

The plight of unmarried mums

Book Review
by Nathalie Buckland

Inlaws and Outlaws is a novel by Kathleen James that explores the plight of unmarried mothers.

I met Kathy recently, and was interested to hear about the book that she had had published. Even more interesting was the topic about which she wrote her novel.

Becoming an adult in the UK in the late 1960s, I was well aware of the perils of out-of-wedlock pregnancy. A close

friend went the route of the home for unmarried mothers and adoption of her newborn, as I was approaching motherhood with a ring on my finger. As I held my newborn she parted with hers, probably for ever.

Kathy's novel could be described as autobiographical fiction, based as it is on her own experience of giving birth at the age of 17 in Australia, having the baby adopted, and many years later, being reunited with her child. The passages describing this

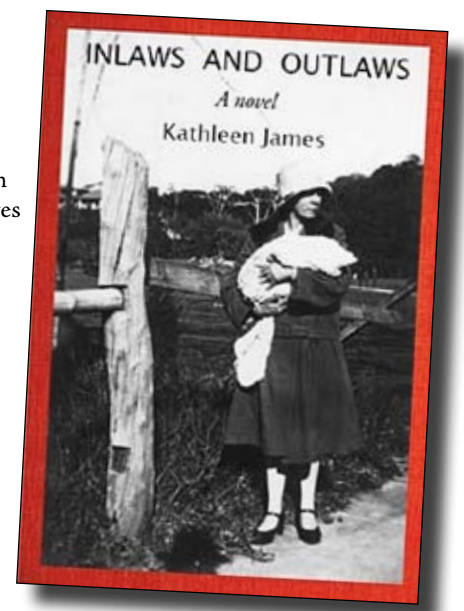
whole process are particularly poignant and, not surprisingly, ring absolutely true. The fictional Helen, who gives birth to a son, goes through a range of deep and often confused emotions. The reader really wants the reunion that eventuates.

As well as being a social history of women's lack of rights, support and power during the late 1960s and early 1970s, this book also explores other situations; life and adoption in 1930s Australia based on old photos, and a

complex situation with an Italian migrant family. The author weaves these into her story to make a rich tapestry of characters and events. Throughout, the reader is made aware of our unique natural environment with some wonderful scenic passages.

Thank you Kathy for an engrossing read.

Available as an ebook and paperback from: kathleenjamesauthor.com and from Inspiring Publishers Bookshop online.



ASTRO FORECASTS

by Tina Mews

WHAT'S HAPPENING IN THE HEAVENS?

Aries

The entry of Mars into fiery Sagittarius might inspire you towards taking action and moving forward. This can be a great time for starting a new creative project that captures your energy. However, do not push yourself too hard, especially from mid month onwards. The Mars/Saturn transit (see right) correlates on the physical level with stressed bones, especially in the pelvic area.

Taurus

Your home and family play a key role in your life and you enjoy sharing your creative talents with those close to you. Nevertheless, you might have to address tension in your relationships while Mars journeys together with Saturn in Sagittarius (until beginning of September) especially in regards to jointly held resources and business deals. Reflect upon your own truth and be courageous in saying what needs to be said.

Gemini

At present openness and receptiveness is essential in your communications with others. You might have big plans at the moment that need to be worked out carefully. Tension can arise in your relationships when you are too set on your own convictions. Be willing to compromise and work towards constructive solutions which are mutually beneficial.

Cancer

You might experience a boost in confidence at the moment and may even feel inspired to do those things that you always wanted to do but have not yet done, such as changing some of your daily routines, especially also in regards to your health. It is not the time to hold back, even if moving out of your secure shell provokes some anxiety. Challenge yourself, dare to be creative and live your truth!

Leo

It is an excellent time for engaging in new activities or making new discoveries about yourself and the world around you. You can work hard now on achieving your goals, and combine discipline with enthusiasm. The Full Moon (August 18) could bring new insights and exciting news, even unexpected visitors from overseas.

Virgo

An old cycle is ending soon and you might want to spend some time reflecting on the last 12 months. What has worked well and can be carried over to your next solar year and what needs to end now? There is a solar eclipse on September 1 in your sun sign, particularly important for those born around the end of August and beginning of September. Eclipses are portals – hear the calling. What kind of seed do you want to plant?

August

At the moment the Sun passes through Leo, the sign that feels most at ease with the fiery and life-giving solar energies. About seven thousand years ago people started shifting from venerating lunar goddesses and the life-sustaining energies of the archetypal feminine to the worship of solar gods which initiated the emergence of 'god-kings'. Tribal unity consciousness was superseded with the early developments of solar consciousness. Over time a new pattern was perceived that placed the Sun as the predictable source of light and life at the centre of the solar system around which all the planets revolved. The Sun is the ruling planet of Leo and therefore, individuals with a strong Leo signature in their chart function best when they feel at centre stage and can radiate their unique life force for the benefit of all. Leo rules the heart and also the solar plexus, the domain of the 'old brain', the fire in the belly and seat of our impulses, desires and passions. Leos are destined to use their emotional strength and apply it unconditionally for the good of all, connecting this sign symbolically to the archetype of the noble ruler who is generous and kind and is able to serve others. Friendship is important and Leos are known for their loyalty and supportive attitude. On the downside, they can be 'tyrannical' and self-obsessed, failing to acknowledge the contribution of others. Their pride is the legendary shadow side of Leo, and can keep them separated from their fellow humans.

The New Moon on August 2/3 is in Leo and sets the tone for the entire month. It activates the current Neptune/Saturn square which has been the most important and dominating configuration of this year. These two planets are not making for an easy pair because they function very differently. Saturn correlates with security, firm structures and our material reality, while Neptune signifies the world of ideas and dreams, but also illusions, disappointments and the undermining of anything which has become too solid and rigid. As Astrologer Alan Oken puts it: "When Neptune in Pisces and Saturn in Sagittarius square, authority is given to limited and limiting religious and political doctrines." Simultaneously, Mars, the inner warrior re-enters Sagittarius a few hours prior to the New Moon (until September 28), urging us to speak the truth and take action accordingly. Mars and Saturn will exactly conjoin later in the month on August 24, but for most of August and September these two planets will be co-present in Sagittarius. Mars adds fire to the Saturn/Neptune themes which could play out as another wave of religiously motivated



conflicts. Mars in combination with Saturn signifies a time, where firm decisions will be made. Mars and Saturn are categorized as malefic planets in traditional astrology because they are said to cause trouble and signify difficult experiences. However, these energies can support each other positively because Saturn gives direction and discipline to Mars' burning desires. Mars and Saturn correlate with overcoming challenges, working hard, and persisting with commitment. Nevertheless, in combination with the troublesome Neptune/Saturn square the difficult experiences

of the current time can provoke profound disillusionment, disenchantment and despair. Probably the most appropriate way of dealing with this challenging period is to get involved, take the initiative, focus on a meaningful project, and use one's energy constructively, which also includes hard physical work. Mars doesn't mind sweating! We can use the structure of Saturn to guide the hot-tempered Mars energy to bring about essential growth that will ultimately have a positive impact in the greater collective. The Full Moon on August 18 in Aquarius is opposite the Leo Sun and in harmonious alignment with Uranus, planet of sudden changes and creative ideas. Issues concerning friendships and our relationship to groups might be highlighted. We could attract new, interesting people into our social circle Uranus encourages innovation, spontaneity and ingenious problem solving. Mercury, the cosmic messenger, is turning retrograde on August 29 (until September 22) in the late degrees of Virgo. Like always, expect delays and glitches in your communication with others. These three weeks are great for reviewing, planning and fixing what does not work anymore. This Mercury retrograde period is especially important because it falls within an eclipse season. There will be a solar eclipse (powerful New Moon) on 1st September in Virgo. Eclipses are activation times and their influence can be felt two weeks before and after. This will be a particularly eventful period for those who are born late August to early September, but more details will follow next month.

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

New Weekly Astrology Course: 'The Planets: Key players in the Horoscope', Wednesdays, 10am – 1pm, 8 mornings at the Lillifield Community Centre; starts August 3. One-Day Workshop: 'The Astrology of Family Patterns and Ancestry', August 20, Lillifield Community Centre 9.30am – 4pm. Info and bookings: 0457-903-957 or star-loom@hotmail.com

Libra

Your focus is on friendships and team work. You even might be called to use your diplomatic talents for mediating between different groups and their conflicting points of view. On the other hand, this is a great moment in time for making new connections, both personally and business wise. The secret lies in your skill to engage in honest, open and constructive communication.

Scorpio

This could be your time in the limelight when it is easy to get noticed for your true achievements. You have much energy for new money-making projects, or for stepping up existing ones. Nevertheless, it is essential that you balance risk-taking with common sense because set-backs are quite possible at the moment.

Sagittarius

This can be a challenging time for you Centaurs because hot-headed Mars journeys together with restrictive Saturn through your sun sign. Your attempts to make an impression will be judged by others according to their merits. Therefore, take a step-by-step approach, be well-prepared, keep focused on your goals and in all circumstances act in an ethical and trustworthy way.

Capricorn

It is your time for re-orientation and re-generation. You might need to free yourself from convictions that do not fit the present moment anymore; instead allow for new inspirations to emerge. Bottled-up energies have to be given a constructive outlet either through physical work or a needed confrontation.

Aquarius

Partners and partnerships are important now, and it is an ideal time to receive help through the efforts of others. The challenge is to go with the flow and not against it. Groups and friends are important now and you might take on a leading role. Make sure that the associates you choose are not to your detriment in the long run.

Pisces

Paying attention to details seems to be more important now. However hard you may work or how good your performance may be it might never satisfy your own inner value system. Events taking place now will have a great bearing on your future and can be long-reaching in their effects. Therefore, put in the extra effort to get what you desire.

August myth and magick

by Marilyn Scott

I feel like I'm sitting and observing from a new place – once again. July was big, the momentum and shift was significant; the strength, purpose and direction of these cycles continues to evolve. It felt like a major time of shift and clearing; July the first month of the second chapter... of this great year of endings and beginnings.

July – Cancer's month, represents the centre – the home and family, the nurturing presence of the Mother. In the zodiac wheel, Cancer sits at the bottom of the chart (the Imum Coeli) – representing our deepest core, our psyche, our roots and our ancestral history... our innate sense of safety and security. There has been a lot of movement and shift both personally and collectively. We are all a part of all life... and thus hold responsibility for all that manifests in our world. No-one is insignificant or does not play a part. We all create the world in which we live.

Myth and symbolism have fascinated me from my earliest years. Exploring volumes on psychology, I stumbled across astrology... and am still a keen student



after many decades. Something somewhere recognised and understood the significance and meaning of the ancient symbols. During my schooling, I excelled in mathematics (a family thing)... geometry and algebra, my favourites; I'd do them for fun. It was many years later that I discovered further mythological symbols and worlds... like the plant devas, faeries and nature spirits. Life is a journey – as the great mythologist Joseph Campbell encouraged – discover what excites you and make this the basis for your personal journey. I still light up when I read the teachings of these inspired men and women.

We enter August – the eighth month of 2016. The number eight represents power, wealth and transformation; and is the symbol of infinity. We are not victims – although our

history and conditioning likes to convince us of such. Our essence, our source, our focus and our intention can open doors that were forever locked, slay evil demons and create endless miracles. It's said we use only ten percent of our brain's capacity... we're much more than we realise.

August is Leo's month; Leo is ruled by the sun – the creative power and potential, of that blazing golden ball that supports all life on Earth. In astrology the sun represents our primal energy, our connection to life-force... our purpose. The creative power of the sun animates all life, illuminates the darkness... and inspires us to grow. A new moon in Leo begins this month... showing us how to best align our self with this new flow of energy. Flowing with this energy, we can use it to maximise the manifestations from our efforts and intentions.

In a new moon chart, the sun and moon sit together, magnifying their presence... while the 'path of fortune' illuminates our best way forward. Crowning the chart of this new moon in Leo is the planetoid Sedna and the asteroid Hecate. Sedna is named after the Inuit goddess of the sea and comes to remind us that we are not victims. She encourages us to claim our own true power. We are far too precious and necessary in the dance of life, she says... to waste valuable energy and time being a victim.

Hecate was known as the goddess of the crossroads... and of magick; her kingdom was threefold, encompassing the earth, sea and sky. As queen of the night she stands at the crossroads with her lights, reminding us of the importance of renewal; she helps us to release the past. Hecate supports us in our quest to release all that hinders our growth; lighting our path she illuminates the way forward. Dark moon Lilith and Pallas Athene continue to contribute their strength... both now in Pisces, they guide us to our path of healing and encourage us to encompass a more compassionate vision of our world.

NIMBIN BOWLO



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What's On in August?

- **Sunday 28th – Annual General Meeting, 10am**
- **Social Bowls – Every Sunday, 9.30am after breakfast**
- **Open Mike Nights – Wednesdays 10th & 24th**
- **Social Membership – \$5**
- **Courtesy Bus – Enquire at Bar**



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trivia

Devised by Martin Gill

Questions

1. On a yacht, what are the sheets?
2. What does the "B" stand for in the email acronym "BCC"?
3. What type of beastie is a mallard?
4. "We tripped the light fandango..." What is a fandango?
5. What is the most southerly point of mainland Australia?
6. By what name did the ancient Greeks know Hercules?
7. Windsor, ladder-back and electric are types of what?
8. What do you call the cross between a donkey and a mule?
9. What is the fastest speed ever reached by a human being?
10. Mossad is the external secret service of which country?

- Answers**
1. The sheets are the ropes, cables or chains being in Tasmania.
 2. BCC stands for "Blind Carbon Copy". It sends a copy of your email without the primary recipient knowing about it. Sneaky but sometimes necessary.
 3. A mallard is a duck. As in duck a duck (damn autocorrect).
 4. It's a Spanish dance usually accompanied by guitars and clapping.
 5. South Point on Wilsons Promontory in Victoria.
 6. Heracles. Hercules, hero of song and story.
 7. They are all types of ancient glory.
 8. Nothing. Mules are choosing.
 9. Upon re-entry to the Earth's atmosphere on May 26, 1969, the Apollo 10 Lunar Module reached speeds of 24,791 miles per hour.
 10. Israel. We will speak no more of them.

Nimbin Crossword

2016-8
by 5ync



Across

1. Bring back to bare wood
3. Brownish-yellow rock pigment
7. Eternity
8. Extra extra large
11. Incite, assist or encourage
12. Versus
13. Sibling's child
15. Play record? Revolve
17. Le goodbye
20. See 6 down.
21. Very, very young cider?
22. Long wavelengths appear _____.
23. Greenish-blue? Duck
24. Loses hair
25. Dark. Contrast 18 down

Down

2. Hollow made by a blow
3. Art of paper folding
4. Initiation (harassment)
5. Was
6. (and 20 across) Eutheria (contrast 10 down) (9,7)
9. Violet to lilac
10. Lactating pouched animals
14. They lack bravery
16. Young swine
18. Tusk. Contrast 25 across
19. A Southwest Asian (e.g. an Arab person or Jewish person)
21. Area of British crown control around Dublin? Not dark.

Solution: Page 34

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The salt cave

I love winter, but with a compromised immune system I'm always afraid of catching cold and flu. Last time a chest infection felled me for three months, so when my husband generously gave me his recent cold and I felt the infection going down into my chest, I was terrified.

Happily I remembered the Byron Salt Cave, the best kept secret in the area. It helped me once before for a skin condition but it is most efficacious for lung problems. Studies found that workers in the Polish salt caves (usually heavy smokers) had surprisingly rare incidences of lung disease. It was due to the high levels of salt in the air. These conditions were replicated in salt caves now popular around the world.

A Halogenerator produces minute salt particle concentrations, 1000 times stronger than at the beach (and how good does that make you feel?). When inhaled they destroy bacteria, draw

moisture from, and clean inflamed airways.

This was exactly what I needed. I dragged Norm along who had been coughing horrendously for the last three weeks (a smoker with a cold).

Lying in a comfy deck chair in this peaceful, salt-floored room with soothing music, I was soon asleep. It was a rejuvenating hour. On waking I was breathing more easily, my lungs were clearer and, best of all, they continued to improve.

I slept much better that night and by the next day I was no longer coughing up green stuff. It felt like the bug had been killed. I went for another two sessions to clear it up completely. Norm's recovery however was miraculous. He stopped coughing after just one session! Lucky bastard.

We are extremely fortunate to have a salt cave in our region.

The world according to Magenta Appel-Pye



Check it out at: www.saltcave.com.au or ring Lara on 0448-338-707.

Nosin' around with PAC



A white-headed pigeon (*Columba leucomela*) with the material to build a nest. It is found east of the Great Dividing Range from far north Queensland to southern New South Wales.

She says / HE says with Aunty Maj and Uncle Norm

She says

Relax Ivana, it's not all about you. This is a big issue contemplated at men's groups, women's lunches and in the psychologist's office. Men are not sex machines except, of course, James Brown, and if they are, then that's a worry in itself.

Let me start by sharing some of Leonardo da Vinci's writing called 'About the Penis':

"This confers with the human intelligence and sometimes has intelligence of itself, and although the will of the man desires to stimulate it, it remains obstinate and takes its own course, and moving sometimes of itself without license or thought by the man, whether he is sleeping or waking, it does what it desires. Often the man is asleep and it is awake, and many times the man is awake and it is asleep. Many times the man wishes it to practise and it does not wish to, many times it wishes to and the man forbids it. It seems, therefore, that this creature has often life and intelligence separate from man."

Us women don't understand the strange, fickle ways of the male member. Probably men don't either. It's all a mystery. We just expect it to work when we want it to.

Imagine being in the man's shoes (well pants), finally seducing his Goddess and having to prove himself, to anticipate and please her expectations, his hopes and fears out there on display. No wonder some men experience a flally on their first try.

Take it as a compliment, be flattered, be compassionate, be understanding and give him another go. Not only may you be pleasantly surprised, but he will love you even more and hopefully treat you with the same respect when you are temporarily unavailable.

Dear SSHS, I finally succumbed to my friend's advances, only to find that at the moment of truth, he let me down. Is it my fault? It was so embarrassing I feel like never seeing him again. Help!
 - Ivana Cockburn

He says

It would seem the stereotypical traits of women being caring and nurturing have their limits when it comes to this problem. If you feel let down and embarrassed, imagine how the hell he feels. What you have to understand is, that although a man and his schwanz are conjoined, they often act independently of each other.

Try and imagine if you will that a man and his penis are like our Australian parliament. You have the government and a bunch of independents. Your man, in this case the government, has taken a fancy to you, but the independent er, member, has spoken.

And the penis says 'no'. It might have a head with no brain and an eye that can't see, but his John Thomas, rightly or wrongly, thinks there's something fishy about you and like a good penis (and politician) should, it's simply looking out for its owner's interests.

None the less if you're both willing to give it another try, and drop the ego, I suggest you err... pull the honourable member aside and have a frank conversation with it and see if you can't bring it around, so to speak. Please don't ask me to spell it out for you, Miss Cockburn. This is a family (if slightly kinky) newspaper.

If all else fails you might need to take him to the doctor, put him up on the hoist and see if he's got a gearbox problem. Cheers.

"A good man is hard to find and a hard man is good to find."
 - Mae West

Send your relationship problems to Norm and Magenta:
normanappel@westnet.com.au



with Bob Tissot

Hello and welcome to "On Air", Nim-FM's monthly print-radio program. All the goodness of radio without the fattening static; it's great to have you listening. And firstly a big thank you to all the people who came along to the Community Centre last month and made the pizza party such a great event.

And just another reminder to all our members that your annual membership fees (\$33/\$22 concession) are due and the only way to rid yourself of that nagging guilt is to hand over the cash. Without community support Nim-FM would simply grind to a halt.

I came across a CD this month - well three CDs actually, it's a set, called *Crossroads Revisited: Selections from the Crossroads Guitar Festival*. Eric Clapton has put on four Crossroads guitar festivals featuring some of

the best guitarists of all time. This set has 41 live, never before heard on CD, tracks featuring Jeff Beck, Gary Clark Jr., Robert Cray, Buddy Guy, BB King, Carlos Santana, Joe Walsh, Ronnie Wood... and more, so many more.

And now it's time for *On Air*, and this month I'm talking to Leaf van Amsterdam, whose eponymous program can be heard on Thursdays from 2pm to 4pm.

OA: Leaf, thanks for chatting. Can you tell me what brought you into Nimbin community radio?

LvA: Well it was suggested to me by a friend in America.

OA: America? Please explain.

LvA: Well, I lived in Santa Barbara for a year and when this friend visited me in Melbourne and saw my record collection he suggested it, knowing that basically I just live for music but I never thought I'd make any sort of career out of it. This is as far as I've pushed it, except for experimenting with my own music and writing lyrics.

OA: Really? You write lyrics?

LvA: I've got over 100 poems



on Allpoetry, but right now, out the back of the Oasis, there's a bit of a music co-op happening and we're going to work on one song per week. Currently I've got four songs on YouTube. One I'm happy with, the other three still need work. I've also got some hip-hop I want to record as well.

OA: So before you went to Santa Barbara... no wait, what were you doing in Santa Barbara?

LvA: I actually got interviewed on radio in Santa Barbara. They wanted me to play Regurgitator for them. I'm from Brisbane originally (like Regurgitator) and had an EP with me. So I played it on college radio and then met them a month later in LA. That was a real kick;

a good time of my life in my early 20's. I went back over when I was thirty and went down to Mexico City. Lasted two weeks before I fell foul of police corruption and had to bribe my way out of court and the country.

OA: Why?

LvA: I was caught smoking something illicit. Since then I've been ripped off by Kiwi and Aussie cops as well.

OA: You must look like an easy mark.

LvA: Ugly mug Bob. Ugly mug.

OA: So what was it like growing up in Brisbane?

LvA: Liveable apparently. It's an award Brisbane has won a few times.

OA: And the music scene?

LvA: Absolutely brilliant. Maybe it's just that "rite of passage" time of your life but I reckon the early 90's produced the best music ever written.

OA: Ever?

LvA: Ever! Throughout the galaxy! (*Studio dissolves in laughter.*)

OA: Mate we're out of space here. Thanks heaps for sharing your life.

LvA: Cheers Bob.



Friday to Sunday 12th-14th August Weekend Camp at Woody Head campground

Leader: Peter Moyle (0412-656-498 or: peterdmoyle@optusnet.com.au)

The campground is in the Bundjalung National Park near Iluka, and has all the regular features except power to the sites. See: www.nationalparks.nsw.gov.au/camping-and-accommodation/campgrounds/Woody-Head-campground I will be arriving after lunch on the Friday camping for two nights. There are some wonderful headland and rainforest walks along the coast as well as the Clarence River. Fees are \$32 per site for two people and as we have been doing recently we can get two tents on each site to reduce the cost. If you do not have a NSW National Park vehicle pass, a fee of \$8 a day applies. Please let me know of your interest. I have booked a site and can arrange nearby sites, so let me know and I can book it.

Sunday 4th September Mystery Mountain

Leader: Bill Potter 0428-737-747

Grade 3: Walk up fire trail to a mountain plateau with panoramic views east over the Tweed Valley and west to Mount Warning. About 4 hours return.

Meet: 9.30am at 887 Kyogle Road, before Mt. Warning Road and after roadside fruit stall coming from Murwillumbah.

Sunday 18th September Upper Chowan Creek

Leader: Bill West (02 6679-7035)

Grade 2-3: Walk down creek to top of waterfall, about 3 hrs return.

Meet: 9am at back of Uki primary school.



Photos from Whiskey Creek walk in July

State of grace

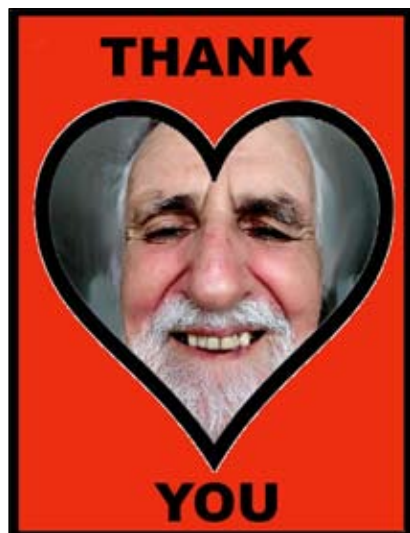
by Brendan (Mookx) Hanley

In my "Fairy Pink" kids' book, Eunice, the wise old Unicorn tells the kids that if they want to talk to "God" ... be it Goddess, one of the plethora of bloke gods ... whatever their family "believes in"... then the secret is to get on the "thank-you" line for direct access. The "please" line, otherwise known as the "gimme" channel, is always clogged up with too many people wanting something. There's hardly ever anyone on the thank-you line.

"Thank you!" becomes a key element in the book... using the words to ward off evil mind-demons and nasty wizardly spells etc. Around about the time of writing it, I began to get into the gratitude thing in a big way. It occurred to me that as Catholics, this "Amazing Grace" that we were constantly urged to acquire with our money and servitude to the Church, was nothing other than gratitude from our own hearts. It's the same word. "Grace"... Gracia, Gratia. Grazie, Gracious, Gratitude... it means "thank you."

Now, to be saying "thank you" at all, implies a reaction to a gift or benefit, healing, achievement or safe delivery. It implies the existence of something to be grateful for. It needn't... that's the thing... and it has no need to be verbal. Verbal is a good start. "Thank you" for the parking spot, "Thank you" that guy didn't recognise me in Woolies, "Thank you the cops pulled over the guy before me!" and of course "Thank you" snuggling down all safe and sound into a warm bed with the wind and rain howling outside and battering the tin roof! You can mutter it under your breath... to no-one in particular. This is because it's not about to whom you mutter your thanks... it's about YOU getting to feel grateful. Getting into a state of Grace!

Feeling grateful... or "being in a state of grace" is as full of light and healing as you can get... short of being at a Pink Floyd Concert in the Bahamas on



mushrooms eating tropical fruit and sampling Jamaican weed! Just kidding! Feeling true gratitude is something we all benefit from, once we can find it. It's a vibrational thing!

Recently I accidentally got yet another extremely nasty bladder infection which got so bad so quick that it attacked my spine, pelvis etc. causing me extreme anguish trying to walk, and getting worse by the hour. About the time I was near-paralysed they got me into Lismore Base Hospital, ran a bunch of tests, put me on a drip, morphine and antibiotics and found me a bed up on the 7th floor in a ward with three other blokes. One had no liver left from alcohol abuse... they sent him home to die. Another guy with rare disease and complications was hooked up to what I called the "Eiffel Tower". It was a stack of little ping-pong LED flashing boxes with wires and tubes all over the shop... which he had to maintain and drag around with him on wheels everywhere he went. The other guy was admitted not knowing that he was about to be diagnosed with lung and throat cancer and sold a complete course of Chemo and Radiation. All this while he insisted that the kitchen had him down wrongly as a diabetic... fighting for his right to eat shit-loads of sugar... which is the first and most important

thing to eliminate from your diet. It feeds cancer!

Anyway my legs got worse. The physio totally wrote me off on day two, as being way beyond her expertise. Due to my ever-worsening condition and rapidly-declining faith in my ability to survive, let alone heal, I spent night three, still with a temperature, morphined off my skull and totally convinced I was dying a nasty painful death. A troubled night ended with the morning nurse telling me that my temp was finally normal... which was a harbinger to what was about to happen.

Eventually I got out of bed. What had become about a 15 minute excruciating process lifting my legs off the bed etc., seemed to happen with little drama. I stood up and let my legs take the weight. I shuffled towards the door anticipating agony to shoot up and stop me in my tracks. I had a walking stick which I held in my right hand as I took four or five normal steps up the corridor, then about the same again. I stopped as the realisation hit my consciousness... "I'm walking without pain!" Immediately then I surrendered to this overwhelming feeling that came like electrical tingles from my feet, all the way up my body to my heart, which I grasped with both hands to stop it jumping out of my chest, and held it lovingly. It was literally swelling out of my hospital gown like a breast... or the Alien in a Ridley Scott movie. Tears rolled down my cheeks.

I realised that this spontaneous "Grace" was about as healing a vibe as is possible to get... and clung to my heart and the intense miracle for a good 10 or 12 seconds, letting my whole body vibrate to this uncontrollable gratitude. I ended up half-dancing down the corridor twirling the cane and giving the nurses a bit of cheek. Later when the physio came she found it hard to believe I was the same patient as yesterday... especially when I bopped up the stairs and down again, showing off, not using the handrails.

I now know how it feels to be really grateful... to be in a state.

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Valley of Rainbows

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

* Mondays & Thursdays Only

No Public Holiday Service
Wheelchair access available
Some buses connect in Nimbin for operators to Murwillumbah

Nimbin Headers



Coming to grips with goalkeeping

Finley Hoolihan from Nimbin Headers Grade 13's team with the Matilda's goalkeeping legend Melissa Barbieri at a recent coaching clinic held in Bangalow.

Match report and photos by PAC

First Division

Saturday, 9th July Round 13
Uki Pythons V Nimbin Headers

Before this game, Uki had played five games at home, winning three, drawing one and losing one, and in all games there was only one goal in it.

From the start, Uki have a shot bringing a good save from Dylan Morris in the Headers goal. Then a Uki player gets booked for a deliberate hand-ball, stopping the ball from reaching the Headers forwards.

The Pythons keeper has been busy keeping his team in the match with some fine saves.

Some nice build-up play by the Headers produces the first goal as Boaz Hayes, with two defenders trying to stop him, puts the ball across the keeper and beyond a player running in at the far post Headers 1-0.

Headers have a free kick: a pass to Darren Janesic who shoots, but the Uki keeper saves, just. This is a cracking

game and at the end of the first half Uki's No.8 brings a fingertip save from the Headers keeper.

The second half starts with some nice passing moves by the Headers, ending with a pass from Ruben Mack out to the wing to Masaki Sakurai who holds the ball up and puts in a lovely cross for a glancing header at the near post into the far corner of the net by Ruben Mack, leaving the Uki keeper just to watch it in awe. Headers 2-0.

Uki are trying hard to score, but the Headers defence is on song today, snuffing out any serious efforts.

Headers Beau Grabovsky takes the ball up to the keeper and tries to put it past him but the Uki keeper gets down to make a great save at the Headers forward's feet.

Headers are in control of the game now and the passing game is giving Uki nightmares and Boaz Hayes gets his brace as he hits another one across the keeper to give Uki their worst defeat at home this season. Uki Pythons 0 Nimbin Headers 3.



Nimbin Headers 5th division keeper Mark Wright pulling off a blunders away at Lismore Workers



1st Division Headers player Boaz Hayes opening the scoring away against the Uki Pythons

Women's 4th Division Sunday, 18th July Round 14 Nimbin Headers V Ballina

Headers Tessa Rutley has the opening salvo with a shot that the Ballina keeper tries to take, but the ball spills from her grasp onto her shoulder and there's a moment of anxiety before she gets the ball under control.

With 10 minutes gone, Ballina are awarded a penalty for a tackle just inside the box on the left-hand corner. The penalty is hit right above the Headers keeper and hits the underside of the bar and comes off the keeper's back and into the net: 1-0 Ballina.

The away side is in 7th spot and the Headers are in second on goal difference, so this was totally unexpected but would make for a good game.

The Headers have a shot that comes off the keeper's legs and there are two Headers players right onto it and one, Anna King, side-foots the ball between the keeper's legs to even up the game.

Down the other end of the park two Ballina players try to score, but Headers keeper Debra Lindsey takes control and snuffs that attack out.

Ballina's No 7 takes the ball on the left-hand sideline with a nice run down the wing and cuts into the box and hits a good shot, but it's straight at the keeper.

Then Headers Ruby Grabovsky has a run and a shot that's wide.

And Ballina's No 7, with a similar run as before, shoots across the keeper but that goes wide. She is a very good player who is giving the Headers defence no end of trouble.

Headers Ruby Grabovsky is through up the middle, out-pacing the Ballina defenders, is one-on-one and smashes the ball past the Ballina keeper high into the net to give the Headers the lead at half time: 2-1.

A nicely taken free kick for Ballina is wasted as it flies over the bar.

Some great passing by the Headers and Ruby Grabovsky goes round the outside of a defender who is trying to muscle her off the ball, pushes the ball forward and outruns her, regaining the ball and heading for goal, fires it past the Ballina keeper. Headers 3-1.

Down the northern end of the field, Ballina are given a lifeline as they pull one back to make it 3-2.

The fight-back doesn't last long before Headers' Ruby Grabovsky resumes normal service as she runs in from the right-hand side and hits the ball high across the keeper and into the left-hand side of the net, giving her a hat trick.

And a minute later she gets her fourth goal of the game to give the Headers some breathing space: 5-2.

But Ballina did give the Headers some scary moments as they got two free kicks one for a hand-ball, luckily outside the box, then later an indirect free kick inside the box for a back-pass that the keeper picked up, but the ball was hit over the bar.

Fifth Division

Saturday, 9th July Round 13
Nimbin Headers V Alstonville
One minute into the game, Alstonville score with a well-taken goal. Not an auspicious start for the Headers.

Headers left wing forward Gary Whisker has a shot, but straight at the keeper, and a couple of minutes later hits another shot that the Villa keeper just gets to and palms the ball away for a corner.

Headers forward Rhyll Chaplin hits one across the keeper, just missing the far post, then a lovely cross from his brother Kyle has the Villa keeper in trouble, just managing to get the ball clear.

Then Headers midfielder Geri Price-Jones hits a ball high and it nearly goes in.

A Headers player is one-on-one with the Villa keeper, but fires the ball straight at him. Then Alstonville is



Women's 4th division with Headers striker running amok at home against Ballina

on the attack that comes to nothing until the Headers keeper gets rid of the ball straight into the path of an opposing player who smacks it back past the keeper and the ball sticks between the back support and the net and just sits there, about four foot from the ground. Headers 0 Villa 2.

And that just about sums up the first half with the Headers not taking their chances and Villa capitalising on the few they had.

The Headers open the second half piling on the pressure, and newcomer Finn Hall, weaves his way through the defence past three players to guide the ball past the keeper Headers 1 Villa 2.

Headers forward Rhyll Chaplin hits one towards the near left-hand post only to see the keeper fall on it, but he fumbles the ball as it hits his knee then his bottom, but has time to compose himself and rectify the situation.

At this point I leave to watch first division who were playing about half an hour away at Uki. But the Headers did bring the scores level at 2-2 only to go down near the end 3-2.

Saturday, 16th July Round 14 Nimbin Headers V Alstonville

South Lismore who are in bottom place on 5 points having a win and two draws threw the towel in, giving the Headers a 3-0 forfeit and moving them up a place to seventh spot.

Sunday, 24th July Round 17 Lismore Workers V Nimbin Headers

Only nine players turn up for the Headers, and Workers have 14, so it was always going to be hard for the away team to get some sort of result.

Three minutes into the game, a back-pass to the keeper for the Headers goes horribly wrong and the No.8 player for Workers nips in and gets to the ball first to put his team one-up.

Workers have four corners in a row, putting their numerical advantage on show, but the Headers hold them out. Workers played Friday night at Goonellabah and scraped home one-nil, so they would still be a bit sore.

Gary Whisker hits a stinging shot from just outside the box, and it seems to hit the hand of a Workers

defender. There are shouts for a penalty but it's not given.

Headers Geri Price-Jones heads a cross just over, then down the other end Workers No.9 hits one into the side-netting.

There's another shot from a Workers player that is kicked off the goal line that hits another Headers player on the back and loops back into the net: Workers 2-0.

With the first half coming to a close, Workers score their third goal with a shot that beats the keeper who is right next to his right-hand post, with the ball hitting that post and running across the goal-line behind his legs. It then hits the other post and trickles in.

The Headers keeper, trying to clear the ball, finds an opposition player who whacks it back into the net, making the score 4-0.

The Workers are piling on the pressure and making a lot of opportunities, but luckily for the Headers, they haven't got their scoring boots on today.

There's a goal kick for the Headers that is taken by sweeper Rhyll Chaplin who boots the ball way over the half-way line. A player from each side jumps up to head the ball; the Workers player gets there but heads the ball back towards his goal where two defenders try to deal with it and one miss-kicks the ball that floats back over his keeper's head and lands in the middle of the net, three touches from one end to the other. Workers 4-1.

A free kick for the Headers about 15m outside the box to Kyle Chaplin who was the fouled player. He takes it and it just misses the post with the keeper beaten.

So on the day, Workers end up scoring all the goals in a one-sided game.

Crossword Solution From Page 31





CAWONGLA VIEWS ESTATE



LAST REMAINING BLOCKS

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- Build your dream home on blocks that offer fantastic rural views and fertile soil
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- 15 acres ● 4+ bedrooms ● Granny flat

- Built-in wardrobes ● Ensuite to main bedroom with luxurious bath ● 3 toilets ● Gas stove ● Timber floors ● Bedrooms have access to verandas ● Wood fireplace ● Raked ceilings ● Spacious verandas ● Double garage ● Spring-fed dam and tanks ● Creek with swimming hole ● Sealed road frontage

OPEN HOUSE: 11am Saturday 13th August

AUCTION: 11am on-site Saturday 20th August

LINDSAY ROAD SUBDIVISION



**LOT 3 Lindsay Road, LARNOOK
\$165,000**

- 5 acre property at the end of quiet no through road
- Gently undulating country with a slightly higher knoll that would be the perfect building site
- Power already on the property
- Surrounded by mountains and rural views
- Good access and only minutes from Larnook school

**LOT 4 Lindsay Road, LARNOOK
\$250,000**

- Approx 4.6 beautiful and functional acres
- 25 mins from Lismore, 10 mins from Cawongla
- Views to the east and surrounding ranges
- Great easy access on a well-maintained road
- Excellent building site



**LOT 6 Lindsay Road, LARNOOK
\$250,000**

- Approx 7 acres of prime pasture
- Mains power, Telstra phone reception and beautiful views to the north-east
- Old dairy bails with a tank
- Located at end of a well-maintained no through road
- 25 mins from Lismore, 10 min from Cawongla shop

**LOT 8 Lindsay Road, LARNOOK
\$500,000**

- Approx 93.7 acres located close to Larnook school
- Good variety of timber with some cleared areas
- 2 great building sites to build your dream home
- Creek running through the property
- Telstra phone reception and a north-east aspect



CONTACT: PETER ROBINSON 0428 890 373

CONTACT: URI ROSS 0423 280 278



Nimbin Hills REAL ESTATE

John Wilcox 0428 200 288
Chris Clarke 0459 356 236

Grant Rossiter 0427 531 951
Jacqui Smith 0439 156 666

FEATURE PROPERTIES



533 Blue Knob Road, Nimbin \$599,000
- Tourism potential from current owners' investment
- Main home 3 bed timber; Cottage self/cont 1 bed
- 7 acres of park-like grounds, plus 2 new cabins



32 Nimbin Road, The Channon \$359,000
- Split level 3 bed brick home. 882m2. Easy care
- Newly refurbished. Rural feel, town convenience
- View Terania Creek & gardens through kitchen



114 Atkins Road, Nimbin \$499,000
- Big 'bang for your buck'. 100 gently sloping acres
- Cleared for agriculture. Creek & two dams. Sheds
- 2 homes provide 10 bedrooms, 4 bathrooms. Views



Lot 2 39 Basil Road, Nimbin \$379,000
- Modern & funky 3 bed private home on 1/2 acre
- Many mod-cons. Rural feel, town convenience
- Views to ridges. Native bird & wildlife abound



5 Hensen Road, Nimbin \$1,250,000
- Rich 163 acres suited to horticulture or livestock
- 2 approved homes; Main is a lovely 3 bed colonial
- Studio 2 bed modern + other accomm. for guests



100 Mt Burrell Rd, Mt Burrell \$409,000
- Delightful fairy tale cottage. Lovely country retreat
- 12 acres with spectacular views to Mount Warning
- Mixture of lush forest pockets and shady glades

NEW LISTINGS



76 Anderson Road, Nimbin \$315,000
- 5 minutes drive to Nimbin, 19 acres of paradise
- A mix of open area and regenerated rainforest. Dam
- Tropical creek, new bridge & road, elevated clearing



146 Oakey Creek Road, Georgica \$525,000
- Unique "Off the grid" 3 bed + office home. 44 acres
- Open plan living w/verandahs. Lovely creek + dam
- 12 x 9 serviced shed, orchard, stock-yards, storage



Lots 4, 5 & 10 Oxbow Rd, Cawongla \$158k each
- Build your own dream home on rural view block
- Sealed road frontage and power at all blocks
- Sizes 2.12 ha, 1.15 ha and 9276 sqm respectively



Lot 1, 114 Maso Rd, Rosebank \$200,000
- On a small community in the Rosebank area
- 1.5 acres of rainforest and garden. Tranquil
- Ex-plane hangar home w/mezzanine. Unique

SOLD PROPERTIES

- * 78 Tulsi Lane, Nimbin
- * 7/929 Blue Knob Rd, Blue Knob
- * 26 Tallowood Rd, Lillian Rock
- * 1547 Cawongla Rd, Larnook
- * 5 Swift Rd, Coffee Camp
- * Lot 7 Tulsi Lane, Nimbin
- * 5149 Kyogle Rd, Cawongla



1230 Tuntable Creek Rd, Nimbin \$590,000
- 101 acres grazing + forest, Huge creek swimming hole
- 3 Bedroom mains power timber home. Polished floors
- Spectacular views of Tuntable Falls; 8 minutes to Nimbin

For more information, see

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