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Dad doco launches call for family law reform

Is our current legal system really working in 'the best interest of the children'?

This is the question posed by *Dad*, a brave and powerful documentary made by independent Melbourne filmmaker Karen Hodgkins (pictured, inset). In 2012 the Australian Bureau of Statistics reported that 810,000 (1 in 6) children don't live with their biological father. *Dad* delves deeper into this statistic exposing the flaws in our judicial system – flaws that are destroying Australian families by separating loving parents from their children.

"The film was born from a desperate dad who asked me to research the injustices within the Australian Family Court and the Child Support Agency. I couldn't believe this worldwide problem was buried so deep. One that is detrimental to our future and the cornerstone of society – family," Karen says.

Hundreds of cases pour through our "grossly overstretched" family courts everyday, some taking years to resolve, leaving parents penniless and having serious affect on the mental health of children. "It's really the kids who suffer, they don't have the capacity to understand, they sit in their own quiet world blaming themselves," says Phil York, a Dads in Distress counsellor.

"My little boy is craving time with me," says one desperate dad. "I think he has a lot of sadness and a lot of hurt about why he can't see his dad when he wants."



**810,000
Australian
children
(1 in 6)**

**Live without their
biological Dad...**

Australian Bureau of Statistics 2010

In 2011, the Labor government changed the *Domestic Violence Act*, removing the penalties for perjury. "False claims are the new court weapon," says The Honorable Judge David Collier, now retired. "The courts are under resourced and we don't have enough Judges." Legal personnel are unable to give each case the proper assessment they need, forcing some parents to take extreme measures to be heard.

"It is enormously difficult for the courts to deal with people who have mental illnesses which are mistreated or undiagnosed," says Patrick Parkinson, a Family Law Professor at Sydney University. "This courageous film chal-



lenges assumptions about family violence and parenting decisions in our court system," says Family Court Barrister, Dr Angela O'Brien. "The 'dads' featured are ordinary men who have been denied fair time with their kids, their determination to remain an engaged parent is invariably inspirational."

Karen will present *Dad* as part of a family law campaign beginning in Federal Parliament in mid June.

View the trailer online at: <https://www.youtube.com/watch?v=WS6moEG6qVk>

Learn more about the campaign and download the documentary at: <http://www.virtual-reality-media.com/dad-campaign.html>

Family law reforms and alternatives

by Amanda Sillars, Eeny Meeny Miney Mo Foundation

No system that routinely takes two years to reach a decision about a child's welfare, and that is adversarial in nature at the very time when parents most need to be encouraged to work together, can legitimately claim to be acting in a child's "best interests".

The Family Court is a failed model of how to address the ever-increasing issue of family breakdown and consequent child abuse. Our organisation are advocating the views that:

Our children only have one childhood

Decisions about our children all need to be treated as urgent; the costs of not doing so far outweigh the costs of doing so.

Kids and adversarial legal processes don't mix

Adversarial legal processes are entirely inappropriate for the resolution of family matters and for making decisions about the future of our children. Parents in separating families need help to be able to work together for the sake of their children; they don't need any help destroying each other. Our children – and their mental health and welfare – are just too important for that.

Kids should be kept out of court processes

Courts and other institutions that determine the future of our children are increasingly listening to "the voice of the child", and at ever-younger ages. Although this may appear progressive, appropriate or respectful of children's rights, it inevitably and strongly incentivises psychological child abuse by rewarding parents who seek to control their children's views and behavior.

Furthermore, it is unlikely that there will ever be enough professionals readily available, competent and specialised enough to assess children under these circumstances (nor, realistically and importantly, any satisfactory mechanism for determining which professionals are suitably qualified and experienced).

Parenting should not be means-tested

Financially onerous processes are inappropriate for making decisions about our children's futures. It is profoundly wrong, unjust and immoral that the level of financial investment by a parent in legal proceedings should be a determinant of future parental care.

Parental care and finances can be separated

Decisions about which parent should care for children, and when, can be made independently of any final, financial resolutions between separating parents; in fact, they are best done so given the urgency.

Alternatives to court must be prioritised

There should be a substantial shift of resources from the Family Court system into modern alternatives. Families should be genuinely obliged to participate in mediation or conciliatory legal processes for a significant period of time prior to being permitted access to costly, inefficient, protracted and harmful court proceedings.

Family Courts should not be secret

The Family Court has protected itself and its participants from scrutiny for decades with self-serving legislation that prevents participants from taking legal action against incompetent or negligent psychologists, barristers and judges. And it has prohibited, by law, public discussion of family court cases and exposure of its ineptitude and negligence. It has done so in the name of "the best interests" of the child when, in reality, the beneficiary has been the Family Court itself.

No court should be able to protect itself from scrutiny in the way that our Family Courts have done. Australia's Family Courts should be opened up to intense and immediate scrutiny.



Eeny Meeny Miney Mo Foundation is an independent, not-for-profit organisation working:

- To protect children from the severe risks that arise during and after family separation;
- To ensure that children's rights and needs – especially to maintain a proper relationship with all loving parents, relatives and friends after family separation – are widely understood, protected and observed;
- To help those experiencing, or at risk of suffering, the tragic consequences of "parental alienation"; and
- To provide educational resources on parental alienation internationally.

www.eenymeenymineymo.org.au

Come back to the beach

Ironically yours

by Dionne May

Long gone it seems are the days when people spoke of our politicians with anything other than derision. These days, people clamour to share the latest injustices, the latest moral or ethical corruption, all adding to the chorus of woes of everyday Australians.

Have we all just become isolated in tombs of mortgage or rent purgatory with just enough money to tie ourselves into lifestyles of working gruel, numbed by a constant consumer smorgasbord and television toxicity? Even sadder still, foisting these lofty ideals of a lucky country on to the next generation of Australians.

Most politicians still defend (and depend upon) an economically strong Australia by mining the hell out of this great brown land. The mindless destruction of our forests, the drilling for oil, coal, gas, uranium... anything it seems that can be turned into a dollar today with no thought for our future, and certainly no respect for the past traditional custodians of this land. Environmental tragedy after environmental tragedy.

Now the Fukushima disaster is threatening our ocean's very life. Japanese citizens are being jailed for even mentioning this catastrophic disaster for fear of global panic. The ocean around Japan is dead and toxic uranium is leaching ever faster into her and being carried by sea currents towards our shores.

Even within the bubble that is alternative life in Nimbin the insanity is being felt. What function of the human mind can obliterate any shred of common sense or compassion for others or the planet in the face of greed and power? Such complacency in their comfortable homes, while most Australians are struggling to make ends meet while our environment is being systematically destroyed. Homelessness, poverty, addictions, mental issues and suicides are ever on the increase.

Our police force is showing the strain with now too much evidence of police brutality. A senior police officer looked me purposefully in the eye as he shoulder-charged me clear out of the way at this year's MardiGrass.

Now I'm old-school, so that shit just ain't



right. Searching under-aged girls while their parents aren't present ain't right. Targeting Aboriginals ain't right. Disrespecting any community that you put on a uniform to protect and defend is as much a reflection of our decaying culture as you can get. What happens when people stop believing in these leaders, can no longer tolerate the fact that our beautiful planet is being poisoned by them? Are we completely powerless to stop it?

So I left Nimbin and headed for a dawn at the beach. The ethereal quiet against a red stained horizon. Here I find my peace. Here in the beauty of nature, lulled by the ever-pounding waves I can believe in an old Australia.

That far horizon so pure and so unfathomable always helps quiet my mind when the turmoil of life threatens to engulf me in it's sea of social indifference and consumer madness. In these hours I can believe in a better Australia. I can believe that if I am here and I can remember what it is like to be truly proud of Australia then others do too.

Please awaken Australia – turn off your televisions, forget about shopping and come back to the simplicity of the beach... and let's sack some of these politicians before there is nothing left to be proud of.

The world according to Magenta Appel-Pye

Faith

Doubt and fear of the unknown have no place in my mind or heart.

From Great Spirit, through me, good pours forth into the world as perfect manifestation.

Faith is a quality that makes up your spiritual nature. Faith is your affirmative power. Faith is your ability to say "yes" to the Creator and to your good. Faith lets you draw from the invisible all your good.

The difference between belief and faith is that belief will draw to you whatever you believe in. Faith will not bring something into your life that is not right for you. Faith does not draw negatives. When you believe your good can be drawn to you then your Faith



moves it into expression. Belief is the activator of Faith.

Faith without belief lies dormant. Belief without faith in Great Spirit can draw anything to you, good or bad. The instant you truly accept it in your consciousness, the way clears for you. When you release all outcomes to the

wisdom of Great Spirit the results are spiritual growth. Pray, knowing and believing that it is yours, then turn it over to Creator, release it.

Trust that the results of your prayer will be only for good.

Make your decisions based on the inner instructions you receive (intuition), and be obedient in your listening. There is no point being divinely guided if you don't have the courage to follow the guidance. Take time every day to say "Yes" to your heart's desires. The more you accept them as possibilities the more you are adjusting within to accepting them. There is no need to leave your good as dormant potential. Exercise your faith.

Faith is a tool with which to build a higher consciousness. A negative consciousness can be transformed by using the power of faith.

Holiday in the sun

It's a holiday,
A holiday in the sun,
We've only just begun
To have fun
A holiday is what you make
it
Bake a cake and eat it
Watch time fit
Sit it out

A holiday
A holiday in the sun
Heaven is begun
Yesterdays bring pleasure
Measure for measure
Just want to have fun,
Something can be said
Can we go to bed,
For a holiday in the sun

I'm out of it again
With a sexy friend
I'm on a holiday,

A holiday in the sun,
When there is no more
And you're waiting at the
door,
With a love gun,
Remember the one

A holiday in the sun,
We're off to the islands
Where love is free
Be with me
Under a coconut tree
See you're my only one
A holiday in the sun,

Saw you on Sunday
Your rivers were about to
run
Come to me
For a holiday in the sun
Started the day
On a sunshine note,
Adjusted my coat,
Holiday in the sun

– Pete Kelly, Wangaratta

It's a journey we're on

Life is too lonely sometimes
I want it to shine
I'm on the edge again
I just make my mind pretend
It's a journey we're on

Whatever went wrong is gone
Now I'm not wrong
It's a journey we're on

Forever is a long time
Like a good wine, we age
slowly
Get it together
Now and forever
It's a journey we're on

I'm a natural man
You're a natural woman
Let's make it happen
Keep it cool
It's a big pool
It's a journey we're on

– Pete Kelly, Wangaratta

Me and sunrise



Photo: Jane Halliday

Here we are the mid-point of this great year of promise, this powerful time of manifestation.

We're currently travelling through Mercury Retrograde... metaphorically a time when the messenger of the gods retraces his steps; time for review, time to rethink our plans. Is everything moving the way I intended ~ on those crisp new days of 2015? Am I taking myself to where I want to be? Time to stop for a bit ~ put down the tools, rest for a while and review our approach.

Our Intuition is a powerful ally, it's constantly aware of what's going on. We get a bit distracted, so much going on around us... we can't afford to lose that connection with our self. I felt that massive wave of potent potential on New Year's Day; I know I wasn't the only one ~ it certainly came in with a mighty whoosh. This was a year for manifesting our dreams, for real. There was so much support now.

My 'Power Word' for this amazing year was 'Strength' and my intention was to sell Mahalia ~ this magickal

place I've lived for the past five years. What a journey it's been. 'Magick Moments' was the name of my business, the Health Centre I created before. But I could never have envisioned the magick that awaited me here. Yes, I had my plans, don't we all ~ I was going to open a Sacred Healing Retreat. Well a Sacred Healing Retreat it's been, for me ~ a Sacred place to rest and heal; possibly lifetimes, the potency of this place is so great.

The things I've seen, the manifestations I've witnessed, things I wouldn't

have believed possible ~ my psychic sense has been powerful. It constantly surprised me, I often felt in awe of the majesty surrounding me. I had no idea this was in store for me... I thought I was opening a Healing Retreat. I will write about it all one day, that's the plan for the next chapter. I can feel its presence, I feel its breath, I feel its love pulling me, my time to shine ~ how amazing is this life? I believe in growth, in evolution, in everything getting better and better. I'm a Virgo... making things better is what



by Marilyn Scott

I do.

Mahalia has changed me forever as I now stand at the doorway of a brand new chapter... a time of great love, happiness and reward. Gratitude is never far away. I 'saw' Mahalia many years ago, long before my conscious mind was aware. I was called here; I was invited into a place I would never have been able to find myself. I was taken behind the veil; so much was visible to my eyes. The magick poured day after day.

Over more recent years I knew the time was approaching when my

journey here would be completed. It was hard to let go, I'd become seduced by the beauty ~ a mighty sultry temptress she is. I kept putting it off ~ well we know how that works! Then I began to see what was waiting for me; this amazing life was being created in the etheric (the energy field beyond our body) ~ I could feel it, I could smell it, it felt so close. Something even more incredible, I wouldn't have believed that possible.

The finishing touches are now being applied, polished to a gleam... not long now.

This next chapter requires me, free, unadulterated me. It requires me to be the amazing, uniquely crafted individual that I am. These last few years have been a transformational journey like no other, for us all ~ possibly in a way never been offered before. Keep on with those dreams, laser beam that focus and always think happy thoughts. Have a great month.

'Mahalia is for Sale' has a Facebook page... if you'd like to have a peek.

Headers flying the flag



Headers No12 Beau Grabovsky slams in the third goal at Kyogle

by Gary, PAC & Rebecca

Women's 5th Division

Friday 8th May v Alstonville (away)

A cold night in Alstonville was made more bearable by a wonderful 4-0 away victory.

Two goals from Gabriella Morahan, one from Rainbow Lacher and an own goal meant the Headers left the plateau with all 3 points.

Sunday 17th May v Tintenbar (home)

This match was an arm wrestle, with few clear goal opportunities. Tintenbar took full advantage of what they created, and earned a 2-0 victory.

Sunday 24th May v Pottsville (away)

Another very tight match that could have gone either way was settled by a well-taken penalty for the home side. 1-0 to Pottsville.

Women's 3rd Division

Sunday 3rd May v Bangalow (away)

This game was one of the few played in the region due to torrential rain on the Mardi Grass weekend. Our girls took full advantage and came away with a solid 3-1 away win thanks to 2 goals from Tessa Rutley and 1 from Ginger O'Brien.

Sunday 10th May v Kyogle (away)

Another away game, another fine victory. 2-1 this time, Tessa Rutley and Lauren Jefferys with a goal apiece.

Sunday 17th May v Tintenbar (home)

The Headers celebrated Pink Day for Breast Cancer awareness and part of Women's football week. This game was an end-to-end affair with plenty of attacking from both sides.

Tintenbar ended up nicking it with a solitary goal, but as they say, football was the winner!

Sunday 24th May v Lismore Thistles (away)

With Thistles top of the league this would prove to be a real test of the Headers title aspirations. Once again Tessa Rutley was on fire and bagged a brace, with Ginger O'Brien also finding the net to give this ever-improving side a great 3-1 victory and plenty to be optimistic about moving forward.

Men's 5th Division

Round 5 Saturday 9th May v Kyogle (away)

This game turned out to be one of lost opportunities as shots went wide or hit the post or bar.

But with half an hour gone, a Kyogle forward hits one across the keeper: one nil to Kyogle.

Headers Harry Waddington heads a ball onto the bar with the keeper

beaten.

It's an end-to-end game now, as Kyogle get the ball into the penalty box and a forward slots it past the Headers keeper. Kyogle 2 Nimbin Headers nil.

Within a couple of minutes of the restart the Headers are on the attack with a nice pass by Phil Courtney on to forward Harry Waddington, then on to Finlay Float who hits the ball into the Kyogle keeper, who couldn't hold it and the ball comes back to Finlay who heads it back into the net. Kyogle 2 Nimbin Headers 1.

Now the Headers are pushing for the equaliser, and it soon comes as (twinkle toes) Phil Courtney with some nice lead-up play smashes one past the Kyogle keeper.

Some nice passing from the Headers – now Finlay Float onto Harry Waddington who squares the ball left to mid-fielder Mark Wright who takes a little touch, then slots it past the keeper nonchalantly to give the Headers the lead for the first time in the match Kyogle 2 Nimbin Headers 3.

Then there were two saves in two minutes by Headers keeper Nigel Hayes.

Then Kyogle has a break away and an equaliser comes out of it, so the game finishes 3 all, a fitting result as Kyogle are the first team to take any points off the Headers this season.

Round 6 Saturday 16th May v Goonellabah (home)

At the start of this game the Headers were on top of the table with 13 points and Goonellabah were fifth on six.

So it was a bit of a shock that Goonellabah took the lead with only six minutes on the clock, a Headers defender tries to shepherd the ball over the line for a goal kick and an attacker who ran off the field got his foot on the ball before it could cross the line and another attacker was on hand to slip it past the Headers keeper into the net.

Goonellabah held the lead for 11 minutes before the two young strikers for the Headers combined to level it up, Harry Waddington gives a lovely pass to his offsider Finlay Float who makes no mistake.

Three minutes later Headers left winger Gary Whisker smacks one in: Headers 2-1. Now the Headers are running riot as Harry Waddington gets a goal.

The next goal for the Headers was a gem, with Gary Whisker crossing from the left Finlay Float nods the ball onto Harry Waddington who gets his brace.

And the first half finishes Nimbin Headers 4-1.

Seven minutes into the second half, a corner for the Headers and Finlay Float delivers a great ball that floats over the keeper, and it's another flying header at the far post by the heading wizard Geri Price-Jones, Headers 5-1.

Some fantastic passing by the Headers sees Leon Kindermann take the ball to the goal line and he flicks it over a defender for Harry Waddington to get his hat-trick, Headers 6-1.

With half an hour gone Goonellabah, who have never given up, get their second goal with a break that catches the keeper out.

Goonellabah on the attack again, a shot comes in and Headers keeper Nigel Hayes tips it onto the post and onto an onrushing Goonellabah forward legs and out for a goal kick.

With time running out, Harry Waddington gets his fourth goal of the game to make the final score Nimbin Headers 7 Goonellabah Hornets 2.

Round 7 Saturday 23rd May v Lismore Thistles (away)

The wind was blowing a gale for this game and Thistles got straight down to work, scoring after seven minutes with a breakaway and a nice shot from the left, right over the keeper into the far side of the net.

A free kick is awarded to the Thistles, which is dealt with by the Headers defence but the ball runs out to another Thistles player who hammers it back: Thistles 2-0.

Gary Whisker is through on goal (it was touch-and-go whether he was offside) and slots in a nice goal. Thistles 2 Headers 1.

With about eight minutes left in the first half, Headers forward Finlay Float beats the offside trap and makes the score two-all at the break.

With eight minutes down in the second half, Thistles get two more goals to lead 4-2 and that's were I leave the game to go to Lennox Head to watch the second division game.

Lismore Thistles in the remaining 38 minutes left to play only score one more goal to make the final score Thistles 5 Headers 2.

Men's 2nd Division

Round 5 Saturday 9th May v Kyogle (away)

Headers frontman Beau Grabovsky through on goal and is brought down from behind within two minutes of the start and is awarded a penalty.

His outside forward Ruben Mack steps up and thumps the ball half a metre off the ground just inside the left hand post: Kyogle nil Headers 1.

Straight from the restart, Kyogle's No. 7 smashes one passed the Headers keeper a lovely goal. 1-1.

Headers get a free kick and Darren Janezic belts it just over.

Then Headers Ruben Mack gets booked, but later heads a great cross onto the bar and out. So at half time it's one-all.

Kyogle's No. 7 latches on to a ball and as he volleys it he's a metre off the ground, but just wide.

Headers get a free kick for Rye Levy being tripped from behind. Rye takes it and Beau Grabovsky gets on the end of it to slam the ball in: Kyogle 1-2.

With 20 minutes gone, some great passing by the Headers and the ball is laid off for Beau Grabovsky who muscles his way through the middle

of the Kyogle defence and blasts it past a falling Kyogle keeper high into the roof of the net. Kyogle 1 Headers 3.

Dean Chaussivert, Headers right back, has a run through the defence and hits the ball across the keeper and hits the outside of the far post.

Kyogle kick the ball out from defence and Headers Deno up front again intercepts the ball and half volleys it straight past the Kyogle keeper. The score now is Kyogle 1-4.

Beau Grabovsky gets his head onto a Headers cross and this time the keeper saves it, and so that's full time.

Round 6 Saturday 16th May v Byron Bay (home)

Nimbin Headers lost 2-1 mid-week away to Alstonville who were in 9th position and they moved up to 7th but the Headers still hung onto their second spot. And Byron are in 6th spot before this game. This is a very tight division with the first seven teams in contention at the moment.

This is a fast and open game, and with 20 minutes gone, Byron score from a corner with the Headers keeper not dealing with the situation and the ball coming off him square into the net at the near post.

Headers Chilo Pike chases a through ball and has to pull up real smart as the Byron keeper gathers the ball in mid-air with his left leg leading. Luckily he didn't catch Chilo with his boot as he bumped into him.

Ruben Mack for the Headers has a shot on the run, just over the bar, and so the opening half comes to an end with Byron Bay leading one-nil.

Six minutes after half time Headers get on the board as Ruben Mack disarms a defender of the ball in a tackle and gets up first with the ball and crosses it for on-running forward Huon Campbell to smash in the equaliser.

The game is now played at a frantic pace and is very enjoyable to watch for the big crowd on hand. The Headers are awarded a free kick about ten metres outside the penalty box. Justin Janezic steps forward to take it and smacks the ball over the wall and eluding a desperate diving Byron keeper for the Headers to take the lead 2-1. The crowd go berserk and are cheering the boys on – what an atmosphere.

Two minutes later a Byron forward hammers one on-goal, but the Headers keeper is equal to the task with a flying save pushing the ball out for a corner, and nothing coming of it.

Chilo Pike for the Headers is through one-on-one with the keeper, but is pulled up for offside.

And there goes the whistle for full time the Nimbin Headers winning by two goals to one.

Round 7 Saturday 23rd May Lennox Head (away)

Lennox are soon on the board after only six minutes with a cracking shot from the left, then six minutes later they are three-nil up.

Then Headers have two corners in a row, but nothing comes of them. Headers midfielder Kalen Petrie has a run up the middle and passes it to Huon Campbell who shoots wide.

Lennox Head go four-up with another well-worked goal. Then there was a period of 23 minutes where they didn't score, then they put their fifth in, and just before the break Headers forward Ruben Mack gets a nice goal to make it 5-1 to Lennox at the break.

In the second half, Lennox put another three goals past the Headers who were still fighting hard and



Womens 5th Division action

never gave up. I did hear that the Lennox Head No. 10, who had a blinder, did get the golden boot in premier division a few years back, I know he got a hat-trick and possibly more. Lennox should win the minor premierships hands down and probably the double.

Nimbin Headers juniors

This year sees 11 teams fielded in the Juniors Mixed competition with players ranging in age from 5 to 14 years. This is a great participation rate for our little club, a wonderful community asset, run solely by volunteers.

The season started early for one of our two Grade 9 teams – the Nimbin All Blacks – when they attended a carnival ably hosted by Dunoon Soccer Club at the end of March. The (at the time) all-girl team played five games over the course of the day, with many of the girls stepping out on the field for the first time in their lives. Although they didn't claim a win on the day, they all thoroughly enjoyed their outing.

The Nimbin Pythons, the other team in this age group, may just be the team to watch. These tenacious little fellas have been playing together for a few years now, their coach Fabien. They are a strong and tight knit crew with considerable talent and an almost unstoppable will to win.

The weekend of 16th-17th May was a huge one at the club, with 16 junior matches played over the course of the weekend – in addition to the Seniors games played. The atmosphere was fantastic, and our teams certainly did us proud.

Nimbin Headers highly values sportsmanship and fair play, and our youngsters model this beautifully. They don't always win, but they consistently wear their club strip with pride. They approach each and every game with gusto and enthusiasm; play for the opposing team if they are a player short; and are caring of themselves and one another.

On Saturday game day and Thursday afternoon training from 4pm, the Header's grounds set a beautiful scene, the fields are a hive of activity, packed with a mass of players, coaches and families all enjoying the great vibe that is the Nimbin Header's Sports Club.

Come along and join us and be a proud part of the Headers community, the best, most fun and inclusive little club on the North Coast.



Grade 7 Headers v South Lismore

Local businesses show support for fun run

This year's 5km Nimbin Fun Run and family fun day will be held on Sunday 30th August at 11.30am – start and finish at the Nimbin Showground. Entry by 11am: \$20 Adult, \$15 Child (12-16), Team \$65. Children's games and races at 12.30pm – children's wrist-band \$2. Food and beverage available at the event.

If you plan to travel from far and wide, full facility camping is available at the Nimbin Showground, as well as all year round, for \$10 per person per night with power.

The Nimbin Fun Run is in its 6th year and we are still evolving and trialling what are the best runner category combinations. This year, for the first time, there will be a new 'Team Event' category. This will replace last year's trial of the bonus prize money for the first male and female across the line. We hope local business and community members will be inspired to form a group of five runners and be the first group of five to cross the line and collect the generous prize money of \$1000, donated by the Nimbin Show Society.

Once again our Major Sponsors, Nimbin Hotel and Backpackers and Mt Franklin Spring Water, have teamed together to make this year's fun run another awesome event. Nimbin Hotel and Backpackers have been the Fun Runs' major sponsor since the birth of the event in 2010.

Every year, local businesses generously donate prize money for every runner category. Keep updated, 'like' the Nimbin Fun Run Facebook page and find out more about the local Nimbin business that is sponsoring your running category. Take the time to visit your sponsoring business and thank them for their support in making this an incredibly positive, and healthy event and family day.

Donations do not stop there. On the day, every runner is awarded a raffle ticket and local businesses also generously donate wonderful prizes. Even if you enter the event as a walker to support the Physical Activity Centre, you have a chance to win one of these many great prizes, as well as Best Dressed entry prize!

All proceeds from the event go towards equipment purchase and maintenance of the Nimbin Physical Activities Centre also situated in the Showground. The ongoing support and contribution of all our local businesses have seen our small Community Gym grow into a fully-fledged gym holding its own against any



mainstream gyms in the area.

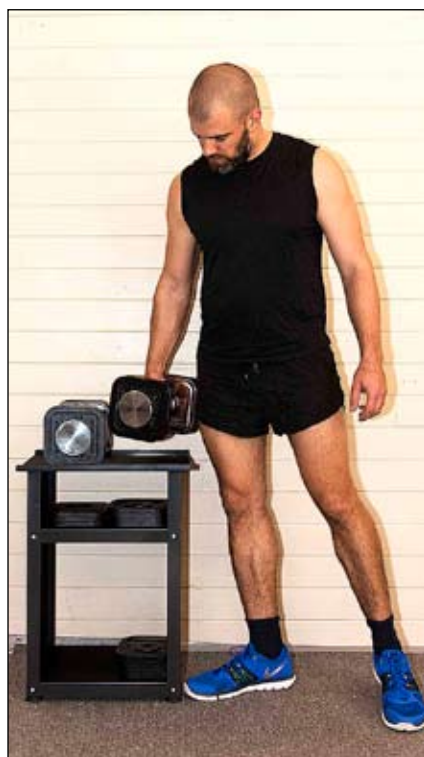
This year thanks to our combined efforts, the PAC has two new equipment additions:

- A Barbarian Power Cage (pictured below left) including a 125kg high-low pulley system. This is a great piece for our girls and guys wanting to extend themselves into the heavier weight training arena in a totally safe supported cage. Combining pulley and free bar plate loaded exercises.

- An Ironmaster Quicklock Dumbbell system (pictured below), which can instantly transform your dumbbells from 20 to 54kg. Sitting on its own weight rack for safe easy lifting, this is a great space-saver and again attractive to those moving into the heavier weight-range training realm.

Special thanks to Lismore City Council, Jenny Dowell, Nimbin Show Society, Nigel Reid, Mal Rothwell, Nimbin Headers, Fashionating, The Mad Hattery, Snipping Heads, Nimbin Fire Brigade, Nimbin P.O. Nimbin Police, Nimbin GoodTimes, Nimbin Apothecary, Nimbin Information Centre, Nimbin Emporium, Nimbin Neighbourhood Centre, Nimbin Candles, Kahuna Massage with Chrissy, all our sponsors and all our volunteers.

Please phone 0428-439-526 for further information and volunteering.



New equipment purchased with fun run proceeds for the Physical Activity Centre

RUNNER SPONSORS

Team event 5 runners \$1000 – The Nimbin Show Society Award

1st place male & female open \$250 – The Nimbin Hotel and Backpackers Award

1st place over 45s male \$250 – The Nimbin Lifestyle Real Estate Award

1st place over 45s female \$250 – The Nimbin Tattoo Studio Award

1st place male & female 12-16 years \$100 – The Nimbin Bakery Award

2nd place male open \$150 – Armonica Espresso Bar and Wood-fired Pizza Award

2nd place female open \$150 – The Happy Herbal High Award

2nd place male over 45s \$150 – The Bringabong Award

2nd place female over 45s \$150 – The Nimbin Building Materials Award

2nd place 12-16 years male & female \$70 – The Dr Dan Oxlee Award

3rd place open male & female \$100 – The Rainbow Power Company Award

3rd place over 45s male \$100 – The Tribal Magic Award

3rd place over 45s female \$100 – The Daizy's Award

3rd place 12-16 years male & female \$50 – The Dr Dan Oxlee Award

Crossword Solution

From Page 28

I	C	H	T	H	Y	O	S	A	U	R	C
C	A	V	A	D	D	A					A
O	N	B	T	Y	A	M	B				
F	C	I	R	S	I	G	N	O	R	A	
F	E	A	T	H	E	R	S	I	N	L	
E	T	E	E	O	L	A					
E	A	B	Y	A	M	T					
C	A	C	A	O	T	A	O	A			
U	O	H	H	O	N	O	L	U	L	U	
P	O	M	P	E	I	I	O	E	R	R	
B	M	N	I	V	E	R	U				
A	R	C	H	A	E	O	P	T	E	R	Y

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NIMBIN VALLEY GROWN PLANTATION TIMBER,
NOT FROM THE NATIVE FOREST

Magenta Appel-Pye

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3rd Generation Psychic Medium

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Dreaming class: Fridays 11.15am – 12.30pm

Mullumbimby

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- Discover Body Circuit Mondays 9.15am-10.15am
- Butt, Abs & Thighs Wednesdays 9.15am-10am
- Discover Bootcamp Mondays 5pm-6pm (Boxing); Thursdays 5pm-6pm
- Zumba Thursdays 9am-10am; Fridays 9.30-10.30am

Also Available: No contracts, no joining fees Gym programs, Rehabilitation and Affordable Personal Training to get you results.
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Normal Mon-Fri Week

Leaving	Arriving
Lismore Transit Centre 7.00am	Nimbin – Main St. (Park) 7.30am
8.00am	8.45am
12.00pm	12.35pm*
2.35pm	3.10pm
3.20pm	4.15pm
5.30pm	6.00pm

School Holidays

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

Leaving

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

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

* Mondays & Thursdays Only Some Buses connect in Nimbin for Operators to Mullumbimby

START THE GOOD LIFE



HOME IN THE COUNTRY \$360,000

An abundance of fruit trees surround this character-filled country home. Spacious and full of light, this beauty awaits your personal touch. Featuring three good-sized bedrooms, a large country kitchen and a bright refurbished bathroom, it is ideal for family living. Set up for a more sustainable lifestyle, the property boasts a grid interactive solar system, solar hot water heating and lots of water storage. A creek on the land runs into Hanging Rock Creek where deep swimming holes are a joy for summer.



Nimbin Hills REAL ESTATE

John Wilcox 0428 200 288

Chris Clarke 0459 356 236



YOU ARE KIDDING \$165,000

If you're dreaming of a self-sufficient lifestyle, here's a great chance to buy into an easy-going community, with this 5.5 acre share that offers so much. The property has beautiful soil and ample water from tank, dam and creek. A livable shed with power, kitchen, bathroom, fireplace and east-facing verandah provide a home space. You also get a 30-ft caravan and double garage/workshop. Outside are fruit trees, gardens and well set-up goat yards with sheds. A great, prepared house site completes the picture. Willing vendors.



VILLAGE HERITAGE \$285,000

Beautiful native and flowering shrubs surround this turn of the century, 3 bedroom plus sleep-out colonial home. Set on 2 acres of gentle sloping land in a strata title village, the property features 2 dams and an easement to a spring. The rich volcanic soil allows you to grow anything here, and the garden features many kinds of fruit trees. The home is light and airy, built of solid timber. The sunny kitchen features all timber benches, lovely wide verandahs on two sides which feature great views of surrounding mountains.



CONVENIENT RURAL LIVING \$365,000

Sitting on 1/2 acre in a quiet residential street just outside Nimbin, this three bedroom (plus huge rumpus space) family home offers an exceptional lifestyle. The home is very well equipped for a sustainable lifestyle, with grid connected solar and solar ready hot water systems. Garden features mature mandarin, macadamia and mulberry trees, with plenty of room for a veggie patch. Convenient to town, this property has all the benefits of rural living, without the maintenance of larger acreage.



HEAVEN SENT \$330,000

Situated only 2 minutes to Nimbin is this solar passive designed 5 bedroom timer home. The property has a great Northerly aspect with a spacious verandah taking in distant mountain views. The home has a large open plan kitchen-dining area with brilliant views, the lounge features a wood fireplace. There is half an acre of land for your personal use, plus common land to enjoy on this strata title property. The home has mains power and a 1.6 k solar system. Great chook yard and vegetable garden area including fruit trees.



HEATHOLM \$495,000

Giant fig trees are a feature of this handy small farm set on 45 acres of gentle paddocks. Watered by a mountain creek, this property is ideal for cattle or horses. The property has room to burn for the extended family or additional tenants, having the benefit of the 3 bedroom brick and tile home and the large well appointed American Barn, offering 6 bedrooms in total. With wonderful views, privacy and the convenience of nearby Nimbin, this property offers huge potential for the astute buyer.



RED SOIL FARM \$499,000

This delightful timber country home sits high on the ridge, overlooking the 57 acres of prime red soil land. Flowering gardens, veggie beds and happy chooks plus large dairy bales, ripe for conversion or extra storage. Complete with a new roof, the home features 3 good-sized bedrooms and has retained many of its original features. Timber floors and high ceilings add to this lovely home's character. Orchards, avocado plantation and mountain creek all add to the good life this property offers.



KIVULIMU \$795,000

This beautiful 3 bedroom, 2 bathroom home sits elevated on its 2.4 acres of park-like grounds. The north-facing home makes the most of its commanding position, enjoying magnificent views of the Night Cap Range mountains. This stylish architect-designed residence incorporates the best in solar passive design principles. The home flows effortlessly from its chic interiors to its large shady decks. With sleek contemporary design, stone benchtops and abundant storage, Kivulimu is a perfect balance of space, privacy and quality finishes.



VILLAGE LIFE \$340,000

Beautiful gardens are a feature of this lovely property set in the iconic village of Cawongla. Placed on a very large block and adjoining farmland gives a feeling of space and privacy, but with village convenience. The home is colonial in style, with lots of timber and high ceilings. The bathroom has been renovated and kitchen (with new stove) has been updated to complement the home. Lounge features a wood heater, front and back verandahs, large entertaining area with great rural views. Studio plus garage.



MOUNTAIN HIGH \$675,000

Set on a magnificent plateau is this outstanding 177 acre property, which has a balance of open rich horticulture land with red and brown soil and wonderful established hardwood forest running to dense rainforest on cliff faces. New 40x60-foot Colorbond shed with self contained living quarters and mezzanine in one end, workshop with two huge roller doors in the other, water tank and pressure pump. Situated with privacy plus, there is an abundance of water from rain forest creeks and huge spring-fed dams.



GREAT SHED TO START \$145,000

Just a short drive to the quaint village of Cawongla is this lovely 5000 sqm block. There is a great council approved colorbond shed as a starting point to develop the property. Including 22000 L (approx.) poly rainwater tank connected to guttering. The land has a gentle slope, wonderful aspect and distant views of lush fields and tree-clad mountains. There was council approval for compost toilet and grey water system, including soil tests for the system. The property has phone and power on site, and only 30 minutes to Lismore.

74a Cullen Street, Nimbin

02 6689-1498

www.nimbinhills.com.au