image. I did NOT see the huge kitchen knife, but thanks for not mentioning it; I could've cut my hand! Now I look dodgy, don't I?
5. I haven't flown since pre-2001, clearly.
6. I wasn't planning on flying today, clearly.
7. Why are you passing that wand over me, when I didn't make the doorway machine beep? It's the knife, isn't it? You said I didn't look dodgy; was that true?
8. At least they didn't find my quarter-ounce.
9. I wonder if I can manifest a chemtrail while flying? Got



pretty good at it in Nimbin. (Sorry about that, btw.)

10. Apparently not. Just another bloody storm.
11. Hey Mr Airline Steward, I just gummied 900 micrograms of LSD on impulse. "Do you need medical assistance?" No, Aaron, that was a joke. (11a. I need a moist towelette.)
12. So's this: \*cough\* I haven't been to West Africa recently. This is not Ebola. No I don't need medical assistance.
13. Shouldn't we be in Sydney by now?
14. What's that, Aaron? The airport's closed? We're circling? Why hasn't there been an announcement? Don't worry, I'm not tripping balls; that was a joke, Aaron. Focus, man – when shall I tell my friends to pick me up? You don't know? The airport's been closed for hours? How do you think I was going to get a message to them anyway? We're in the air, Aaron.
15. Were you authorised to disclose all that, Aaron? (15a. I need a moist towelette.)
16. Hey, random guy I met at the airport: thanks for the pre-4:20 smoke. Why didn't you tell me you're on DMT until I started freaking you out at 20,000 feet? (16a. I think we both need a moist towelette.)

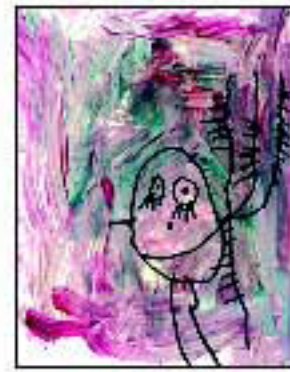
17. Yeah, I know Dmitri – Russian guy, right? Yeah, the Russian Embassy invited me to G20 then hacked my phone. I still use it, because I believe in openness and honesty, clearly.
18. I think we're safe. Even I didn't know I was gonna be on this plane.
19. What exactly do you know about me, random guy I met at the airport? I can pick a time-traveller: they have the uncanny knack of adjusting their memories every time I define reality by speaking. What's that about me writing everything down in 200 years? What a strange flight. You shouldn't hang out with Dmitri so much.
20. Thank God, we've landed. Of course, I'm last off the plane. Time is an arbitrary concept to me right now. I'm moving as quickly as I can.
21. I can't believe I got away with all that.
22. That massive queue is NOT my fault. There was a storm delay! (22a. ...unless the storm itself was my fault. Never can tell, these days.)
23. How the hell do I get out of here? I hate Sydney already.
24. Hey, you're cute: My name is Michael Puck, and I'm a freelance journalist doing a piece on airport

security. I hear the airport was closed. Oh, that plane was struck by lightning mid-air? Happens all the time, doesn't it?

25. Are you even allowed to talk to the media, beautiful Jetstar employee?
  26. Seriously, how do I get out of here? I need a "cigarette"!
  27. Thank God. Oh, now I remember joke #11. Shit.
  28. Officers, could you please direct me to the train station? Simple directions, please. I've had a long flight and I'm a little disoriented.
  29. Thank God I didn't make any bomb jokes.
  30. If I was Muslim, I would've been shot today.
  31. I probably should talk to the AFP about this, before they read it in the *Nimbin GoodTimes*. Hey, there's an idea – I'll write a story so I can claim the flight on tax.
  32. Still got my quarter-ounce.
  33. I'm on my way to a fundamentalist Christian community in Picton to do bible study. Merry Xmas. As you can imagine, I did have a merry Xmas. A moderately strange one, but I don't usually celebrate it, myself. The aim, invariably, is to give strangers a story to tell later on. I think I achieved that.
- The moral of the story, if there is one, is that if terrorists could hold their trip as well as I can, we'd all be dead.
- I don't usually (EVER) act as a police informant, but I have been liaising with federal police about this. I think it's important airport security learns to identify suspicious behaviour.
- But I think I'll keep to surface travel from now on. Just like Hunter S. Thompson.

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## Nimbin Community Preschool



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# NIMBIN BOWLO

25 Sibley Street  
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## What's On in January?

- **Sunday 11th** – Rhythm Shift duo from 1pm
- **Sunday 25th** – **Australia Day celebrations**  
BARBECUES, BANDS AND BOWLS
- **Open Mike Nights** – Wednesdays 14th, 28th  
OPEN MIKE FUNDRAISER 14TH JAN
- **Memberships due** – Still \$5
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Navigation by the Stars

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# Nimbin Holiday Club summer program

Date	Program	Cost
Wednesday 7 <sup>th</sup> January	<b>Nimbin Community Skool, Park and Pool</b> Please bring food and water, swimmers, hat and towel. <i>Kylie and Fran</i>	\$12
Thursday 8 <sup>th</sup> January	<b>Nimbin Community Skool, Park and Pool</b> Please bring food and water, hat, swimmers and towel. <i>Kylie and Fran</i>	\$12
Friday 9 <sup>th</sup> January	<b>Excursion – Amaze'n'place and Goonellabah Aquatic Centre</b> Please bring food and water, swimmers and towel. Get lost in the maze, feed the alpacas and attempt some brainbending puzzles. Then to the indoor aquatic centre to enjoy the waterslide and giant inflatable. <i>Kylie and Fran</i>	\$22
Wednesday 14 <sup>th</sup> January	<b>Excursion – Kyogle Cinema and Annie's Tea Garden</b> Please bring food and water. <b>Come and watch 'Big Hero 6' (PG)</b> . Afternoon tea at Annie's garden to explore and play with the animals. <i>Kylie and Ajita</i>	\$22
Thursday 15 <sup>th</sup> January	<b>Nimbin Community Skool, Park and Pool</b> Please bring food and water, hat, swimmers and towel. <i>Kylie and Fran</i>	\$12
Friday 16 <sup>th</sup> January	<b>Nimbin Community Skool, Park and Pool</b> Please bring food and water, hat, swimmers and towel. <i>Kylie and Fran</i>	\$12
Tuesday 20 <sup>th</sup> January	<b>Excursion – Lismore skating, park and pool</b> Please bring food and water, hat, swimmers and towel. A morning of skating followed by lunch at the park and a cool down at the pool. <i>Kylie and Ajita</i>	\$22
Wednesday 21 <sup>st</sup> January	<b>Nimbin Community Skool, Park and Pool</b> Please bring food and water, hat, Swimmers and towel. <i>Kylie and Ajita</i>	\$12
Thursday 22 <sup>nd</sup> January	<b>Nimbin Community Skool, Park and Pool – Last day party</b> Please bring food and water, hat, swimmers and towel. <i>Kylie and Fran</i>	\$12

The Nimbin Holiday Club is operating from the Nimbin Community School room, in the Community Centre, but on excursion days, please meet in the Nimbin Central School car park at 9am.

The program runs for children aged

5 – 12, and the day runs between 9am and 3pm. Please read the dates and venues in the program carefully, and book to avoid disappointment.

To book, phone NNIC on 6689-1692 (between 10am and 4pm) or you can text Kylie on 0459-248-754.

Parents must sign consent forms for any excursions.

Please ensure that your child wears appropriate clothing, covered shoes, brings a hat, and has adequate food and drinks.

This program is funded by NSW DEC.

# Nimbin Crossword

2015-01  
by 5ynic



### Across

- Breakfast, lunch & dinner on Cullen Street – at the end of the Rainbow? (3,1,4,4)
- Mystic vital force
- Local craft market
- Release egg
- Molecules with identical chemical formulae but different structures
- Repeat (election, race, episode)
- Streetcar rails
- Partner of Benz
- Greeting (Spanish)
- Illegal or immoral act

### Down

- Unspecified subject? First person?
- Smith's tool
- Fancy?
- Frisbee?
- Pilot
- Hellish
- Grinds (teeth?)
- US state (legal cannabis)
- Four line verse
- Taboo
- (and 19 down) Music supplies and service on Cullen Street (6,5)
- Swap rook and king (chess)
- See 16 down.
- A rude, noisy, violent person

Solution: Page 21

# trivia

Devised by Martin Gill

### Questions

- What did John Lennon and John Howard have in common?
- Through how many countries does the equator pass?
- What is the significance of the ABC's post office box number (9994) in all capital cities.
- Name the band formed by Johnny Rotten in 1978 after The Sex Pistols broke up.
- What were The Spirit of Progress, The Southern Aurora, The Fish and The Chips?
- Name the element with the symbol Ag.
- Who created the characters Jack Aubrey and Stephen Maturin?
- What nationality was surrealist Salvadore Dali?
- How many strings are mounted on the head of a 5-string banjo?
- From what fruit is the booze named "perry" made?

1. They had the same middle name – Winston.  
2. The equator passes through 13 countries: Ecuador, Colombia, Brazil, Sao Tome & Principe, Gabon, Republic of the Congo, Democratic Republic of the Congo, Uganda, Kenya, Somalia, Maldives, Indonesia and Kiribati.  
3. It is taken from Don Bradman's batting average - 99.94  
4. Public Image Limited.  
5. They are all trains. The Spirit of Progress and Southern Aurora ran between Sydney and Melbourne. The Fish and The Chips ran between Sydney and Lithgow. The Fish took its name from its first driver who had the nickname Big Fish.  
6. Silver. Ag comes from the Greek "arguros" and the Latin "argentum" meaning shiny.  
7. Patrick O'Brien. Arguably the best writer of historical fiction ever. Check him out.  
8. He was Spanish but he was crazy enough to be a Nimbite.  
9. Four. The fifth string ends part way up the neck.  
10. Perry is similar to cider but made from pears.

Answers

## Nosin' around with PAC



I deliver the GoodTimes each month, and when I remembered to take my camera (for once), this is what greeted me as the sun was on its way to setting and we arrived at Mooball. At the garage, the owner has a small museum and tea room – it's well worth a look if you're passing, so stop in. The owner was about to climb aboard and reverse this beauty back into the garage.

## Lismore's spectacular lightshow by contrail ice crystals

by Alan Roberts

Just after 11am (EDT) on 23 Dec 2014, in a continually changing optical feast, the sun lit up parts of a condensation trail with iridescent opalescent colours from deep red to the strongest deep violet I can remember. Tongues of brilliantly coloured flames appeared to emanate from the ice cloud, fanned by eddies in the wind.

The sunlight was dispersed by small (0.25mm to 1mm but maybe smaller) hexagonal ice crystals that formed slowly over the hour or so after the plane left. Slow formation allows regular hexagonal columns or platelets of ice to



develop rather than rough crystals. There are about 30 such ice crystals per litre.

Where you see the colour is where the cloud crystals are thinned out enough for there to be a direct path from sun to ice crystal then a 22 degree bend to you. Red light is bent less than violet light

so red appears at the top of the ice cloud and violet at the bottom.

The pictures were taken from Keen Street opposite the Presbyterian church until the contrail drifted too far east. I would like to know from where else the light show was observable?

## ASTRO FORECASTS

by Tina Mews

WHAT'S HAPPENING IN THE HEAVENS?

### January

The sign Capricorn and its traditional ruling planet Saturn are concerned with the building and maintenance of structures and systems. Capricorn is symbolised by the goat. Slowly but surely, a goat climbs the mountain. Once they have established a solid and secure base Capricorn moves through life, achieving their success slowly but surely. Strength of character is also associated with Capricorn and in some ways it is the most materialistic as well as spiritual sign of the zodiac. It is an Earth sign representing form and solidity, and the foundation that nourishes an entire system. When we separate Spirit (the divine) from Earth (matter) we destabilise and weaken the very foundation that we are dependent on for survival and growth. For Capricornians, survival depends on self-sufficiency and self-reliance. They avoid being dependent on others and need to be in control of their feelings. However, they have a need for collective approval and have to get things 'right' regarding the rules and regulations of a given societal, religious or scientific framework. When in anxiety or fear mode, self-preservation becomes the compelling force that dictates the construction of protective inner and outer walls. The New Year starts with the Sun triggering the volatile and unpredictable Pluto/Uranus square (January 3-5) which then finds its climax at the Full Moon on January 5. Pluto has been in Capricorn since 2008 (until 2025) signifying the necessities of an emerging new reality. However, the need for the new (Uranus) is combined with a strong pull of resistance from the past (Pluto). After March we will slowly move away from the compelling intensity of the Uranus/Pluto square which has been the major outer planetary transit since 2012. Its message has been to accelerate our evolutionary progress by transforming and integrating our personal and collective shadow material, and liberate the self from unconscious security patterns that keep us repeating the same mistakes. The Full Moon, however, is in intuitive Cancer, and because of the intensity of the moment we might feel brave enough to implement the changes in our personal lives that allow us to move forward. The Full Moon is in square to the nodal axis, indicating the need for resolving important karmic lessons. Pluto will be squaring the nodal axis (collective karma) exactly on January 15, while Uranus will be conjunct the lunar South Node on



January 20, indicating that we are in the midst of a tremendously significant collective shift and resisting it will bring ongoing distress, depression and destruction.

The conjunction of Mercury and Venus in Aquarius (until January 17) encourages the development of values and thinking models that are based on the principles of respectful participation, of sharing, caring and inclusion. However, before these can have any long-lasting effect, the unfinished business from the past needs to be exposed, confronted and then laid to rest. We could do some of this work during the first Mercury retrograde period starting on January 21 (until 13 February), only a few hours after the New Moon. When the cosmic messenger planet slows down in speed, the communication channels on earth are failing, so we can expect delays, computer hiccups and misunderstandings. It is a time for reflection and revision, when the voice of our intuition is gaining in strength. We are reminded to attend to details and deal with unfinished business, and re-visit our projects and plans for the purpose of refining and adjusting. Mars, the cosmic warrior enters the dreamy and compassionate Pisces on January 12 (until February 21). Mars, a fiery planet, loses direction and focus in these watery realms, but can engage in creative projects and ideas. Mars is in a tense square to Saturn in Sagittarius (January 14-17). There could be a lot of energy wasted on people or plans that just do not behave or turn out as expected. Remaining as flexible as possible can help with avoiding frustration and emotional stress. The New Moon in idealistic Aquarius (January 21) inspires a new beginning. Aquarius knows the interconnectedness of all life from an abstract point of view, believing in both community and individualism. We are encouraged to be innovative, tap into our creativity and envisage a better future for ourselves and all humanity.

*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, e-mail: star-loom@hotmail.com; One-Day Workshop on February 19, 9.30 am – 4pm at the Lillifield Community Centre: "The Astrology of 2015" with renowned astrologer Maggie Kerr "Astrology of Family Patterns and Ancestry": 8 weeks starting Wed Feb 4, 10am - 1pm at the Lillifield Community Centre*

### Aries

At the moment, you feel like getting ahead in your life; however, there are a few stumbling blocks that still need to be removed. January 14-17 could bring some frustrating encounters with others. Use the Mercury retrograde phase (Jan 21-Feb 13) to re-consider and re-evaluate your objectives and remain open for new opportunities and potentials. On the positive, this is a great year for travel and exploration of new horizons.

### Taurus

The moment favours innovation and renewal and therefore you might want to re-organise and re-structure your values and resources. Re-think important projects and plans especially in regards to your life direction. This is a great year for doing any sort of research, including delving into the realms of life's mysteries; it is a time when it seems to be necessary to discipline yourself and leave behind old habits and patterns.

### Gemini

Relationships and commitments have to be evaluated at the moment. Contracts and alliances that do not work have to be addressed, while new commitments can be made. Own your vision and speak your truth. Whatever you project onto others during this year will be mirrored back to you. Make use of this Mercury retrograde period (Jan 17 – Feb 13) by reflecting on your judgments and beliefs that inhibit your growth.

### Cancer

The Full Moon in your sun sign on January 5 has a powerful pull on your emotions, possibly revealing important karmic lessons from the past that are asking for resolution. People you meet now have a powerful impact and you might be reminded of what needs to be cleared out of your life to make space for new possibilities. This is a year when you can be very productive. You also might change your diet and begin a physical fitness program to increase your energy level.

### Leo

Being organised and tidying up loose ends is a good way to start the New Year. During the Mercury retrograde phase (Jan 21-Feb 13) you might want to re-evaluate your contracts with others. Try not to sign any important documents during this period as you might miss important details. Your 'inner child' needs to be given a voice now. This is the year for exploring your creative potential and being spontaneous, especially if you have grown too serious.

### Virgo

Exploring your creative potential is a good way to start the New Year. However, keep an eye on your 'inner critic' when you try to work out the details of your projects. Know when good enough has to be left alone. Making space for innovative ideas is essential, even if this challenges your sense of security. During this year you can expect an increase in domestic and family responsibilities and it is a good time to work through early childhood issues.

### Libra

Take a moment and reflect on the changes you have experienced during the last few years. What is the 'emerging new reality' about? At the moment it is possible to highlight those places within yourself where you are still holding onto the old. This is the year when searching for the truth becomes important. Your ability to mentally focus and concentrate is enhanced. Become a witness of your own thought processes and evolutionary shift.

### Scorpio

Communicating your values and vision is important now, especially within your home environment. It is a great time to be social, enjoying the company of family and friends. Some old burden might have left you recently and you feel 'lighter' now. Nevertheless, during this year it is important for you to observe the ways you handle money. "Things" you desire have a price that must be paid! Expect to experience some budget pressures and learn to do a lot with little.

### Sagittarius

You just have started a new 30-year cycle after an intensive letting go process. It is a very significant awakening to the reality of the world around you. This is a year when you can expect to be challenged to walk your talk. Embrace any new responsibilities that require hard work and persistence with humility. This way you will build the strength necessary for the achievement of your goals. Know that you are the architect of your own destiny.

### Capricorn

During the last years you have been experiencing the pull between past and present in a fundamental way, attempting to forge your way ahead to reach the mountain of your designated goals. This year your focus will lead you inward and you might feel like withdrawing from the world around you. It's not a particularly good time for new ventures; instead put time aside for your evaluation and the clearing of those things from your life that no longer work.

### Aquarius

For most of this month Venus and Mercury are conjoined in your sun sign, assigning you with the position of 'an easy to talk to friend', especially after January 12, when you are more prepared to listen to others and less insisting with your own statements. During the course of this year friendships may change as you are searching for like-minded souls. You could make new friends and/or re-connect with old ones.

### Pisces

This is the time for you to crystallise your hopes, dreams and wishes and bring them into concrete form. You are approaching the harvest and culmination of all the hard work that you have done over the last years. However, it really depends on what kind of seed you have sown and cultivated. Use this Mercury retrograde phase (Jan 21 – Feb 13) for reminiscing on your achievements, plans and projects, whether things have worked out as expected and what kind of 'finishing touches' they might still require.

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# New exhibition for café opening

Joline and her team will open the revamped Café Blue Knob on 8th January, and invite the community to pop in for a cuppa and a bite to eat.

Soon they will find their groove at their newly renovated and already beloved cafe, and then they are eager to show what they're made of when the new cafe officially opens on Friday, 13th February.

"Sure, check us out!" Joline grins. "We have set the date of the official opening a month later than when we actually open so we can settle in and run the café for a few weeks before our first larger event."

She is bent over a delicious looking German marble cherry cake with cream and chocolate topping, finishing the last touches.

"Yes, we are very excited! To run a café in the country was always my desire and now I am living the dream. How blessed am I? I hope everyone can taste my happiness in my food."

The opening falls on the same day as the new exhibition of the Blue Knob Art Gallery with the appropriate title 'Into the Blue'.

Jenny Creasey from Goatie Hills farm and part of the café team says, "We intend to run a warm, community-based venture here, meaning we want to work closely together with the gallery and other community based projects, so it is more than fitting to start our café with the gallery together."

All January visitors, new ones and regulars, will have a chance to taste the new Café Blue Knob menu, which includes organic vegetarian burgers and gluten-free chicken dishes, as well as grand salad platters, breakfast all day, grilled cheese sandwiches and meals for the kids.

Jodi Calkin, also part of the team, says, "We want people to hang out at our now renovated café feeling welcome and nourished. We intended to give it a bit of a classical look with a rustic



Former cafe proprietor, Heather (right), being farewelled by Jeni Kendall in December. Not one to stay idle for long, she now intends to complete the gallery's pottery studio.

vintage touch to appeal to a broad customer base. We are very happy with our food and the atmosphere. Now it is up to the public to enjoy it too."

The team goes all the way with a strong message and intention.

Joline said, "Contribution is everything, as we are so blessed with a food and a health system in Australia. We shall support a Kenyan health project providing clinics to remote and poor communities, which is very close to my heart, so part of our profits will flow into that venture right from the start."

The cafe will set up a loyalty-drink program too, receiving the sixth drink for free after having purchased five.

"We always hope for good feedback on facebook and in person, of course."

Peter Calkin can often be found in the market garden at Goatie Hills Farm with his shovel in the ground.

"Growing food with real integrity and being able to supply to a local café for friends and neighbours is just wonderful

and really rewards the efforts we put into the food and garden," he said.

More local farmers are welcome to approach the team with their produce, as one of the goals is to close the gap between farmer and customer at a café by giving each farmer the opportunity to introduce themselves through their food and also with a little blurb that can be read while eating their amazing locally grown organic vegetables. "So we are working on that," Joline says.

"This month especially, the organic cucumbers, beetroot, beans, mangoes, watermelons and greens are allowed to shine here at Café Blue Knob."

She smiles, happily chopping cooked beetroot for her quinoa beetroot burger with fresh green pesto and tomato onion relish.

"And I love incorporating ancient grains, alkalising foods and healthy proteins into my menus. So my marinated Greek chicken souvlaki with herb lemon rice and organic tzatziki will be a hit!"

## Flavour of the month – Gazpacho

by Thom Culpeper

The Gazpachos of Andalusia are now firmly incorporated in world cuisine.

Prior to the Americas joining the sailing charts of Spain and Portugal, the soups of Southern Spain and its North Africa colonies were principally bean, onion, bread, garlic, vinegar and olive oil based.

Juan de la Mata's text of 1747 contains none of the New World additions to the post-discovery Spanish culinary: onions, garlic, sherry vinegar and oil being the surviving ingredients of the ancient dishes.

Eugenia de Montotijo of Granada, wife of Napoleon III, sang the praises of her 'country' soup all over Europe. She was effective, it was adopted, particularly by the French.

The modern Gazpacho is made with tomatoes, cucumbers and peppers, bread being the thickener and colourant that turns soup, made with the ripe

red tomatoes, a beautiful coral pink.

Gazpacho can be served with croutons, finely chopped cucumber, sliced hard-boiled egg, smoked salmon, jambon or prosciutto. A dash of Tabasco adds bite. A hard cheese is sometimes used and a basil garnish is a fine finish.

In summer the soup is thinned with ice cubes and drunk as a beverage; left thick it's a dip for sliced raw vegetables.

The secret to a great Gazpacho is ripe red tomatoes, Rouge de Marmande being a good starter. The bread is of the essence, de-crusted, dried, light coloured bread is essential. Virgin olive oil and sherry vinegar make the compound. Don't spare the salt.

### The Gazpacho

1 kilo ripe red tomatoes.  
Score the bottom, blanch 30sec in boiling water, skin, chill in ice-water then dice small



100 grams dried bread, crust removed, soak in ice water, squeeze bread of surplus water.

1 large Lebanese cucumber, diced

1 small onion

½ red capsicum, diced

2 cloves of garlic

1 small chilli (Serrano or like)

80-100 mls virgin olive oil

50mls sherry vinegar

1 tsp salt. Pepper to taste.

Pinch of mixed herbs

Tabasco sauce to taste (optional)

Basil leaf tips (to garnish)

Prosciutto (optional)

Hard cheese (optional)  
Toasted small breads  
Ice

### Method

Place tomatoes, garlic, cucumber, onion, red pepper and bread in food processor, blend until smooth. Add sherry vinegar, salt and pepper, drizzle oil and continue to blend.

Adjust herbs and Tabasco to taste. Add a couple of ice cubes and blend.

Plate, drizzle oil over and garnish, chill and serve with toasted bread or as you please.



by Catherine Baker

From Nightcap National Park's Mt Matheson to Mount Jerusalem, the Border Ranges, Hell's Hole, Black Rocks, the Tweed Coast, Iron Pot Creek, Egg Rock – and yet more – the Nimbin Bushwalkers have continued to stride forth in 2014, clocking up a total of 21 walks, including four camps, with an average participation of 10 walkers.

Probably no-one will have done them all. I maybe managed seven or eight. But that was more than enough to see – as if I needed any further evidence – what a variety of natural wonders we have on our doorstep.

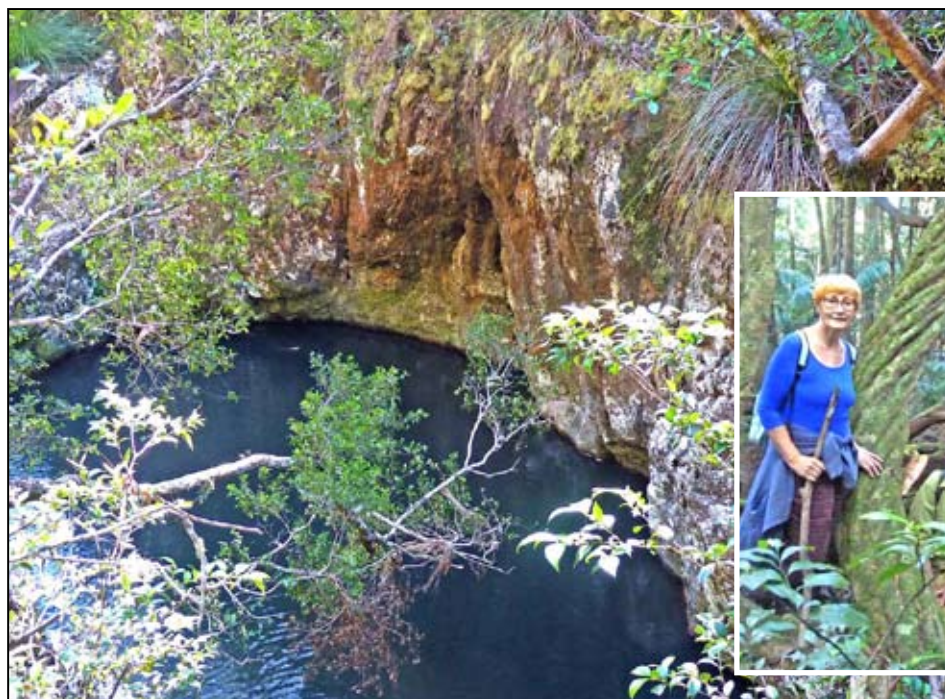
As our membership continues to grow, so does our awareness that we're no longer Nimbin-centric. Originally most of the club members lived in or around Nimbin. Now the membership includes Mullum, Murwillumbah, Ballina – and our web lady Sue lives in Brisbane. We all seem to enjoy the diversity, although those of us who have been members for long enough will continue to miss the active input of some of the original stalwarts like Len and Kaye Martin and Michael Smith.

But we haven't lost all of them. Our AGM on 23rd November saw one of those stalwarts, Judy Hales, returned to the presidency, and another, Bill West, voted in as Vice President. Michele Alberth continues as Secretary and Christina Haywood as Treasurer. We continue to be affiliated with Bushwalking NSW for insurance. Annual club membership is \$15; casual walkers/friends pay \$5 per walk to cover costs.

We aim for two walks a month, on Sundays. Next month's issue of the NGT will include an outline of our Walks Program for the first six months of 2015, to be decided at a meeting on 18th January. In the meantime, we can say that Judy Hales will lead the Minyon Falls Loop Track walk on Sunday 15th February, weather permitting. For details ring her at the beginning of February, after the school holidays have finished, on 6689-1477.

And on Sunday 1st March, Bill West will lead an easy 5 km forest walk at Bar Mountain, Tweed Ranges. Further details in the next issue of the NGT.

Happy New Year!



Bushwalkers relax on the Hells Hole bushwalk (above), Boonoo Boono (top left), Hells Hole (left) and Sheepstation (below).



## She says / HE says

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

I live with a pig and a dog, my husband being the pig. I find him by following the trail of debris he leaves behind – strewn clothes, dirty coffee cups, scattered ash, lights blazing everywhere he goes – even in the day, fly screen door wide open. When I tidy his shed, that bastion of masculine mess, he complains that "someone has committed a neatness!"

Despite this, and not to mention my annoying traits and habits, we somehow manage to live together in (mostly) married harmony. People ask us why we are so happy. We tell them we've had "enough suffering to make us truly grateful for each other."

Anyone in a long term partnership knows what I'm talking about. Anyone not in one who buys into the myth of falling in love and living happily ever after, just like that, is deluded.

After the glorious three month cathexis, we stop producing those natural psychedelic love drugs and we're left with the stark reality that this isn't an enlightened Love God/dess, but a real person, with warts and worse. This is when the hard work of a real relationship begins – or doesn't.

It requires adaptation, flexibility, understanding, acceptance, compromise, good communication and above all, forgiveness.

Men and women are polar opposites and I guess, apart from sex, that's what attracts. It makes evolutionary sense. But how do you live happily with someone you don't understand?

Communication is a strong point in our marriage, so Norm and I have decided to share. This month we launch our new column: She says, He says. We cannot guarantee to help your relationship, but at least we hope to give you a laugh. And it's humour that is the magic ingredient to a happy relationship, particularly the ability to laugh at ourselves.

*My husband never cleans the kitchen properly. Why? Does he do this to annoy me? Because it really does. – Francis Unwin.*

**She Says:** Dear Francis, it's a biological problem. Women's brains are like a multi-laned freeway and men's brains are like a lone goat track. She is the gatherer, scanning the whole scene with her eagle vision. He is the hunter, his eye is completely focused on the big things. He gets the plates in the dishwasher and walks away contented with a job well done. He doesn't even see the rest. He cannot scan. What puzzles me is that my husband can scan when he is looking for his lighter or checking out a pretty woman, but not in the kitchen. Evolutionary again – fire and sex.

It's best to think that he is doing some of the cleaning up and then you will finish off. Don't let him know this, but don't expect 100%. It's the expectation that is the problem. At least you don't have to do the lot yourself. Most importantly don't fall for the trick that because he never does it to your satisfaction you'll have to do it all yourself. Also don't thank him profusely for his help. He's not a child. Sometimes saying 'SCAN' works. It took me years to think of this, which shows how slow I am.

Some men have taken the evolutionary leap forward and are able to clean meticulously but they are rare, taken and/or gay.

You have to be thankful for what you've got. He's already a more advanced male than previous generations because he does help with the cleaning. Remember all the things he does for you that you're not so good at. Hopefully there are some.

Be grateful for what help you get in the kitchen and get him to make it up elsewhere. When you've done your 30%, make a cuppa, turn on the TV and put your feet up.

**He Says:** Over the years I have been asked countless questions on life's matters. As is typical of my species I have answered them all, whether I knew the answer or not. It is not in men's DNA to admit we don't know.

I decided, with the advice of my friend David Attenborough, to go into the field and study the undomesticated male in the wild. I visited a couple of mates who by happenstance, share a house. One spent the entire time complaining about what a



slob his housemate was. How he would stack the dishwasher with dirty plates but never turn it on, and how he left a couple of pies in the oven for six months. All this while he's standing in front of me wearing nothing but a pair of scungy piss-stained Y-fronted underpants.

I came out of there none the wiser. Their lifestyle seemed pretty normal to me. I concluded that trying to train a bloke to do housework is right up there with training circus monkeys to ride bicycles.

To answer your question FU, what was it again? Ah yes, the answer is: I don't know!

I was pondering this while carrying out my wife's request to clean up the kitchen. I came across a glass jar which I had no idea what to do with. At first I thought to leave it out as I normally would for the omnipotent one to deal with. I have learned not to ask, because this often results in a bruising for having to ask in the first place. But I took the plunge. 'Where does this go?'. She points to a cupboard 'in there'. Her mood was fair for the rest of the day and I thought, "I'm on to something here!"

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

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**Getting the news in El Salvador**

Rigoberto Escalante (right) interviewing the Rector of the UCA

by Warwick Fry

I first met Rigoberto at a demonstration in front of the Attorney General's Office. The protesters were delivering a petition for action on a series of murders and death threats against community leaders resisting the development of a gold mine over a sensitive water table in the mountains of El Salvador. (The mining rights are currently owned by the Australian mining company Oceana Gold, which took over from Canadian Pacific Rim in a rather dodgy deal and suing the Salvadoran government for calling a halt to the mining operation). The Attorney General, appointed during the time of the extreme right wing ARENA governments had held back investigations for several years. Death threats still.

Rigoberto spotted me sticking my microphone under the nose of one of the announcers of Radio Victoria for an interview. I recognised the announcer from an earlier visit I had made to the community. Radio Victoria is one of the organisations that is a victim of death threats, surveillance, intimidation and property damage by the hired goons and employees of the mining company. 'Rigo' introduced himself as the correspondent for Radio Cadena Mi Gente. It is a popular and progressive church owned radio with a format of talk-back, programs dealing with social issues, current affairs, interviews with public identities with listener feedback, and some of the revolutionary protest music made popular during the civil war.

Over the following weeks I came to know Rigoberto well as we both turned up to the same news events – to such a degree that we began to collaborate and work together, sharing interviews and contacts, and Rigoberto invited me to be a (unpaid) correspondent for the radio station. That was OK by me because Rigoberto knew everyone and everything that was going on. I

would get a 7am phone call from Rigo. "Comrade, did you know there is a group presenting proof that the Mayor of Tacuba has been skimming money after they privatised the water... 10 o'clock at the government offices..."

On our first meeting I noticed that Rigo had a peculiar way of avoiding eye contact when he was interviewing. He would hold out the microphone, head down and cocked to one side. Later I saw him holding his mobile phone up near the bridge of his nose, and later still, his notes. He was, technically, 90% blind. When I knew him well enough to ask, he told me that he had lost his sight in a grenade explosion as a guerrilla in the FPL. One eye was glass, the other had a scarred cornea. The cornea could be fixed these days. But... "I did my media studies with this eye, and now I'm used to it".

His blindness is compensated by phenomenal memory and powers of concentration and recall that enables him to find his way around the city when he can barely see ten feet past his nose. It also enables him to work on the fly. Once, when we were sitting on a park bench I saw him put together a five minute series of grabs of a one hour interview we had recorded with the Rector of the University of Central America. He edited on his cheap hand-held recorder, stopping the flood of words working from memory, almost exactly where he wanted to mark the 'in' points and 'out' points for playback. Then he called the studio, introduced the story in his inimitable racy style and played the hastily edited piece through his mobile phone. It went live to air loud and clear. All this while we were waiting for our taxi. I could hear the tail end of the piece – his 'outro' – on the car radio when the taxi arrived as he was winding up.

Like many Salvadorans Rigo was working two jobs. I learned this when we started working as a team with my

taxi driver. He would have us pick him up at the Rosales Hospital where he had an arrangement to get time off to do his radio assignments if he made the hours up later.

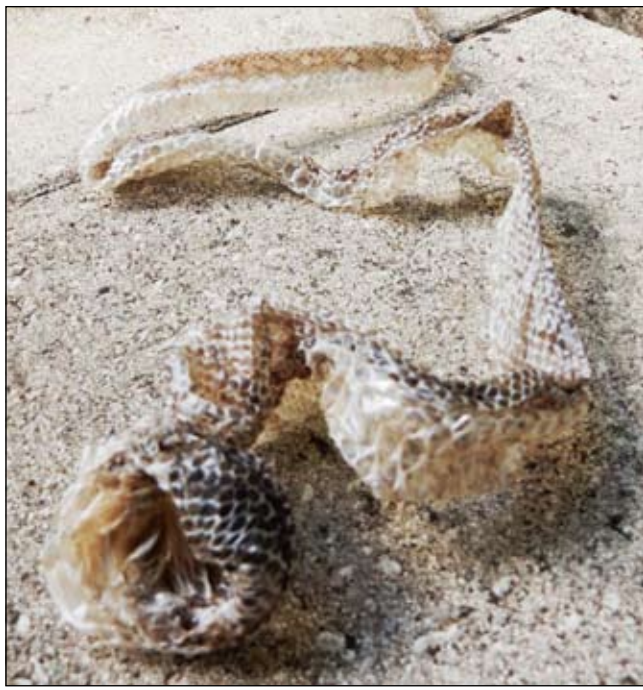
Working with Rigoberto, a stocky little dynamo of energy with a feisty style, and trying to keep up with him, reminded me of an earlier era and of Salvadoran journalists I had worked with in 1989 during the guerrilla offensive. There was the same passion for the profession, a willingness to share work and resources. (I remember one photographer handing me a dozen rolls of film when everything was shut down and I had run out). Their dedication was commensurate to their risk taking. Few foreign journalists were killed after six Dutch journalists were assassinated in the mid 1980s, causing an international outcry. But at least six Salvadoran journalists were killed in 1989, and others came close to 'disappearing'. I remember three occasions when military attempts to grab a Salvadoran journalist was only foiled by the presence of the foreign press. Many of the Salvadoran 'journos' then, if not working second jobs like Rigo, were journalism students at the University.

Today the political climate has changed. The military are no longer in control, although there are some public officials who wish they were. Rigoberto tells me he was thrown out of one press conference because he pressed the Attorney General with some awkward questions. The media, especially TV is dominated by the oligarchy with the big money. But there is a good network of community radios, Telesur (the Venezuelan national TV network) is available on cable, and an on-line web magazine, El Faro that is a ground-breaker in investigative journalism and documentary.

Salvadoran journalists are among the best that I have known.



The bad old days, 1989. Journalists and paramedics in the crossfire.



by Marilyn Scott

Sitting here on the eve of a new year, I'm ready to say goodbye to 2014. I give massive thanks for making it through, was way too close a couple of times. I'm stronger, I'm clearer, I'm cleaner... I've off-loaded heaps, not unlike a major operation it's been; my body is tired, very tired and will need time, care and love to rebuild. I'm ready for that.

"I can do it", just a mumble in my brain it was, didn't even make it to my lips ~ no energy for that, my tank was on empty, I was struggling. I was crawling to the finishing line. I'm super grateful for getting through, a big 'thank you' to all the 'helpers' out there. That massively charged new moon/solstice, sitting on the Aries point (significant) with Uranus moving forward (a big push toward breakthrough)... lifted us up and carried us across the finishing line.

I'm very grateful. We need to understand we've been through a lot; we need to give ourselves the time to strengthen, to rebuild. 2015 comes with much promise and excitement – I can feel it already as I sit on the doorstep. It's a change of guardian, a new vibration – a gentler, softer year, but also one of building, passion,



achievement, creating the foundations of our new life. It's a time of strength, focus – on what 'you can do', while allowing yourself time to rebuild.

Be gentle with yourself as you create your new world. You've been through a lot, you've made it through, give thanks, rest, rebuild, plan, begin... this is a year for achieving your dreams. But during these first few months of this great year of promise, we need to give ourselves time to rebuild our energies. Whatever our experience has been, 2014 has been a huge year, a lot has been re-arranged... internally, and many battles have been fought.

2015 carries the vibration of the number eight, both numerically and in the year of the sheep/goat – the strength card in the tarot. Many new opportunities appear under this vibration. We'll need energy and ambition to respond to the

# Shedding skin

by Dionne May

As the Summer Solstice passes, high on the McKellar Range I have been witness to Nature's splendour.

Cicadas' many varied songs set the bass of a wonderful orchestra of bird calls, rustling leaves and the familiar steady plop of my friendly wallaby bounding in to check the morning's offerings. Later, as I clear some lantana, two huge goannas engage in a furious mating ritual. Two aroused dinosaurs, pounding and thrashing through the bush one minute, then the silent sudden pause as they stand on back legs embracing, necks lovingly entwined and noses touching in the sweet secret intimacy of procreation.

An hour passes. The koala in the tall gum tree scratches his neck with his back leg indifferently. Walking back to my house I see a large, recently vacated snake skin on my path. It is still warm and flexible. Being the end of the year, the symbolism seems obvious. Nature's

message. The mysterious snake, Rainbow Serpent, primal lord of the subconscious, mythological creature of Dreamtime, is letting go of his old outer skin. One end of the old skin is bunched tightly in a roll as the snake slowly found purchase to ease the old skin away, the last 80 centimetres flowing away effortlessly. Inevitably.

Humans talk of 'letting go', shedding old skin, clever analogies that often seem flippant in the face of the reality of the personal experience. Whether it is a loved one, friend or family, your favourite Rainbow cafe or museum, that space where you would meet up with your mates, when it's gone it's gone. Loss and bereavement of what has passed is natural. Some beautiful memories and faces of past friends are imprinted on that gossamer thin, silvery mesh of shed snake skin. But the glorious present is where Mother Nature awaits your attention with grace and abundance in the most subtle and wonderful ways. The new is



always ready to replace the old.

The next day in the early morning light, poised on my ladder picking the third yield of the year from my Jaboticaba tree, I am overcome with gratitude. The tree shimmers and dances in the cool breezes, her branches, like smooth limbs, twist and reach high into the blue sky. The canopy of small lime green leaves a halo of Nature's love. I press my forehead against her cool bough and cry gently at her beauty and generosity. Small puffs of fruit-to-be nestling next to small green fruit, fully ripen black-purple fruit and a few wizened old

fruit in the hard to reach top branches. Future fruit, present fruit and past fruit. We are not disconnected from Nature.

So as this week of gross consumerism ends and its mighty gale of toxic frenzy peters out, try to spend some quiet time with our gracious Mother Nature. Rest awhile in her gentle arms and breathe in her healing energy. Maybe you will catch a glimpse of a newly shed snake, rainbow colours glistening in the sun, to help remind you to let go of the old, embrace the new and slide gracefully into the New Year...

Happy New One to you all!

## LATE MAIL



I think that the sentiment of excess consumerism associated with Christmas is starting to hit a chord in the community.

This year the nation was confronted by the Turducken, a chicken stuffed inside a duck in turn stuffed inside a turkey...

Next year, I have it on good authority that a Porlambalfabbit, a rabbit inside a small calf stuffed inside a fattened lamb in turn stuffed inside a pig, will be offered for the ovens of the nation in 2015. Let it go no further!

People are shocked at the amount of money that is spent, the excess and expectation that is created. The people of Sydney are now burning their Christmas Trees in the streets in desperation, a forlorn and exhausted community hollowed out on credit.

Thank you for your wise, brave and fighting editorial.

Thomas Stock  
Balmain






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Santa Claus was coming to town, so Annette was ready with the lolly bags at the Newsagency (top left). He arrived by fire truck to hand out presents at the Neighbourhood Centre's Community Christmas Party, including to Tibo (pictured). Then two days later, he arrived by Harley Davidson for more gift-giving at the Bowlo. Meanwhile, the choirs were busy, including the Men's Chorus at the Senior Cits party (left) and Vocal Minority at the Blue Knob Gallery's bash (right).




**LISMORE – NIMBIN  
NIMBIN – LISMORE  
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Normal Mon-Fri Week		School Holidays	
Leaving	Arriving	Leaving	Arriving
Lismore Transit Centre	Nimbin – Main St. (Park)	Lismore Transit Centre	Nimbin – Main St. (Park)
7.00am	7.30am	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		

\* Mondays & Thursdays Only

No Public Holiday Service  
Town Service - Wheelchair access available upon request, 24 Hour notice required  
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