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Anzac Day a hundred years on



by Cath Marshall

It was with absolute pleasure and a great deal of pride that I was able to participate in the ANZAC Day 100 Years Centenary events in Nimbin this year.

The spirit of ANZAC has been described as endurance, courage, ingenuity, good humour, larrikinism, and mateship and I feel all the commemorations and participants embodied these values fully.

The day began with the dawn service – the first one to be held in Nimbin for many years. A surprisingly (for the early hour) large number of people arrived to greet the dawn in a solemn but uplifting service led by Lt Col Matthew Brumley.

Sharon Eldridge gave a moving address on the ongoing trauma many war veterans endure and the mateship that supports them, while Paul Le Bars read a poem that touched all present.

The service was accompanied by a beautiful sunrise and the morning song of birds (and good humoured roosters). The sense of community and mateship felt at the service was then continued with a shared breakfast of bacon and eggs (and port, which we courageously downed) at the Bowling Club.

Later in the morning, a crowd began gathering to assemble for the march from the hospital to the Cenotaph. As well as military, police, hospital and RFS personnel, a large number of students

from both Nimbin Central and Coffee Camp schools arrived in school uniform, with many proudly wearing their family's medals.

After the distribution of poppies and rosemary, the parade was formed and marched to the park, cheered on by the many spectators lining the streets. All the students marched quietly and respectfully, clearly with pride in being involved in the event.

For me, the sight of the older students holding the hands of the youngest students in the parade and then supporting them through the service summed up the spirit of the day, and our students' deep understanding and respect for the ANZAC values.

The students further contributed by singing the National Anthem beautifully. They also showed a great deal of endurance when smoke from the smoking ceremony surrounded them.

The beautiful poppy wreaths made by the Primary school students from Buntings bags decidedly displayed ingenuity.



I personally come from a military family and ANZAC Day has always been an important day for me.

I would like to thank all the students who participated in this momentous Centenary year and especially Paul Le Bars for all his hard work in making this such a special and heart felt day for me and the entire community.

Lest We Forget.

Photos by Heidi Glover

Celebrating 30 years of the Mighty Headers

by Mark Robinson

Nimbin Headers Sports Club has become an integral part of Nimbin's rich tapestry since its humble beginnings in 1985, and will be celebrating its 30th anniversary over the Queen's Birthday long weekend.

The Headers fields will host three days of fun and activities on June 6, 7 & 8 with a huge turnout of players past and present expected.

Camping facilities will be available for those wanting to stay the weekend with the gathering starting after lunch on Saturday with a social afternoon and a chance to catch up on old memories and have a kick-around.

Various games and activities are planned throughout the main day on Sunday, culminating in a night of celebrations with music from Ted Cox, which will be open for everyone to attend.

Ted was one of the original players in the 1985 side and is now coaching the men's second division (and occasionally still having a run himself!).

There will be BBQ facilities and other breakfast, lunch and dinner options, with hot and cold drinks available all day and night. The weekend will draw to a close on Monday with a farewell breakfast before a slow and social cleanup, with other work to be done for any volunteers who want to stay on. The Headers' origins date back to 1984 when a group of friends began a weekly social kick-around at the Showground.

Such was the enthusiasm that numbers quickly grew and an approach was made to Nimbin Soccer Club to join them as a team unit.

But when we were advised that we would be split up and graded into different teams, the decision was made to start our own club from scratch so we could stick together.

The first season in 1985 was a baptism of fire, with the Headers graded into the second highest division and winning just one game, the last of the season.

Downed to fourth division for the

following season, the Headers regrouped and attracted new players, beginning a steady climb up through the ranks over the following years that culminated in them reaching the top tier, the premier league in 1991.

The Headers spent a total of seven seasons in the premier league during the 90's and while we never reached the semis, it remains the high water mark for the club.

The acquisition of our own fields with the help of the Janazic family in the late 80's was a major step forward, allowing us to move from the Showground's rough surface and establish an independent home venue, which is now widely considered as one of the best fields in the region.

Women's sides also began in the late 80's and then juniors were started a few years later, guaranteeing the club's long term future.

Today the Headers have two men's sides, two women's teams and 11 junior sides.

The return of numerous former players to this year's second division team and their early successes has rekindled ambitions to once again aspire to reaching the premier league within a few years.

Facilities have also steadily improved with the clubhouse now having a solar farm on the roof and ready to have a second story built once a grant can be obtained.

No history of the Headers would be complete without mentioning club stalwart Nigel Hayes.

A part of the original 1985 side, Nigel has played in 28 of the 30 seasons, a record unlikely to ever be matched.

While he has lost a yard or two of pace and has now dropped back into the role of goalkeeper for the highly successful sixth division side, his enthusiasm for the game and the club is as strong as ever.

For 25 of those 30 years Nigel has also been on the committee, making a huge contribution on and off the paddock.

So to all you Headers out there, make sure you come along and help celebrate one of Nimbin's true success stories, the Nimbin Headers Sports Club.



**JAMES JACKSON
Nimbin, 10th May, 1915.**

Sir, Just a few lines in reference to my son, Ernest, who has fallen for his home and country. He was born in the Milton district, South Coast, on the 3rd of May, 1890. He was always a good and thoughtful son and I am proud of him. But God knows it is very hard to lose him. It is a hard trial to me to write this letter to you, having another son at the front in the Third Brigade. But I take it my son being the first boy from the Richmond to fall at the front. It is my place for the good of my country to write these few lines. Not only have I lost a son at the front but a brother as well in the Boer war."

Excerpt from Northern Star sourced at: <http://trove.nla.gov.au/>



This is the Third Pattern Rising Sun Badge from May 1904. With the 9th, 10th and 11th Battalions, it formed the 3rd Brigade AIF during the Great War of 1914-1918.

The Performance Poetry World Cup cometh

Australia's premier outlaw poetry event, the Nimbin Performance Poetry World Cup, is beginning to gather up its yearly head of steam with performance poets around the country honing their work before the annual August competition.

Despite still being largely unacknowledged by the poetry establishment in Australia, it has the highest prize money pool – \$6000 – of any performance poetry competition in the country.

The NPPWC has developed legendary status in performance poetry circles, and, along with the Australian Poetry Slam, is regarded as the peak competition in Australia.

Previous winners include David Stavanger, Emilie Zoey Baker, Tug Dumbly, Candy Royalle and Scott Wings, who have all toured internationally and featured at Australia's largest festivals.

David has gone on to win the Thomas Shapcott Poetry Award, one of Australia's most prestigious poetry



Last years winners, Rebecca Rushbrook and Tug Dumbly (People's Choice)

accolades.

Scott Wings, the 2013 winner, performed at last year's Edinburgh Fringe Festival where he sold out 28 consecutive shows, collected a host of five-star reviews and was a Total Theatre Award for Best Emerging Artist nominee.

The local Northern Rivers poetry scene, long noted for its strength, has provided four winners: inaugural champion David Hallett, Teresa 'Biscuit' Biscoe, Len Martin, and last year's winner Rebecca Rushbrook.

The Cup was founded by Gail M Clarke and Robin Archbold in 2003, and is now in its 13th year and going strong. Gail has continued to organise and run the event from the beginning, and fundraise the prizemoney each year.

The unique format of the Cup—competitors prepare eight minute 'sets' for heats, semi-finals, and the perennially sold out final on the Sunday night—make it the most demanding of competitions.

The Nimbin Performance Poetry World Cup is held annually on the first weekend of August, and entry details can be found on the website: nimbinpoetry.com or contact Gail at: poetryworldcup@gmail.com for further information.

In techno-rage am I

Lyrics by Barbara Brewster, of the Whacky Warblers and Sunshine Coast Parody Singers

(To the tune of 'Ghost Riders in the Sky' by Johnny Cash)

1) I stormed around in Techno-Rage once again today, As usual my PC was having its own way, For every time I pressed a key, it froze or growled with glee It loves to see me cringe and drool, and quaking like a fool. Yippee yi yaaaaay, yippee yi yooohhh, In TECHNO-RAGE am I.

2) My face is hot and shiny, my shirt all soaked with sweat, I'm here in the confessional, because I'm so obsessed, Forgive me for these sinful thoughts a-raging through my head, I want to strangle, slash and hack my PC 'til it's dead. Yippee yi yaaaaay, yippee yi yooohhh, In TECHNO-RAGE am I.

3) Crying to my counsellor, I pour out all my stress, We're not relating well you see, it doesn't try to work with me, I defrag it, download new apps, try consciously relating, And the usual responses are: "Your cookies need upgrading." Yippee yi yaaaaay, yippee yi yooohhh, In TECHNO-RAGE am I.

4) I'm on the phone with Telstra now, waiting endlessly,



I can't access my mobile bill, I'm crying pitifully, My password's gone right from my head, I'm sitting on call waiting, When the Indian clerk comes on the line, I have no clue what he's saying. Yippee yi yaaaaay, yippee yi yooohhh, In TECHNO-RAGE am I.

5) The sites I need are shut to me, it's making me be crazy, Every day I try again, but the PC must be lazy, Upon my screen a message says, "Your plug-ins are outdated", I have no idea what plug-ins are, I think they're over-rated. Yippee yi yaaaaay, yippee yi yooohhh, In TECHNO-RAGE am I.

6) Today I'm taking back my power when I go to Laser Tag, For my PC they'll issue me sledge hammer, gun and flag, I'll smash and shoot it all to bits while chortling gleefully, Gather up my shattered wits and reclaim my sanity. Yippee yi yaaaaay, yippee yi yooohhh, no more in TECHNO-RAGE am I!

Get in the picture with Nimbin Flix

by Daniel Soler

It is hard to believe, but Nimbin Flix is a year old in May, hence my call to arms; this is the time to renew your membership or, if you want to be a part of our society, then you can enlist.

For the grand sum of only \$50 per year you will revive your privilege of being members of this great little society that functions because you are so dedicated to its success.

Nimbin Flix is a registered film society run by volunteers, and we have a committee. It is a not-for-profit organisation and therefore any money raised goes directly into obtaining the best films we can and also increasing your viewing enjoyment. We show a movie once a month at Birth and

Beyond, usually every third Saturday night of the month. \$50 entitles you to a movie a month for a year, and allows us to operate.

We are going from strength to strength and by supporting this venture, you are not only supporting a local initiative, but you are getting a year's worth of films for a cheap, cheap price.

In the last year, we have managed to purchase a new projector, a new screen, and recently a new sound system. The seating is next on the list; we intend to purchase new, comfortable chairs. All this costs money (duh) and the membership fee is our primary source of income.

You can join by attending our next



film night on Saturday 16th May at Birth and Beyond. Doors open at 6pm, movie starts 6.30pm, and food and drink are available. You can also speak to Diana

Roberts in the Apothecary, and if you want to be on our mailing list, you can email us at: nimbinflix@gmail.com We also have the Nimbin Flix facebook page, so you can like us there and we'll keep you updated.

By the time you read this we will be in gay Parree, not only for a great experience but also reporting for the most illustrious *Nimbin GoodTimes*. 'Til we meet again, au revoir and bisous from Daniel and Belinda.

Lest we remember: Anzac Day and the Frontier Wars

by Dr John Jiggins

How much will the Australian government spend to commemorate the hundredth anniversary of the invasion of Turkey in 1915 by the Australian and New Zealand Army Corp? In his recent book *Anzac's Long Shadow*, ex-Australian Army officer James Brown calculated Australia would spend \$500 million on the centenary project. He commented that the Anzac centenary risked fetishising (making a religion of) war.

Another historian, Professor Jeffrey Grey, who is writing and editing a new five-volume history of the First World War, commented that Australia's planning for the centenary project was 'perplexing' and 'aggressive' compared to other countries. Although the number of British soldiers killed – 600,000 – was ten times as many as Australia's 60,000 and while the French lost 1.4 million lives (more than twenty times our number) yet Australia is spending more than twice what Britain is, and we're even outspending the French in commemoration of the centenary of the First World War!

Said Professor Grey: "If Australia's centenary observance is little more than a four-year long Dawn Service,

replete with all the hackneyed clichés and self-serving ahistorical mythology trotted out each Anzac Day, it will be a monumental waste of time and money."

Grey's phrase 'a monumental waste of money' seems a penetratingly apt description of Abbott's recent decision to spend \$100 million on a war cemetery at Fromelle. Our 'worst Prime Minister ever' also waited till just before the one hundredth anniversary of Anzac Day to announce the deployment of 330 soldiers to Iraq, even though the decision had been made months before and our New Zealand partners had accidentally let the cat out of the bag about this joint deployment: another imperial adventure was sanctified with the blood of our soldiers.

For a century an enormous propaganda campaign, largely directed through the schools, has tried to establish Anzac Day as Australia's co-called 'foundation myth'.

As an historian I've always felt this foundation myth was best described in Freudian terms as a reaction formation, a defense mechanism which employs intellectualisation, dissociation, displacement and repression to mask an anxiety-producing emotion by

the exaggeration of an opposing idea. Australia's foundation war was in the Frontier Wars when squatters and the native police unleashed a war of genocide against the original inhabitants to steal their land, but our nation has never been mature enough to look at that genocide.

At school, I was always bewildered by the ideology that Australia needed to be blooded, that we need to shed blood to become a nation. That particular rhetoric predates Anzac Day; indeed it starts during the Boer War in 1899, when the colonial politicians talked of 'blooding the pups': fighting in an imperial war was supposed to blood the nation and it was hoped this participation in the Boer War would make the new Australian nation. As it turned out, herding women and children into Kitchener's concentration camps did not prove a suitable foundation myth.

In the following years the discourse that Australia would be made in the crucible of war continued: it was an extension of a nineteenth century idea that the formation of the nation state relied on some sort of military activity. Australians were believed to have a 'convict stain'; the British view of Australians was we were made from the dregs and refuse exiled from England because of our criminality. British militarists were investing in

the idea of a rebirth through imperial war, so when the troops went charging up the cliffs at Anzac Cove, the newspapers started saying this will be the birth of our nation. Of course, they had been saying that for decades before the campaign began, but these things are easily glossed over and forgotten.

Gallipoli was supposed to be an easy victory, but it wasn't; the Turks were well outnumbered, but they showed extraordinary courage in the defence of their country and the British Imperial forces were sent home with their tails between their legs.

Nonetheless, the Anzac landing was fated to do a particular work in Australian history. The first Anzac commemoration was organised by those people who were keen to promote mobilisation for the war and enlistment for the war. Enlistments, which had risen sharply at the start of the Anzac campaign, were falling rapidly. Eight thousand young men had been slaughtered for no strategic gain; Australian society was traumatised, and casualties keep growing: On the western front, Australia suffered horrific losses at Pozieres and Flomelles in 1916.

There was enormous division in Australia over the war. Australia's participation in the First World

War was heavily contested and the country has never been so divided. Many Australians of German, Austrian and Turkish descent were imprisoned; many of those of Irish dissent maintained their opposition to British imperialist wars; and the growing socialist movement saw the World War as a trade war, where workers were forced to kill each other by their national oppressors. This polarisation grew enormously with the referenda on conscription.

Those who organised the commemoration wanted to mobilise Australia around supporting the war at all costs, to galvanise Australia around commemoration of militarism. By investing a celebration of militarism with the memorialisation of the dead soldiers, it became a way of silencing criticism as critics of imperialist militarism were accused of disrespecting the dead, and no one wanted to do that.

That part of Anzac Day, the memorialisation of the dead of wars, is genuine and deeply human. Graeme Dunstan suggests that we should make Anzac Day a day to remember the dead of all war, but to do that we would need to include the dead of the Frontier Wars.

Such a change would be genuinely transformative, and would mark a genuine coming of age for Australia.

April - the month of keeper action



Round 2. Headers forward Ruben Mack thumps the ball into the net V Goonellabah at Nimbin

Round 2. Headers Gary Whisker turns to watch his free kick end up in the net giving a 3-0 lead

by Gary Whisker and PAC

Mens 2nd division round 2 Saturday 11th April V Goonellabah

Goonellabah at home last week beat Casino 10-1. But since then, Casino has dropped out of this division and Bangalow has come up from third division to take their place, so that first game being null and void.

So this game will be Goonellabah's first of this season.

Goonellabah start well and soon have two shots in a minute but both over the bar by some margin. The Headers do the same thing down the other end, before a scramble in the box produces a goal for the home side, the ball seems to bounce off the keepers legs before Ruben Mack stabs it into the net Nimbin Headers one Goonellabah nil.

With half an hour down Headers player Jesse Levy has his shot on goal blocked by the on rushing keeper. Then down the northern end the home crowd sighs with relief as a corner floats over the goal with everyone missing it but a defender puts it out for another corner and that is dealt with. And so the Headers go to half time with a slender one-goal lead.

In the second half the Headers try to dominate and soon are firing the ball in on the Goonellabah goal but are too wide or high to worry the keeper. But with about ten minutes gone Headers get a free kick on the right hand side just outside the penalty box, the ball is fired in by Kalen Petrie and as the ball gets to the far post position Headers forward Ruben Mack meets the ball with a thunderous header to give the Goonellabah keeper no chance Nimbin Headers two Goonellabah nil.

Goonellabah do mount some attacking moves and do give the home team a couple of scares, but the headers were too relentless to let them off the hook, and a great save by the Goonellabah keeper just at the death stops them losing three-nil.

So if the Headers can get a lot more shots on target they'll win by a lot more.

Mens 6th division round 2 Saturday 11th April V Ocean Shores United

After the round one rout of Ballina the Nimbin Headers looked eager to remain top of the table, Ocean Shores were in fourth spot after winning at home in round one 6-1 but two other teams scored higher.

And with the Headers right into their game being two-nil up within ten minutes, it was looking like a long afternoon for the Shores keeper who had already stopped a hat full of shots.

So with 32 minutes of the first half gone a shot is fired in by one of the Headers and hit an Ocean Shores defender on his outstretched arm and a free kick is awarded just

outside the penalty box. Headers Garry Whisker steps up to take it and curls the ball over the four man wall towards the goal, two Headers forwards and three defenders all miss the ball and the keeper just gets a flick on it with his glove but can't stop the ball from crossing the line.

And at the break it's Nimbin Headers 3, Ocean Shores United 0.

In the second stanza the Headers start where they finished off before the break and some of the young forwards up front are hammering the goal but the keeper is either denying them or they're shooting just wide. And another Headers attack sees a defender pushing an attacker to the ground in the box so the referee has no doubt in blowing the whistle for a penalty, and the dead ball specialist Garry Whisker steps up a smacks it high into the roof of the net. Headers four Ocean Shores nil.

Three minutes later Welsh wizard Geri Price-Jones jumps highest to meet a cross sandwiched between the defender and the keeper (who all go to ground) to glance the ball into the net Headers five Shores nil.

Ocean Shores did have their moments throughout the game, coming very close in the second half twice hitting the left hand post. And their keeper must have saved at least ten goals throughout the game.

Another two goals were scored by the Headers to run out seven nil winners, Sam Madley getting one of them. Sam who played for the Headers many moons ago gets on the score sheet for the 2015 season.

I have to mention here too, that the Ocean Shores team had gone 27 games undefeated so this statistic puts a new meaning on the win.

Womens 3rd division round 2 Sunday 12th April V Pottsville

This day turned out to be sunny and very warm, with the temperature being 28 degrees so it would be an energy sapping game and the referee gave an extra two drinks breaks.

Pottsville made the early running and put pressure on the Headers defence for the first ten minutes with Headers sweeper Myfanwy Stirling making a brilliant tackle



Pottsville no.14 gets her team back into the game with this long range effort from way outside the box

to stop a Pottsville forward from running through and scoring.

After the Headers had weathered the storm they came into the game more and more. And on the half hour mark shocked Pottsville with a well taken goal from forward and live wire Lauren Jefferys who chipped the out coming Pottsville keeper who had to back track but in vain with the ball rolling over the line as she desperately tried to run it down, Nimbin Headers one Pottsville nil.

Seven minutes later Pottsville No.14 who was playing just behind the attacking forwards has a shot that just misses the right hand post at the northern end of the ground (this lady was the golden boot last year and the team won the grand final).

Then the same Pottsville forward that was denied earlier is through on goal and shoots but the Headers keeper just gets her toe onto it and deflects it out for a corner.

And the first half comes to an end with the Headers holding a slender lead.

The second half started like the first with Pottsville trying to close the gap, and a shot came in that the Headers keeper had to palm down and regather.

Then seven minutes later No.14 for Pottsville finds some space and gives the ball a thump and it floats over everyone and into the goal another golden boot moment, and that makes the game one all.

After the restart the Headers hit the bar and somehow the Pottsville defenders get the ball clear. Pottsville now increase the pressure on the Headers defence and with about 20 minutes gone they score their second goal with a nice shot from a forward who had eluded the Headers defence Nimbin Headers one Pottsville two.

Ten minutes later Pottsville have a cracking shot on goal with another of their forwards unable to get out of the way as the ball slams into her back.

The Headers try desperately to score to get something out of the game, which they thoroughly deserved but the whistle for full time put an end to that.

Nimbin Headers 1, Pottsville 2.

Mens 2nd division round 3 Saturday 18th April V Richmond Rovers

This game was end to end while the teams sorted each other out. And within ten minutes the Headers took the lead with a well-taken goal by forward Chilo Pike as the Rovers keeper comes out he slots the ball passed him and with a defender desperately trying to reel the ball in.

And two minutes later Rovers equalise from a corner that floats over every one and just inside the far post, no Headers player guarding that one.

With 20 minutes gone Rovers hit a shot that sees the Headers keeper parrying the ball away. As the game gets close to the half time break Rovers fire in another shot with the Headers keeper beat, the ball just misses the bar and goes out for a goal kick.

Two six division players turn up earlier to bolster the ranks and one of them Phil Courtney bangs in a goal to take the Headers to a two to one score line at the break.

In the second half Headers live wire Chilo Pike gets his brace by heading home a lovely cross by Phil Courtney to make the score 3-1. The Headers are now piling on the pressure and could have got a lot more goals, but for the Rovers keeper.

Rovers do get another goal through a penalty for a push in the box to make it a bit scary as the score is now three - two to the Headers. But Headers forward Ruben Mack puts one past the Rovers keeper to make the final score Nimbin Headers 4 Richmond Rovers 2.

Mens 6th division round 3 Saturday 18th April V Woodburn Wolves away

The writing was on the wall for this clash, with the Headers having scored 14 in their first two matches and Woodburn conceding 14. After starting the game with only the bare 11 players, Woodburn unfortunately lost two guys to injury in a matter of seconds of each other. Down to 9, the floodgates opened and Nimbin romped to 9-0 victory with hat-tricks to Phil, Gary and Finlay. Despite this, the home side never gave up, stayed positive and fought hard to the final whistle. Good on ya Woodburn!

Womens 5th division round 3 Sunday 19th April V Alstonville

In the first round Nimbin Headers had a nil all draw at home to south Lismore and Alstonville had a one all draw at home to Lismore Workers.

From the start it was a tight game with both teams not creating to many chances on goal. With a quarter of the game gone a great pass by Headers player Rainbow Lacher and the centre forward no.16 Gabriella Morahan who ran in-between two defenders and was through on goal with only the keeper to beat but the referee called her off side.

I was right on the half way line and the referee was 25 meters back she was on side by two metres and he ignored his assistant who did not have his flag up.

With about 26 minutes gone the same Headers forward is through again on the left side and shoots passed the keeper, and the ball looks like it's going to go in when another Headers player who is in an offside position gets her foot to the ball and makes sure it goes in,

and so the goal does not stand.

Then the same Headers centre forward no.16 is in again and she makes no doubt this time with a cracking shot that flies past the Villa keeper high into the net one nil to the Nimbin Headers.

Then Villa has a little attacking phase but can't score due to some fine defending, so the teams go to the break with Headers leading one nil.

At the start of the second half Villa are on the attack and the ball is hit hard and low towards the far post and Headers keeper Debra Lindsey makes a fine save. But a few minutes on and Villa get a well-taken goal to even things up at one all.

Now down the southern end of the ground the Headers are on the attack and their centre forward no.16 again with two defenders to deal with does some fancy footwork to break through and flicks the ball onto her left foot and hits it under the keepers outstretched arm to give the Headers the lead at two to one.



Headers centre forward no.16 Gabriella Morahan gets her second goal of three against Alstonville

About mid-way through the second stanza Villa get a penalty for a hand ball in the box the Villa player steps up and blasts it over the bar.

With Villa getting more desperate to find an equaliser they get another penalty for hand ball and this time they slot it home to make the score two all.

Villa get two penalties and Headers get two off sides. That's life.

With time now running out fast it's like Russian roulette who can dodge the bullet, and right on the whistle the Headers centre forward again is through on goal again, on the left hand side and shoots putting the ball across the desperate Villa keeper and into the net to give the Headers the win at 3-2.

But after she had her shot she was brought down from behind and laid there for some time as ice was put on her knee with all her team mates around her.

It would have been interesting if she'd have missed. What would the referee have given?

The right way to extract ticks

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

The Australasian Society of Clinical Immunology and Allergy recommend using an ether-containing spray and then remove the tick as soon as is practicable. This may reduce the possibility of you becoming allergic to ticks and also reduce the risk of you contracting a tick-borne infectious disease or developing tick paralysis.

Common advice is to insert fine forceps or tweezers between the skin and the tick mouthpiece and lever the tick out. This method does not prevent anaphylaxis in tick allergic individuals, and therefore ASCIA specifically advises against this method.

Ether-containing aerosol sprays kill the tick by rapid freezing and further injection of allergen containing saliva is minimized.

Wart-Off Freeze and Elastoplast Cold Spray are products that have been reported to be effective. Make sure you

have a bottle at home. If desperate, use Aerostart Spray which contains benzene. It is not registered for use in humans.

A friend of mine, upon disrobing to shower, saw a small tick on his nether regions and, being out of town, grabbed his Aerostart and sprayed himself. Looking with his magnifying glass, tweezers in hand, he discovered it was only a bit of harmless black fluff!

If symptoms occur. It is normal for a tick bite to remain slightly itchy for several weeks. A short course of the less sedating oral antihistamines (one-five days) Telfast can be taken to relieve symptoms of swelling and itchiness.

If other symptoms develop over the three-seven days post tick bite e.g. headache, fever, malaise, muscle and joint tenderness or a bull's eye rash, a doctor should be consulted immediately. Sometimes symptoms develop long after the tick bite



(weeks), if this occurs it is worthwhile mentioning the tick bite to your doctor. Prevention is the best cure. Check out my 'Lyme Blues in Australia' song on Youtube.

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Time to evolve



Emotions have been running high these last few days, the shocking devastation in Nepal and the cruel executions in Indonesia. It's felt like a dense and torrid vibrational soup, heightened emotions thickening the air. I always feel it in my gut.

I have many beautiful friends in Nepal, and it's been hard knowing they're suffering; such gentle, kind people. I'll help where I can, and if we can all contribute a little, it will make a difference. There are many reputable aid organisations to choose from. I contribute to TPRF (The Prem Rawat Foundation: www.tprf.org) as they already have an established Food for People facility in Tasarpu Nepal, operating since 2006 ~ amongst others around the world. I trust them implicitly, which I think is important, we want to know that our contribution goes to where it's intended, to the people on the ground. Whoever you choose... the beautiful people of Nepal need our help.

Back here in Oz, we have our own kind of madness. Who would have thought we'd go down this path. I remember one day looking at an Astrology chart... it's



by Marilyn Scott

something I do, have done for over fifty years. It was a significant day, Full Moon or Eclipse, can't remember which, but as I looked at the chart I saw something, hard to describe how... but I 'knew... big times were ahead for Oz. But I could never have imagined it could be as it is. What happened to the Oz we know and love?

But maybe there's a purpose in it all. Walking through these dark times, where our right to basic human needs are being slowly taken away and where ignorance spreads like a disease. Maybe there's a purpose in the big scheme of things. Maybe it takes these things for people to awaken from their deep sleep, to get off the wheel, to stop and think for a bit. What am I doing, where am

I going, why am I here, what do I feel? We all fall asleep, we get caught up in little things, we've been spoilt by prosperity... we've forgotten our human nature, our love, our compassion... the incredible gift of kindness.

Kindness is a powerful force, just a little bit can change so much. It's probably my highest value, I love it. It feels so good. When someone is kind to me, I immediately want to do something for them... it's natural, it's an innate circle of giving and receiving. It's a powerful feeling. It ignites love and care and consideration... it's transformational.

But somehow we got into this 'lack' thing, wanting more, or only seeing what's wrong. I think it started a long time ago. We've been conditioned that way.

I started to see it; I also saw it wasn't doing me any good. It soon became clear that my thoughts and the words coming out of my mouth were contributing to the conditions in my life. I set out to change it. As with most things, I was determined. I could see abundance all around me, this magical Earth, so magnificent. Nothing's lacking, we have more than

enough to live abundantly. I started becoming aware of my thoughts, alert to the words that left my mouth. Slowly I noticed things changing, I began to feel different. I kept at it.

Now here we are entering the fifth month of 2015, this great year of promise, a powerful year of manifestation. I feel good, I feel free and a deep trust wells inside me. I know great things await me. I know where I've been, I know how I've felt, I know how I've strived... so it feels like a miracle of sorts. I now know it works. A very wise man said to me once... "Focus on what you want, not on what you don't want." Our focus is very powerful.

Crossword Solution

From Page 28



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Lismore Transit Centre 7.00am 8.00am 12.00pm 2.35pm 3.20pm 5.30pm	Nimbin - Main St. (Park) 7.30am 8.45am 12.35pm * 3.10pm 4.15pm 6.00pm	Lismore Transit Centre 8.00am 12.00pm 2.35pm 5.30pm	Nimbin - Main St. (Park) 8.30am 12.35pm * 3.10pm 6.00pm
Nimbin - Main St. (Park) 7.52am 9.00am 12.45pm 3.25pm 4.30pm 6.05pm	Lismore Transit Centre 8.50am 9.35am 1.15pm * 4.10pm 5.15pm 6.35pm	Nimbin - Main St. (Park) 9.00am 3.25pm 6.05pm	Lismore Transit Centre 9.35am 1.15pm * 4.10pm 6.35pm

* Mondays & Thursdays Only

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

Expression of Interest (EOI) - Nimbin Marketing Campaign Focus Group

Lismore City Council is asking for Expressions of Interest from interested persons to join the Nimbin Marketing Campaign Focus Group.

Council is calling for up to six external focus group members with business, marketing and tourism industry experience for the above named group. The group will provide direction to Lismore City Council in the development of a marketing campaign designed to promote the village of Nimbin. The campaign aims to commence in June 2015, concluding approximately three months later.

It is anticipated the composition of the focus group will include:

- One representative from the Nimbin Chamber of Commerce
- One representative from the Nimbin Advisory Group
- One representative from a business damaged by fires in August 2014
- Three representatives from the business/tourism sector in Nimbin

Applications will be assessed on the extent to which they meet the following criteria:

- Demonstrated ability to participate cooperatively in a focus group with a range of different stakeholders.
- An understanding of marketing campaigns that complement the local community, and support business/tourism operators.
- Demonstrated experience in working in and with the Nimbin community.

Applications must:

- Address all of the above selection criteria (no more than 400 words per criterion);
- Submit EOI prior to submission closing date (see below);
- You may also wish to include relevant background material with your application in addition to information provided in response to the selection criteria.

Nominations should be addressed to the General Manager, Lismore City Council, PO Box 23A, Lismore 2480, or may be submitted by email to council@lismore.nsw.gov.au and should be received by **Thursday 14 May 2015**.

For more information on the Nimbin Marketing Campaign Focus Group, please contact Tourism & Events Manager, Mitch Lowe on 02 6626 0105.



COMING IN MID-MAY

terra. restaurant and lounge

at the Nimbin Bowling Club

Combining world flavours in the heart of Rainbow country

Following extensive refurbishment of the Club's dining room, international chef Terrence Read will be offering an exciting new menu in a stylish setting.

terra. is also looking forward to providing regular entertainment to complement your dining experience.



"We'll be using local meats, crisp vegetables, pungent spices and fragrant herbs, all sliced, diced and roasted with passion, care and technique.

"Hoping to meet you in the dining room!"

– Terrence

Lunch and Dinner: Tues-Sun

Extended Hours

Table Service

Bar Snacks Menu

Coffee and Tea Bar

Menu available to go

Entertainment Thurs-Sat nights

"Real food for real people"

PHONE 6689-1473 FOR BOOKINGS

Please note, in order to prepare for the opening of terra. restaurant, the Bowling Club's dining room will be closed for two weeks. The Club's bar, green and other facilities will not be affected during the re-fit.



Nimbin Hills REAL ESTATE

John Wilcox 0428 200 288

Chris Clarke 0459 356 236

www.nimbinhills.com.au



SPACIOUS COLONIAL

\$259,000

This home has retained much of its original features and charm. Boasting 5 spacious bedrooms, each with access to its own verandah and a huge kitchen dining area. The lounge is the heart of the home and is warmed by a wood heating stove. Houses of this size are hard to find and would make a wonderful home for the larger family or super investment. A five-minute walk to the village centre and all its facilities make this such an easy place to call home.



CHANNON CHA CHA

\$415,000

A lovely palm garden surrounds this architect-designed 3-bedroom home set on 1/2-acre (2000m²) of gentle freehold land in a permaculture village. The property is only minutes to town, but in a quiet and peaceful situation. With land for yourself to use, and common land which includes a garden orchard area and bush walk. The home is in excellent condition with a large north-facing deck to take in the mountain views. With an open-plan kitchen/ dining/ lounge, the property has a great indoor/outdoor feeling.



HOME IN THE COUNTRY

\$350,000

This country home offers space and privacy with views to live for. The home is very spacious, centred around the chef's kitchen and flowing into large dining and lounge areas. The 4 well-sized Bedrooms make this the ideal family home. The 18 acres of fertile land has a mix of slope and flats with a superb creek at the boundary. The property was once an organic fruit and flower farm and the orchard is delightful, supplying you with mango, apple, banana, pecan and much more. This hobby farm is price to sell.



HISTORY AND CHARM

\$290,000

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. The home is light and airy, of solid timber construction, with lovely wide verandahs on two sides providing great views of surrounding mountains. A great family home filled with character and old world charm.



COLONIAL COTTAGE

\$298,000

Set on a ridge is this lovely colonial timber cottage that has been tastefully renovated. The property is only minutes to Nimbin but private, as it is placed in a quiet cul-de-sac location. There is 1.43 ha of land which features tall native trees and a very large dam. This colonial has a new bathroom renovated in keeping with the home. The home also features a new kitchen, timber floors, large dining/lounge area, front verandah and 2 bedrooms. Great views of timbered mountains. A little finishing is needed.