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## Where did all the \$\$ come from?

by Natalie Meyer

As promised, here is the list of the cash donors and fundraisers which enabled us to pay off the loan at 7 Sibley Street.

All contributors' names will eventually be incorporated into the site so if you spot an error, or we have left you off by mistake, please get in touch and let us know. Some of the names on the bank statements were tricky to decipher plus we are sure to have made some typos along the way.

### Cash Donors

#### Up to \$100

Kylie Kingston, Lee Rhiannon, Maire Barron, Mark Palmer, Lil Cotterel, Matthew Bennett, Roadart, Tim Tonkin, Angie Gittus, Jeh Kaelin, Graham Way, Judith Lane, Sherrie Y Ford, Samantha, Amanda Collien, Angus Gough, Susanne Pflueger, Denise Dale, Katrina Mathieson, Letitia Lee, Kirrah Holborn, Giuseppe Taccori, Peer Barnyngoz, Denis Shepherd, Jeni Kendall, Paris Naday, Omar Vale, Tara Hoy, K Goodridge, Patricia O'Brien, Kenneth Wallace, Ruby and Seb, Lesly Howard, Ruth Miller, Ruth Nielsen, Simon Harmen, Fundraising Crew, Food Not Bombs.

#### \$101-\$500

S & M Hale, Sue Stock, Vicki Thrower, Rainer Glasker, Peter Pedals, Martha Paitson, Gill Jones, Dick Hopkins, Deb Felton, Camilla Cameron, Thomas Rose, Kathryn Purcell, Martin Oliver, Maggie Bourne, Megan James, Pooh Solutions, Pauline Ahern, Rebecca Ryall, Angel Lautenbacher, Anna King,

Linda de Milford, Chris Harris, Cindy Bateman, Des and Eric, Tarang Bates, M Walker, Jane Mari, Jack Banfield, Mulga Steph – Dome Workshop, Nimbin Emporium, The Herb Cottage, Grey Gum Lodge, Levy Gardens, Avalon Community, Billen Cliffs Community, Robb Road Community, Pinpuna Community, Nimbin Aquarius Foundation, UBIQ.

#### \$501- \$1000

Susan Bingham, T-C Hall, Pixie Barrett, Len & Kay Martin, Dave Lambert, Chibo, Lois Kelly, Guy Stewart, G & C Trimble, Robert Baldwin, Andrew Huff, Gillian Kinivan, Tuntable Falls Primary, Nimbin Apothecary, Geneva Building, Undercover, Happy High Herbs, Blue Springs Community, Jarlanbah Community, Rainforest Information Centre.

#### \$1001- \$2000

Rainbow Power Company Nimbin GoodTimes, Scott Sledge, Nat Meyer, Terry Beltrame, Maria Van Venrooij, Pamela Craven, Max Stauffer, Karlin & Terry, Hilary Fuerst, J & G Gilfedder, Nimbin Environment Centre, Nimbin Artist's Gallery, Nimbin Independent Media.

#### \$3000 and over

Alison & Geoff Southey, Sam Bernard, Nimbin School of Arts, Jungle Patrol, Ca. \$3000 donated via interest-free loan period by Gerhard Weihermann.  
**\$7000 and over**  
 Nimbin Neighbourhood and Info Centre, Nimbin Community Centre, plus \$18,400 from anonymous donors.

**7 Sibley Street**  
**LOAN PAID OFF**  
**Celebration**  
**12 noon, Sunday 29th March**  
**BBQ & fun stuff**  
**ALL WELCOME**

### Fundraisers

\$5,000 – Open House and Gardens – NCC, Apothecary, NNIC Diana Roberts, Mandie Hale, Jim Sinclair & Cat  
 \$5,000 New Year's Eve 2014 Raffle – NNIC  
 \$4,760 1st Book Sale & Auction – Vanessa & NNIC  
 \$4,350 Folk Music Night Aquarius 40th – Dave Hallett  
 \$4,000 Hemp Building Workshop – NNIC & Australian Hemp Masonry Company  
 \$3,555 Trivia Night # 1 – NNIC  
 \$3,432 Trivia Night #2 – NNIC  
 \$2,500 2nd Book Sale and Auction – NNIC  
 \$2,390 Mardi Grass Fundraisers – NNIC (& MOB)  
 \$2,100 Spring Eve –

Amanda, Spiral & Kaali \$2,000 Aquarius Folk Music Night 2014 – David Hallett  
 \$2,000 Angel Auction – NNIC  
 \$1,560 Binya Butts – NNIC & Pooh Solutions  
 \$1,166 Imagine – NNIC & Aquarius Foundation  
 \$900 Merchandise sales – NNIC (T-shirts thanks to NCC & Richard Laing)  
 \$931 Quilt Raffle (#1) – NNIC  
 \$530 Beats and Bowls – NNIC  
 \$247 Family Fun Day – NNIC  
 There were plenty more folks who helped with the above fundraisers (or came along to be fleeced). Almost every shop on the main street of Nimbin plus many others contributed via raffle prizes, discounts and promotions... big BIG thanks and well done to everyone!

## Origins of the ANZAC Day dawn service

by Matt Brumley

This year, ANZAC Day has special significance, as it is the centenary of the Gallipoli landings.

There will be a great many commemorative events both in Australia and around the world, particularly at Gallipoli itself. There will also be commemorations over the next several years to correspond with the 100th anniversary of other significant milestones of the Great War.

In Nimbin this year, in addition to the normal mid-morning service, there will be an ANZAC Day dawn service. The Nimbin dawn service will be a special one-off commemoration for the centenary of ANZAC.

The dawn service will be a simple and relatively informal service in the quiet of the pre-dawn, providing a solemn opportunity to reflect upon the great sacrifice made by so many, but particularly Nimbin's fallen.

The dawn service has no prescribed format and no definitive origin, although it is reminiscent of the quiet contemplative moments shared by soldiers when they "stood to" in the pre-dawn quiet, waiting with nervous anticipation



and Reveille were played by a bugler as veterans drank to lost mates.

In Albany WA in 1918, it is said that Chaplain Arthur White, a veteran himself, held a private requiem mass for the fallen, and there is also a suggestion that an Australian Infantry Battalion held a dawn service on 25th April 1916. The modern dawn service, whatever its origins, is a solemn remembrance of people; friends, family, community and mates. Far removed from the agony of war, the dawn service gives us a humble way to remember those who sacrificed so much.

The 2015 Nimbin ANZAC Day dawn service will take place between 6am and 6.20am on Saturday 25th April at the Nimbin District War Memorial on the corner of Cullen and Sibley Streets. Everyone is invited to attend.

The March and Service at the Memorial begins at 10.45am. Local veterans (especially), sporting clubs and community organisations are welcome to march. Please contact Paul LeBars on 6689-0396 for further information. Of note also, 25th April this year is the 90th Anniversary of the dedication of the Nimbin District War Memorial. Anyone interested in doing period costume?

# 'Eat toxic weeds' guru back in town

by Peter Hardwick

I heard some disappointing news: fake bush tucker guru, Koa Windsong, is back in the district doing workshops. In case anyone missed the previous exposure of his attempts at pretending to be a 'bush tucker expert', it's worth explaining some history so no-one gets caught out eating poisonous plants. It first came to my attention when I heard that children were eating toxic weeds in the playground of a local school while playing 'bush tucker man'. One of the weeds was *Ageratum houstonianum*, (pictured) also known as flossflower, sometimes locally called purple top. Flossflower is not your friendly edible weed – flossflower is a potentially deadly weed that can cause haemorrhaging in heart muscles and lesions in body organs.

The effects are not immediately apparent in small doses. But some plant

toxins are slow-acting with accumulative damage to internal organs taking months or years to show up.

I eventually tracked down the toxic weed eating source to a series of 'Bush Tucker' DVDs *Walking Softly with Koa*, produced by Mark Jago and featuring Koa Windsong – where Koa pretends to be a bush tucker expert and tells children to eat flossflower and seven other toxic plants including tobacco bush and black nightshade.

I was gobsmacked by how serious the situation was. Unfortunately the DVDs had become widely dispersed, so I wrote articles in *NGT* and the *Northern Rivers Echo* warning people about Koa's mistakes. Needless to say, people were very upset to discover that they had been feeding themselves and their children with toxic weeds on Koa's advice.

Flossflower has never been considered a wild food, but Koa decided it was safe

because it passed his so-called 'universal edibility test'. Later Koa told me he had got the edibility test from a Tim Low wild food book.

A wild food expert has to independently assess whether a wild food plant is safe to eat, and this requires a good understanding of plant toxicology, and doing chemical analysis if the need arises. Tim Low is a respected naturalist and author, however he made some big mistakes in his wild food books published in the 1980s and 90s because he didn't always double-check plant toxicity. Unfortunately, the edibility test in Tim's book turned out to be one big mistake.

But to be fair, I don't think Tim could have anticipated that someone with delusions of being a bush tucker man would take that edibility test and make it their central platform for testing unknown plants to feed children.

That's Koa's doing. But the unavoidable truth is that Tim's

mistakes did play a big role in Koa's toxic mess, and it's also a major worry because Tim's books are erroneously given 'bible' status in some wild food circles.

The flawed 'edibility test' basically involves testing a plant part for skin irritancy, tasting it and then swallowing a small amount and waiting several hours. But accumulative plant poisons don't get detected using this method. Hence it wouldn't work with flossflower and many other toxic plants. Slow acting plant poisons are very tricky. The risk is highlighted in the real-life story of a young man, Chris McCandless, whose death in the Alaskan wilderness is thought to have been at least in part caused by accumulative plant toxins. His tragic story is featured in the film *Into the Wild*.

Because Koa isn't a bush tucker expert, he had no idea of the problems with Tim's information. When he plagiarised Tim's flawed



Flossflower

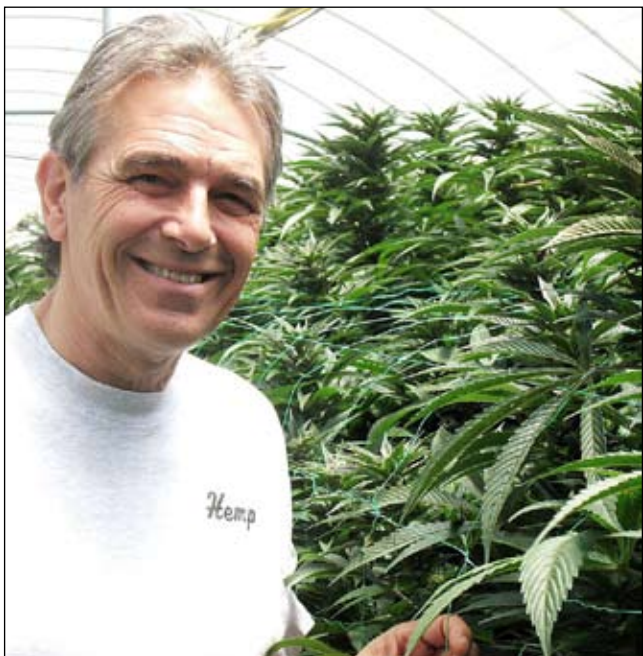
edibility test, Koa also displayed his lack of ethics – he dressed up the test and presented it as his own "universal edibility test" under the pretence that he was a wild food expert, but was unaware that the test didn't work.

Pushed by my warning articles, Koa eventually acknowledged that he had made mistakes in his DVDs in a letter to the editor of the *Northern Rivers Echo*

(12/11/09), but subsequently avoided taking responsibility for informing people about the full extent of the toxicity problems, including the fake edibility test on his widely dispersed DVDs and Youtube vids.

He stopped short of saying that he lied outright about being a bush tucker expert. But Koa is not the only one. Be very careful where you source wild food information.

## American cannabis law reform activists visit Nimbin for talks



Two leading American cannabis law reform activists are visiting Nimbin, and will give a talk at the Bush Theatre on 30th March.

Chris Conrad is a court-qualified expert witness on cannabis who has testified more than 250 times in state, military and federal courts. He is an internationally recognised expert on industrial hemp, commercial activity, cultivation and religious, personal and medical cannabis use. A curator of both the Hash-Marijuana-Hemp Museum in Amsterdam, as well as the Oaksterdam Cannabis Museum in Oakland CA, he grew and processed cannabis legally in Europe and worked at the famous Cannabis Castle.

He is author of *Hemp: Lifeline to the Future*, *Shattered Lives: Portraits From America's Drug War*,

and other books. His ground breaking book on medical marijuana, *Hemp for Health*, has been translated into six languages.

He and his wife Mikki Norris were volunteer co-ordinators for California's Proposition 215 voter initiative that legalised medical marijuana in 1996. He has worked with legal medical marijuana patients, caregivers and support groups; consults regularly with doctors, attorneys and legislators; and directs Safe Access Now: [www.safeaccessnow.net](http://www.safeaccessnow.net)

Among his other accomplishments, Conrad designed and edited Jack Herer's landmark book, *The Emperor Wears No Clothes*, and was co-founder and first president of the Hemp Industries Association, an editor of *HempWorld* magazine, contributor to



*Heads* magazine, and editor in chief of the *Oaksterdam News* newspaper. He has appeared in global, national and regional news media to comment on cannabis-related events. He portrayed the character Johnny Marijuanaseed on the PBS program *The Nineties*.

Mikki is director of the Cannabis Consumers Campaign, which advocates for cannabis consumers to come out of the closet to stand up for their equal rights (see: [cannabisconsumers.org](http://cannabisconsumers.org)). She is also the coordinator of the Human Rights and the Drug War exhibit project ([www.br95.org](http://www.br95.org)).

Since 1989 the couple have been major activists and leaders in the modern hemp movement and everybody is invited to meet them on 30th March from 5pm at the Bush Theatre in Nimbin.

## Nimbin A & I Society to acquire Bellevue Park

by David Fawkner

Bellevue Park? You've never heard of it? What about the old Aussie Rules ground at the bottom of Cecil Street?

Many people may think it's already part of the Showgrounds, but in fact the Nimbin A&I Society has been leasing the 1.781 hectare site on its eastern boundary for the past 30 years.

During that time the society has maintained the grounds and surrounds. However, apart from sporting events, the lease restricted its use to parking and dog events at the annual show, and as additional camping at Mardi Grass.

Now, Lismore City Council, which recently reclassified the land as operational, has decided not to renew the lease when it expires on April 27. It has instead asked the A&I Society if it wishes to acquire the site.

A spokesperson for the society told the February 5 meeting of the Nimbin Advisory Group that it saw the land forming part of a sporting, recreational and cultural precinct on the edge of the village.

He said the society was in a position to acquire the land without impacting on the funding of other services in the village.

The matter will be discussed at the LCC meeting on 10th March.

LISTEN	NIM FM 102.3 PROGRAMME GUIDE							Z-102.3
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6am	Overnight	OVERNIGHT	Overnight	OVERNIGHT	OVERNIGHT	Earachemyeye Metal Music	OVERNIGHT	6am
7am	Clean & Healthy Helen	ASHER Dawn Patrol	Nimbin Aboriginal Broadcasters	LOVE IN THE MORNIN' PIERRE	Wake the Fuck UP - Justin PlaySpace	ASHER PigPhatt & BumNuts	OVERNIGHT	7am
8am	AB FAB	2nd Breakfast Neil	Uncle Cec	RANCID CANDY MIM	Bob & Jack Underwater Radio	KAT'S KAVE Katrina	May Contain Traces Of Nuts StarShine	10am
9am	Pot Luck Lunch Mel	Nothing Sacred	Helmut	DAS SOFA German - Martin Talia's Happy Hour	Hemp Hours Bob, Michael & Gerald	The Power & The Passion Peter Pedals	Hits and Misses Katrina	11am
10am	Sweet Caroline	AIC DPOL	The Aquarius Hour	Majic Mama Medicine Deserae & Margaret	Nimbin Aboriginal Broadcasters	Latin Radical Warwick	Nimbin Aboriginal Broadcasters	12pm
11am	Nimbin Aboriginal Broadcasters	Real Cool Time Peter	Good Times Bob	Resilience Is Fertile Harry	Johnny Bales Whole Lotta Love Sue	REBEL MUSIC Mandingo	Johnny Bales	1pm
12pm	Uncle Cec	Anything & Everything Triny	RADAR LOVE Sylvia	Proper Gander Sam D	Empathy Understanding Metal Music All Night ASHER	NIM'S GROOVE JACOBI	Accidentally On Purpose MC Huddle & Fin of the Bin Marky Mark and the Funky Bunch	2pm
1pm	Roots & All Frank	The Magic Carpet Adventures In Communication World Radio	OVERNIGHT	Nimbin Blue Strain	OVERNIGHT	OVERNIGHT	DINNER WITH DUUVY	3pm
2pm	OVERNIGHT	OVERNIGHT	OVERNIGHT	OVERNIGHT	OVERNIGHT	OVERNIGHT	OVERNIGHT	4pm
3pm	OVERNIGHT	OVERNIGHT	OVERNIGHT	OVERNIGHT	OVERNIGHT	OVERNIGHT	OVERNIGHT	5pm
4pm	OVERNIGHT	OVERNIGHT	OVERNIGHT	OVERNIGHT	OVERNIGHT	OVERNIGHT	OVERNIGHT	6pm
5pm	OVERNIGHT	OVERNIGHT	OVERNIGHT	OVERNIGHT	OVERNIGHT	OVERNIGHT	OVERNIGHT	7pm
6pm	OVERNIGHT	OVERNIGHT	OVERNIGHT	OVERNIGHT	OVERNIGHT	OVERNIGHT	OVERNIGHT	8pm
7pm	OVERNIGHT	OVERNIGHT	OVERNIGHT	OVERNIGHT	OVERNIGHT	OVERNIGHT	OVERNIGHT	9pm
8pm	OVERNIGHT	OVERNIGHT	OVERNIGHT	OVERNIGHT	OVERNIGHT	OVERNIGHT	OVERNIGHT	10pm
9pm	OVERNIGHT	OVERNIGHT	OVERNIGHT	OVERNIGHT	OVERNIGHT	OVERNIGHT	OVERNIGHT	11pm
10pm	OVERNIGHT	OVERNIGHT	OVERNIGHT	OVERNIGHT	OVERNIGHT	OVERNIGHT	OVERNIGHT	12am
11pm	OVERNIGHT	OVERNIGHT	OVERNIGHT	OVERNIGHT	OVERNIGHT	OVERNIGHT	OVERNIGHT	102.3
12am	OVERNIGHT	OVERNIGHT	OVERNIGHT	OVERNIGHT	OVERNIGHT	OVERNIGHT	OVERNIGHT	102.3

# Nimbin Aged Care and Respite Services



by Jenny Martin

We help all elders, people with a disability and all carers build and maintain social connections and have fun. We employ caring and skilled locals to provide services in the villages of Nimbin, The Channon/ Dunoon, Koonorigan and all surrounding communities.

Nimbin Bottlebrush Studio (rainbow-coloured building opposite Oasis). Drop-in Mon-Fri 10am-2pm. Make new friends, catch up with old friends, have a quiet sit-down, use the computers. Enjoy a variety of optional activities or simply relax and read the paper. Social groups with morning tea and lunch (Tues & Weds), free internet, computer tuition, special outings, regular bus trips, games, craft, men's group, video projects and more.

**Koonorigan Group:** 4th Monday each month, bringing a plate lunch, Koonorigan Hall, 11.30am - 2.30pm.

**The Channon Group:** 3rd Thurs each month, Seekers & Sages morning tea and lunch at local venues 11am-2.30pm.

**Social Bus Outings:** 2nd Tues of month 9am-4pm. Relax and enjoy visiting special places throughout our beautiful region in good company. Pick up at Nimbin, Dunoon, The Channon and Koonorigan as arranged. For more info, phone 6689-1709.



A bus outing to Dunoon in 2013

Cecil Roberts using the touch screen computer at Bottlebrush Studio



## Indigenous Community Workers

For Aboriginal and Torres Strait Islander people aged 50+ years and their carers and for Indigenous people with disabilities and their carers. Activities include groups at Nimbin venues, home visits, trips, events, shopping and transport support. Phone Amber or Darren: 6689-1709.

## Carer Support and Home Visits

We offer carers a break by bringing the person you care for to social activities or phone support. We can visit people and their carers at home for a chat and/or carer time-out. Phone us to find out more.

## How much will it cost?

Most services attract a small fee/donation. To find out more, please pop in for a chat at Bottlebrush Studio, 81 Cullen Street, Nimbin between 10am-2pm or phone us on 6689-1709.

# Nosin' around with PAC



The photo on the left was taken on a very misty Saturday morning on 28th February 2015. It's a water lily on a dam in Cecil Street. The photo at right was shot in the late afternoon in early spring 2014. The flowers are on a peach tree beside the little creek that runs past the house where I live in Cecil Street Nimbin.



# Excitement builds for the upcoming season

by Gary Whisker

It's all systems go for the mighty Nimbin Headers, as teams start to take shape and football kicks off again with the Anzac Cup and point score competitions in March.

The men have nominated in the Anzac Cup Open A division this year (see list of games at end of article), and all competitive teams (junior grades 12-16 and seniors) begin their campaigns on the weekend of 27-28-29th March. The Miniros (formerly known as Small Sided Games) for kids aged 5-11 kicks off on Saturday 2nd March.

The interest and enthusiasm generated from last year's World Cup has been massively boosted by Australia's fantastic Asian cup win recently, and it seems to have inspired many players of all ages to sign up and get involved in 2015. We have seen the highest number of registrations in February for many years, and this has only added to the optimism within the Headers, given that we celebrate our 30-year anniversary this season.

We held a hugely successful work day at the club on Saturday 14th March (pictured), and it was inspiring to see so many people give their time to clean, brushcut, mow and help get everything ready for the first home games. We will organise at least one more big push in March, with dates and details to be found at our Facebook page soon.

There is still time for junior players to sign up and we welcome kids of all ages to come and get involved, with training sessions from 4pm on Thursdays at our grounds in Cecil Street. Mixed ages training together for a bit of fun and fitness will initially take place while we put together teams and coaches organise specific times.

This year has started with some decent rain, and while our region certainly welcomes the wet after last year's dry spell, it does play havoc with training availability. We have a wet weather contact number (0409-608-664), but this is mainly to confirm whether the pitches are open or closed, and if scheduled home matches are able to go ahead or will be postponed. All too often the grounds are in perfect condition, then a heavy downpour starting mid-afternoon will cancel that night's training sessions, especially for juniors. The best way to find out what's happening is to check out our Facebook page: [nimbinheaderssportsclubinc](http://nimbinheaderssportsclubinc) We



Photos: Angus Gough

can instantly update it and let everyone know when cancellations occur.

Our wonderful canteen enjoyed one its best seasons in recent memory, offering great food and generating much-needed funds enabling us to offer more for players and spectators alike. We have a small, dedicated crew of enthusiastic people who put in many hours and a lot of effort to make it all happen and we desperately need more volunteers for the upcoming season. So what are you waiting for? It's a great way to make new friends and get involved with a welcoming community and family-focused club that has such a positive impact on the entire Nimbin region.

Anyone interested in helping out can come down to any training session, call me, Gary Whisker, on 6689-1530 or send an email to: [nimbinheaderssportsclub@gmail.com](mailto:nimbinheaderssportsclub@gmail.com)

## Anzac Cup Games for March

- Sunday 8th March V Goonellabah (home) 2.30pm kick off, Nimbin
- Sunday 15th March V Richmond Rovers (away) 2.30pm kick off, Lismore

## Trial Matches for March

- Sunday 8th March V Uki (away) 2.30pm kick off (women), 4.30pm kick off (Men), Murwillumbah
- Sunday 15th March V Uki (home) 2.30pm kick off (women), 4.30pm kick off (men), Nimbin



Juniors sign-on

## Vale Andrew Little



The 2013 Men's 4th Div Grand Final winning team. Andrew is in the back row, far right, behind Mayor Jenny Dowell. Photo: Steve Mackney

Nimbin Headers Sports Club lost a valued and much-loved member on Monday 2nd February, when Andrew Little passed away after a long, hard battle with cancer.

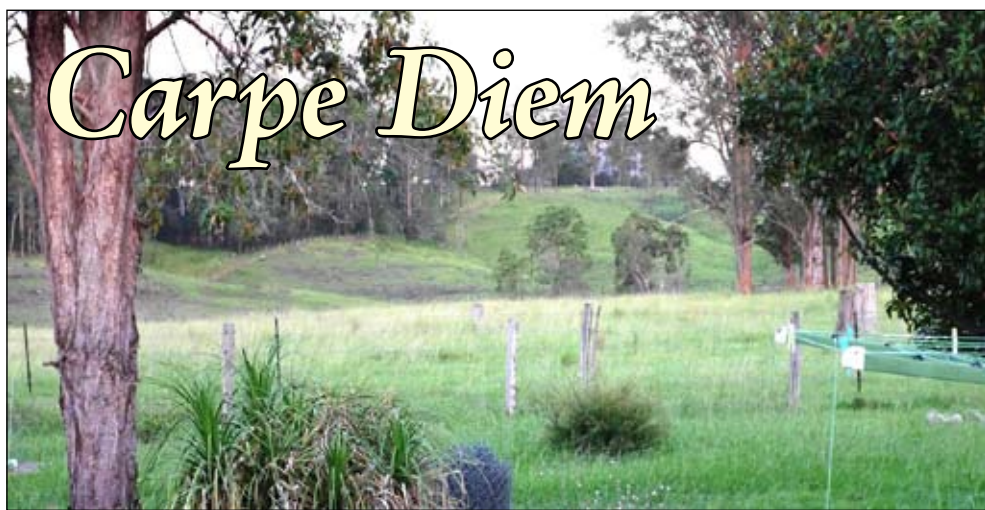
Andrew used to play many years ago with the Nimbin United Soccer Club and after returning to the area, he was an integral part of our club and contributed greatly on many levels.

Andrew's first season as a player was a memorable one in 2013, being part of our men's 4th division side that won an exciting grand final on an auspicious full moon evening at Oakes Oval in Lismore.

He also made time to coach our grade 15 junior side and shared his wealth of footballing experience to great effect with the senior women's 4th division team.

Andrew was often inspired by his partner to assist her in holding fundraisers at the Nimbin Hotel, and was always willing to offer his help where needed. He was often seen cooking on the BBQ and ensuring everything was organised and set-up on match days. His attitude and commitment was there for all to see last season, running the canteen for most senior home games even though he was undergoing chemotherapy at the time.

The Nimbin Headers will hold a memorial game against Andrew's previous club, the Maclean Bobcats in the coming weeks, details will be posted on our facebook page: [nimbinheaderssportsclubinc](http://nimbinheaderssportsclubinc) You will be missed Andrew.



# Carpe Diem

Seize the day, seize the moment... seize the time. At times when a lot's happening, our attention can be split in many directions; we lose our point of intention... our laser focus. So much pulls on our feelings and our emotions, so much needs changing. We forget the power of our intention, the force of our feelings and emotions ~ they propel us into action, they create manifest reality. We need to be conscious of what we're feeling, as we're creating energy and movement around it. We create by our thoughts. What we focus on grows; we feed it with our energy. We

are Creators. We are NOT victims. I need to remind myself often, my feelings get pulled... all these crazy things that are happening, as a human being it's hard to understand how people can act the way they do. Where has their heart gone? Let alone their brain! It's a bit like a goon show... with sinister intent. But deep down I know that it's all distracting me from my real power. My real power lies inside me; my real power is in feeling good, feeling great in fact... connecting to the true source of who I am as a Human Being living on

planet Earth: knowing that life is truly abundant, that Life continues to shower me with blessings. That I'm never alone, that the great Spirits of Love and Kindness walk with me, every step of the way. My most direct path to manifesting the world of my dreams is to really believe it exists, in the here and now. March is the final month of the first quarter of 2015 ... it's a big one energetically. Astrologically we have the seventh and final clash between the two great lords of the sky ~ Pluto and Uranus, the harbingers of the changing Age. We sit at the crossroads... where one



by Marilyn Scott

Age is dying and another is being birthed; a very special time to be here on Earth. Oh yes, it can be challenging, but that helps us find our strength, our focus... what we really want. Great things can happen during these times. And they are. We just need to be careful to whom we give our precious energy. We create our world, not somebody else. We need to know our true power. Unplug from the patriarchy... I read a book with that title a few years back. Only days after the final Pluto/Uranus event is a New Moon Eclipse at the last degree of mystical Pisces, heralding a cycle of magick and healing. Don't forget

to make your intentions on this special New Moon. Thirteen hours after the New Moon Eclipse is the Autumnal Equinox, a time of balance. Some say that the Equinox is a powerful portal gateway into higher levels of awareness ~ a time of unity, where the energies of the masculine and feminine merge as one. Here in the southern hemisphere it heralds a time of resting, a time to take our energies inward. It's also a time of harvest... reaping the rewards of our outward journeys; giving thanks and celebrating the gifts of Mother Earth... inviting renewal. We are all intimately connected with the movements of the Earth. And of course here in

NSW it's election time. As previously mentioned, it was while living here in this Sacred Land that I began to vote Green. I understood clearly that without our precious Mother Earth we have nothing, we do not exist. We only live and love and thrive and enjoy because she exists. It is time to move into our Heart, to listen carefully as the Mother speaks. Yes she does talk. If you listen carefully you will hear what she says. It's time to be the human being we were created to be... it's time to live in balance and harmony, in love and sharing, in nurture and protection. It's time to vote Green. Have a great month, my friends.

## Blossoming into my true potential

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

Seniors Week is celebrated in March. I wonder when the week for middle-aged, menopausal women is? And how will they celebrate it?

Some complain as their birthday reaches higher numbers. Get to 100 and receive a telegram from the Queen. I'd rather get one from Freddie Mercury who, alas was not lucky enough to make it to old age. I wonder what songs he would have written about ageing. We will, we will rock you, in your rocking chair!

Having Lyme, the disease that doesn't exist in Australia!?, I am grateful for every extra year of life. Suffering has forced my soul-searching and I have developed my abilities to a point where, in my mid 50's, I feel I am only now blossoming into my true potential. Life

gets richer and more exciting, despite illness and pain.

Often those who breezed through life with stable families, good looks, health and wealth have not had to do their spiritual work early, which is stimulated by suffering. It would be scary watching your body slowly wear down without dedicated spiritual growth. As the body fades, the true you, the everlasting Spirit, becomes brighter and more active. It is a time to turn your focus away from yourself and find your unique way of serving others if you haven't already.

God grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do and the eyesight to tell the difference.

An old man in a nursing home said to



an old lady, "Guess my age." She says, "Show me you penis." He shows her, she studies it carefully and says, "You're 96." "That's incredible, how did you do that?" he asks. "You told me yesterday." Grow old disgracefully, I say!

Catch Magenta and her crack team of senior ukuleleists for an old fashioned sing-along during Senior's Week, at Mullumbimby Library, on Monday 16th March at 10.30am.

## Growing Eyes

by Tina Fuller

It's about a month into the school year, which makes this the perfect time for children to have a vision test. Many vision problems will only show up when young, growing eyes are put to work. It's important to sort these out before they take hold and affect your child's learning, playing, and behaviour.

Most children have naturally good eyesight, so they can easily spot an eagle in the sky or a pinhead in the carpet. Much of their day, however, is spent looking within arm's reach, or changing focus from the board to the desk. They're judging when to hit the ball coming towards them, or how high to jump to clear that log. This is where they need good



visual skills, which is quite different to looking at small detail.

Vision is how we interact with the world: it allows us to process what we see, and react to it. As we grow, we gradually develop more connections between our eyes and the brain, muscles and other senses. Children mature at different rates, and often the visual system is not quite ready to cope with the demands of their particular school grade. Imagine trying to read when

your eyes won't stay still, so you can't keep your place; or trying to concentrate when using your eyes makes you feel tired; or playing sport if you always miss the ball because you can't track a moving object. The good news is, a young person's visual skills are easily improved through exercises or strain-relieving glasses.

Children who spend so much time looking close that their distance vision blurs afterwards risk developing a different type of problem – permanent short-sightedness. This, too, can often be prevented if caught early.

As a behavioural optometrist, my special interest lies in vision development and its effect on children's potential. I have seen children handle their visual problems in many ways: avoidance, shyness, feeling 'dumb', mucking around, etc., etc. I love seeing the diversity

in children's personalities, but I also want to see each child able to perform the best they can in their own individual way.

For more information about children's vision, I recommend one of my colleague's website: [www.harmonyvisioncare.com.au](http://www.harmonyvisioncare.com.au)

To make an appointment at Nimbin Optical, phone 6689-0081.

## Crossword Solution

From Page 28



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

No Public Holiday Service  
Town Service - Wheelchair access available upon request, 24 Hour notice required  
Some Buses connect in Nimbin for Operators to Murwillumbah

\* Mondays & Thursdays Only



## Nimbin goes Heywire

by David Ramsey,  
English Studies teacher,  
Nimbin Central School

The senior English Studies class at Nimbin Central School have been working on their entries for the ABC's 2015 Heywire Competition.

Heywire is an opportunity for young people (aged 16-22) from rural areas to have their say to a national audience on issues or aspects of their lives that are important to them.

Each year around forty winning entries are selected nationally. The winners have their stories professionally produced for broadcast on the ABC. The main prize is a trip to Canberra for the Heywire Youth Summit, which happens in February each year.

Recently the class was fortunate to receive a visit from Heywire's Jonathan Atkins, who presented a workshop on how to write a winning Heywire story. Jonathan also

tweeted a photo of workshop participants from Heywire's official Twitter account, promoting Nimbin Central School to a potential audience of thousands via social media.

The workshop showed how a great Heywire story can be based on your answer to any of these three questions:

- What is an issue I am passionate about?
- What is a challenge I have overcome?
- What is unique about the place where I live?

As well as written entries, the competition also accepts video, audio and photographic entries. The competition is free to enter, so all eligible students (you have to have turned 16 by February 2016) are encouraged to enter. Entries close in September.

There has never been a Heywire winner from Nimbin, so let's make it happen in 2015!

For more information check out the website: [www.abc.net.au/heywire/](http://www.abc.net.au/heywire/)

# Dr Karl comes to the Tweed

Well known for his commitment to renewable energy, Dr Karl Kruszelnicki will speak for the first time in the Tweed, and will take questions after his audio visual presentation: *Murphy's Law, Beer Goggles and Sinister Buttocks*.

Dr Karl's entertaining style as an ABC Science presenter on 2-JJJ has been credited with re-kindling an interest in science – and not just in the young – as Dr Julius Sumner-Miller did for a previous generation.

Funds from Dr Karl's presentation will go towards the new Tweed River - Murwillumbah Riverbank Restoration Walk and Open-air Gallery, supported by the 25th Anniversary Landcare Grants, Murwillumbah Services Club ClubGRANTS and Tweed Shire Council.

This project will protect, restore and improve natural assets along a 150-metre stretch of the Tweed River embankment

at McIlrath Park. Professionals will help support the community and 60 volunteers to restore riverbank stability, ecosystem function, habitat connectivity, internationally significant species and ecological communities.

Works include planting 1,600 local subtropical lowland rainforest plants; weed control; rubbish removal; media releases on conservation of habitat, biodiversity and threatened species; planting days; and art events for youth and sharing of indigenous ecological knowledge.

These will help create an open-air gallery that involves local youth in valuing rare and endemic local species of flora and fauna.

Earth Learning presents Dr Karl Kruszelnicki: Great Moments in Science Community Fundraiser at 7pm, Friday 13th March at Kingscliff High School, 33 Oxford Street Kingscliff.



Dr Karl Kruszelnicki with event co-ordinator, Earth Learning secretary Adrienne Weber.

Tickets at the door. \$10 adults, \$5 concession. All Dr Karl's books are available at the fundraiser, and he will be available to sign them from 6pm.



Hedin Gollasch-Miller, Holli Hunter, Tahi White, and sisters Georgia and Mackenzie Callaghan

by Andrew Hunter

Nimbin was well represented by five local swimmers who travelled to Sydney to compete at the 2015 NSW Country Championships on 21st - 22nd February.

The event, held at the Sydney Olympic venue at Homebush, saw over 1000 swimmers from Country NSW competing in a combined total of over 4000 events.

Our locals swam very well, the highlights being:

- Mackenzie Callaghan – two pbs (personal best time)
- Tahi White – nine pbs and a Finals Ribbon in the 200 Freestyle
- Georgia Callaghan – five pbs, a Finals Ribbon in the 200 Backstroke and a Silver Medal in the 4x100 Medley Relay Team.

Hedin, Tahi, Georgia and Mackenzie swim with Trinity Lismore Swim Team and Holli swims with Lismore Workers Swim Team.

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