



The Nimbin Roots Festival will make its debut this September, celebrating all facets of the roots genre.

Curated by ARIA and Golden Guitar nominee Lou Bradley, the festival will feature a huge line-up of up-

and-coming Australian talent performing across four of Nimbin's most iconic venues – the Bowling Club, Bush Theatre, Phoenix Rising Café and St Mark's Anglican Church.

A familiar face in Nimbin,

# Call out to local roots musicians

Lou says she can't imagine a more perfect town to host the festival. "Nimbin has a very colourful culture, but it also has a strong foundation in natural living and a roots lifestyle," she says. "It fits perfectly with the festival and it wouldn't hurt to give the village a little more grounding."

Hand in hand with the festival, the inaugural Australian Roots Music Awards (ARMA) will be held. Designed to celebrate the finest musicians in the styles of folk, Americana, early blues, alt country, Australiana and bluegrass music, musicians are now being encouraged to enter

to be part of these first ever roots-focused awards.

"I've always wanted to create an awards program where it's solely about the music, and nothing else. It doesn't matter where you are or who you've worked with; it's all about the music," Lou said.

"It is all about showcasing independent musicians and giving an outlet to experience and discover new and exciting music by the up-and-coming stars of the industry."

The awards will be judged by an esteemed panel of Australian music industry professionals: Stuart Coupe (journalist/author/editor/manager/record label

director/radio presenter/publicist/tour promoter), Tom Inglis (HSF Artist Services/Dog Whistle Music), Noel Mengel (freelance writer and author/ previously *The Courier Mail*), Anthony Lycenko (Record producer/audio engineer) and Polly Coufos (*The Australian*).

It didn't take long for Lou to select her judges. "I just had them in my head and luckily, they were all super keen," she said.

The judges will select music under three categories: Best Song, Best EP and Best Album. Applicants can enter their original music into multiple categories;

submission is \$20 per entry.

The winners will be announced on the second day of the festival, Sunday 18th September, at a gala ceremony in the Nimbin Bush Theatre, complete with a funky red carpet and performances by James T (Canned Heat), Paul Greene, Owen Campbell and local musicians. Finalists will be notified via email prior to the festival.

Applicants are advised to submit their music via the ARMA website by Sunday 31st July.

For more info on entry requirements and application, head to: [www.nrfest.com/awards](http://www.nrfest.com/awards)

## ASTRO FORECASTS

by Tina Mews

## WHAT'S HAPPENING IN THE HEAVENS?

### Aries

Mars, your planetary ruler, is moving direct again indicating that projects and ideas that were seeded back in February /March are slowly becoming more shaped and formed. This could also be a time of critical development, potentially leading to a new perspective in your relationships.

### Taurus

Mars and the Black Moon Lilith are moving through your relationship sector at the moment indicating the possibility of conflict in relationships that need resolving. This is a good time to bring any suppressed grievances into the open which will help with clearing the air. You might even find yourself embroiled in other people's emotional dramas and might take on a counseling position.

### Gemini

This month continues to be a mentally very active and confusing time for you; it is not favourable for making important decisions. Therefore, try to find your center and stay focused. Re-define your values, be realistic but remain open to new ways of resolving practical issues. See it as an occasion to examine seriously what you truly do believe.

### Cancer

Cancerians who are born between the 7th and 18th of July might be forced to deal with crisis situations in an innovative and straight forward manner. Trust that you have the energy needed for making a decisive step into a new direction that is more appropriate for your personal evolution. The Full Moon on July 20 might bring unexpected changes to your plans.

### Leo

The energy level is on the increase again, assisting you in doing the things that you have had on your mind for a while. Projects concerning your home and home environment can now be brought forward. Venus will be in your sun sign from July 13 – August 6 initiating a period when you naturally let loose your softer, receptive side. Pleasure-seeking activities, come to the fore now.

### Virgo

The greatest challenge at the moment is for you to develop your talents and direct your fertile imagination into creative projects. There might be too many options, ideas and possibilities circulating around that distract you from your own path. Ultimately, this is a period of endings and new beginnings in your life.

## July

Since the winter solstice (June 21), the Sun has travelled through the water sign Cancer. The archetype of Cancer symbolises our earliest roots, our patterns of belonging and ancestral lineage as well as the flow of emotions and the capacity to feel and care for others. Domestic stability and material security is highly essential. Cancer signifies the receptive and sustaining powers of the feminine, the "Great Mother" who brings forth, supports and protects life. Most people born under this sign have deep attachments to their family/mother and are loyal to the values of the past. They love the preservation of family bonds but can be extremely touchy, highly sensitive and moody because their inner world changes with the cycles of the Moon. Physically, Cancer rules the breasts and the stomach, the function of giving out nourishment to others and taking in nourishment for oneself. Many Cancerians love cooking and good food.

The mutable cross consisting of the four signs Gemini, Virgo, Sagittarius and Pisces dominated the moods during June with restlessness, tension and conflict. It triggered a lot of (mental) activities, but often did not lead to the results one was hoping or wishing for. However, Mars, planet of action, energy and conflict is moving direct again since June 29 and thus initiates a process of decision making which ultimately brings about solutions for themes and issues that have been bothering us since February/March. When Mars turns direct after 10 weeks of retrogradation it marks a phase when the previous months of incubation and possible frustration start bearing fruit (until late August). Mars will be in Scorpio until early August and can be helpful for providing motivation and strength for transforming old and stagnant energies. However, Mars in Scorpio likes to dig deep and needs to get to the real core of the issue.

The New Moon in Cancer on July 4 is the perfect seeding time for a new phase, because energies are starting to shift out the current planetary dead-lock or tug-of-war between opposing views or parties. During the 1st half of the month the ground-breaking Uranus/Pluto square (2011 – 2015) is activated by Venus, Mercury and the Sun in Cancer bringing again into the foreground of our awareness the revolutionary processes of the last years.

They more often than not have led to the collapse of socio-political structures and alliances all over the planet. On a personal level, these deep sweeping changes are currently particularly intense for those who are born during the 7th – 18th of July, or those who have important planets or points in the 15th – 25th degree of the cardinal signs Aries, Cancer, Libra and Capricorn. Crisis situations have to be dealt with in

a swift, direct and clear way to enable new future developments. Uranus, planet of change, cosmic awakener and liberator stations retrograde on July 29. We can expect the beginning of a less turbulent period which could last until the beginning of December. Uranus retrograde is prompting us to look beneath the surface to discover deeper, hidden causes, previously ignored and view them in the light of greater objectivity.

The Full Moon on July 20 in Capricorn opposite the Cancer Sun makes a 90 degree square to Uranus, the planet signifying progressive ideas, change and non-conformity. On the negative, this might suggest that disagreements between different people, groups or countries might either intensify which then can lead to break-ups and separations; or, on the positive, it can inspire us to work with old problems in a new and creative way. There might be sudden interruptions or changes to plans. Full Moons can expose the shadow sides of both signs involved. The shadow side of Cancer is emotional immaturity, denial and self-indulgence. The shadow side of Capricorn avoids taking responsibility or attempts to dominate and control, likes to win at any cost. The positive expression of Cancer is creation, nurturance, and the protection of life. The positive expression of Capricorn is integrity, discipline and dedication. We can use the energy of this Full Moon to be grateful for what we have manifested and received in our lives so far, to help us redefine our intentions for the future. We might tune into the inspirational fires symbolised by Uranus in Aries to consciously make a decision and leave behind what no longer serves our purpose.

*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](mailto: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.*



### Libra

This is the time of the year when you like to make your mark on the world. Nevertheless, you are asked to balance domestic demands with career goals. Librans who are born during October 8 – 19 might especially feel challenged to make clear decisions which then allow for new developments in the future.

### Scorpio

Mars, the planet signifying action, energy and force remains in your sun sign until August 3. Projects and plans that you have seeded back in February/March might now become important again and might bear fruit. Slowly, but surely you can start developing now what was seeded back in February/March.

### Sagittarius

This is your time of the year for deep transformational work, where you are likely to discover your reservoir of inner strength. This is essential for manifesting your vision. The challenge is to establish a working balance between idealism and practical know-how because illusions about self, others and life in general can no longer be tolerated.

### Capricorn

July 7 – 18 could present you with issues that require your full and undivided attention. Focus on solutions that are all-inclusive. The Full Moon on July 20 highlights the need for establishing a new balance in your life. If your emphasis has been too much on achievement and succeeding with your goals, you are now reminded to shift towards strengthening those emotional bonds that nurture heart and soul.

### Aquarius

Energy levels start picking up again. Plans and projects that have not yielded much during the last few months might experience a turn-around, if you choose the right path of operation. You will be judged by your level of commitment and willingness to work hard towards manifesting your goals. Words have to be followed by deeds to get the recognition that you are looking for.

### Pieces

This is a great moment in time for coming out of your shell and expressing yourself creatively. The focus is on enjoyment and having fun. On a more spiritual level, you are seeking unity; the problem is that unresolved issues have to be dealt with before this can happen. You are not afraid to confront and resolve sensitive issues and may use your energy to help heal humanity.

# Time to be moving forward

by Marilyn Scott

Today as I write it's the last day of June... tomorrow begins the second chapter of 2016; let's create something momentous.

Sleep is a marvellous thing... I began this article yesterday, with a head full of spewing steam. The passion is still raging, but I've calmed a bit. My short note on FB (being the polite, caring and compassionate Virgo/Pisces I am) was simply "I'm sick and tired of all the bullsh...t and fear mongering" – maybe with another re-formed expletive.

Today Mars, the planet of desire, passion, action and intention, begins his forward movement after months of hibernation. He forces us to slow down, turn the focus inward for a while. Where do we stand, which direction are we heading, what are our motives, do we honour our passion... what are we doing with our life?

Mars is never happy being contained... he likes to move and get things done; and residing in Scorpio as he has for a while... the deep dark chambers of our psyche have been his focus. He's been stirring things up... internally. Well externally as well, as is clear to see on our many screens. Yeah the



world's in a mess... what are we going to do about it?

My progressed Sun is in Scorpio (the Sun moves over time – even in our birth chart), so maybe it's time to give her a voice. We all know what Scorpios are like... nod, nod, wink, wink. But yeah, she can get pretty passionate about things. It really is time for us to wake up; we've been drugged for far too long... believing the lies, swallowing the untruths, how on earth did we get here? Yes, I know... evolution. But nothing will change until we do things differently... you know the saying, complete insanity to keep doing the same thing and expect a different result. But we do. Jeez... what happened to our brains?

July begins with a much needed, lovely Cancer new moon... a mother-blessed new cycle. Cancer represents

the mother... the nurturing principle; the home, the family, the love, the caring... the understanding and wisdom. Looking at the chart of this new moon, the first thing I notice is the strong sacred feminine presence (boy, isn't it time). Pallas Athene, 'goddess' of justice, wisdom and dstrategy; the arts and healing, stands at the doorway of this brand new cycle offering her considerable strength, strategy and wisdom. At the very top of the chart... representing our dharma, our mission in this world... sits the dark moon, sharing the stage with Chronos... lord of time. It's time for the sacred feminine to show her face to the world. It's a powerful joining, and very significant. Mars, now with renewed vigour and strength ready to begin his new journey forward –

propelled by all his recently acquired understanding and knowledge, and support the dark moon in her quest.

The dark moon is said to be a second moon circling Earth, as yet unverified... but seen by some astronomers who say it's a quarter of the size of our moon and three times further away... taking 119 days to orbit Earth; approximately ten days in each zodiacal sign. Dark moon Lilith absorbs the light into herself, differing from our known moon who reflects light.

There are also powerful contributions from the asteroid Juno – known as queen of the heavens; she points to the secret source of our power – and black moon Lilith, potentially influencing the way we'll step forward in this new cycle. She's been around for a while... uncovering the deep wounds of the ancient feminine. We know the story, we don't need to re-live it... but we do need to acknowledge it, so healing can occur.

The greatest tragedy is to see women bickering and fighting amongst themselves (especially in the 'vaccine' debate). It really is time to awaken from our dream state... remove ourselves from the dark forces... and journey into the light. Have a great month.

## NIMBIN BOWLO



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

- **Sunday 10th** – Club visit: Casino
- **Saturday 23rd** – Club visit: Mullumbimby Old Boys
- **Sunday 31st** – Club visit: Coolangatta
- **Social Bowls** – Every Sunday, 9.30am after breakfast
- **Open Mike Nights** – Wednesdays 13th & 27th
- **Courtesy Bus** – Enquire at Bar
- **2016 Memberships** – Now due



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## trivia

Devised by Martin Gill

### Questions

1. Who was Alexander the Great's famous tutor?
2. By what name was Huddie William Ledbetter better known?
3. Approximately how many penguins would the average polar bear eat in a day?
4. Yothu Yindi were a great indigenous band. What does Yothu Yindi mean?
5. How many continents does the equator cross?
6. Who has won the most Best Actor/Actress Academy Awards?
7. Where did the term "between the devil and the deep blue sea" originate?
8. What gas do plants take in to use in photosynthesis?
9. Which poison is said to smell of almonds?
10. What is a Gompa?

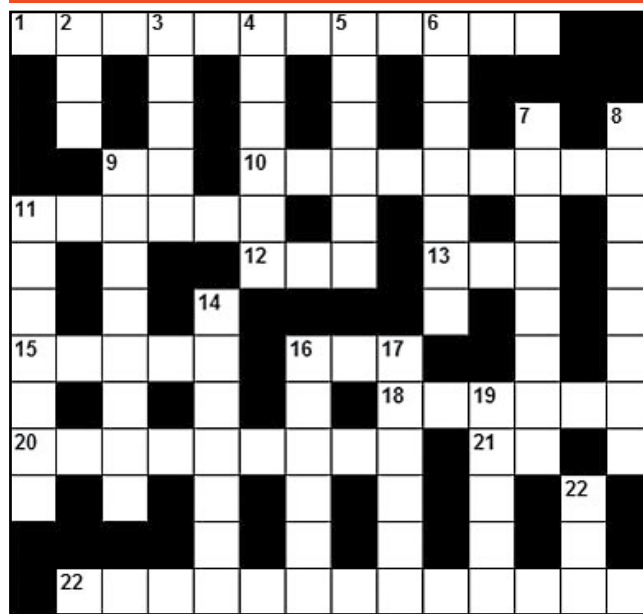
side planking meets the decking. To caulk it you have to go over the side and reach down, making it "a devil" to get at. 8. They take in carbon dioxide and use chlorophyll and sunlight to break it down into free oxygen and carbon. 9. Cyanide smells of almonds because the nuts contain quite high levels of cyanide. Good job almond milk isn't Asia it crosses Indonesia and The Maldives. 10. A Gompa is a Tibetan Buddhist temple. They are generally centres of learning. When children attend we use the terms Gompa Room and Pray School.

1. Aristotle. 2. He's the great bluesman Leadbelly, king of the 12-string. 3. Approximately none. Polar bears live in the northern latitudes and penguins in the south. 4. Yothu Yindi comes from the Yolngu language and means Mother/Child. 5. Three, Africa, South America and Asia. In 6. Katharine Hepburn with four. She was also nominated a further eight times. 7. It's an old nautical term. The Devil is the joint where a wooden ship's

### Answers

## Nimbin Crossword

2016-7  
by 5ynic



### Across

1. Big brother watching you
9. What was left through 18 across (init.)
10. Fivefold
11. From the South of the Arabian peninsula
12. Holy papal jurisdiction
13. Good name? (Slang)
15. The big oyster North of Forster
16. Precursor to rocksteady
18. Pommy secession
20. Essential for life off the grid
21. Next to
23. Watching big brother (neologism: opposite of 1 across)

### Down

2. Pot?
3. Where the gig is?
4. Mesopotamians?
5. Essential amino acid
6. Crazyies?
7. Fury
8. Peace (Firefly ship?)
9. Go overseas
11. Google's video hosting service
14. Goes AWOL
16. Tiny amount
17. Go down (securely)
19. Fatal viral hemorrhagic fever
22. What was joined, but not left through 18 across.

Solution: Page 34

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# All that garbage

I have to admit since the end of the glory days of muscular men jogging down the street throwing garbage bins around like footballs, giving all the housewives a thrill with their callypygous buttocks jiggling in their teeny-weeny shorts, I've taken the garbos for granted. There's not much to get thrilled about big trucks driven by a man who never gets out.

That was until ours went AWOL. Our avenue went from neat, tidy, suburbia to suddenly resembling a riot scene. Rubbish and dead bins sprawled all over the road along the street and round the corner. What the? Was he on drugs? Was he off his drugs? I picked up the rubbish only to have it happen again the next week. Maybe they're training someone. But this guy didn't get a single one. Once again they were all over the

road like a train wreck.

So we decided to invoke the Patron Saint of Garbage for help. We gave the bin a sterile wash and a buff and polish. We're sorry, Saint Binalot, we intoned into the innards, we promise to put our bins the right way around and close to the kerb and we will make sure no-one parks in front of them. Please, please send our regular garbo back!

It worked, because the next week he returned. Although he was not spotted, he came before we even got out of bed, we knew it was him because all the bins were standing stately outside their respective homes like domestic sentinels, not a scrap of rubbish in sight. An empty receptacle ready to start the new week of cleanliness. Our good garbo was back and law or order was returned to our streets. Job well done.



The world according to Magenta Appel-Pye

# Nosin' around with PAC

Puffing up to produce the whip sound in the photo at right.



The eastern whipbird (*Psophodes olivaceus*) is an insectivorous passerine bird native to the east coast of Australia, its whip-crack call a familiar sound in forests of eastern Australia. Two subspecies are recognised. Heard much more often than seen, it is a dark olive-green and black in colour with a distinctive white cheek patch and crest. The male and female are similar in plumage.

## She says / HE says

with Aunty Maj and Uncle Norm

### She says

Don't just sit there whingeing, do something! Relationships are like sharks, if they're not going forwards, they die. There is a tried and true formula that seems to work for long-termers and that is time out. I don't mean a few hours or days, but several months.

Go away on your own somewhere, anywhere, even if you have to camp in a tent in your friend's backyard. Spend time to sit alone in nature's lap. By giving each other space to be completely yourselves for a change and not have to consider the other, you allow time for introspection, creativity and growth. This is why absence makes the heart grow fonder, especially if you are a creative person.

The last time I was solo journeying overseas, I finally rang home after four weeks. I asked Uncle Norm if he missed me yet, to which he replied "no". There was no offense taken because I know he loves me and I didn't miss him yet either. So I decided to stay another month. We were both so happy to get the space we needed and to feel safe about being honest in our relationship, that we loved each other even more.

Another thing that revitalizes relationships is looking at quality time spent together. People get stuck in the same old rut and it is boring. Incorporate something new into your lives that you both enjoy. It could be learning an instrument such as the ukulele together and join a group. This combines the body, mind and spirit with the added advantage of meeting new people.

Join a bird watching group, do creative writing together, anything that stimulates your intelligence, is soulful and

Dear SSHS, my husband and I have been married for 30 years. The kids have grown up and left home and I'm bored. Please help. – Hillary

fun. You can support and learn from each other and discover aspects about the other that you never knew before, and have something new to talk about. You could learn taxidermy and stuff your favourite pets. That'll keep you close! Get some space and then keep learning, growing and laughing together for the rest of your lives.

"When marrying, ask yourself this question: Do you believe you will be able to converse with this person into your old age? Everything else in marriage is transitory." – Freidrich Nietzsche

### He says

It's sobering to think that most of us who have surpassed 50 years have, thanks to human advancement, outlived nature's use-by date by several decades. Instead of karking it from a simple stub of the toe at 16, we are lumbered with years of good health and opportunity to try and 'make a life' for ourselves.

You could start with a few changes. If you have any habits like drugs and alcohol you should give them up. If, on the other hand you don't, then you should take them up. Either way that'll keep you busy. Another, perhaps left field suggestion, would be to try a bit of sexual congress with your husband now and then. Or maybe you should just get a puppy.

As a child I was never allowed to utter the words "I'm bored", and from now on, neither are you. There comes a time in marriage when you can't, and shouldn't, rely on your partner to provide you with constant amusement and entertainment. You've gotta go out there and find your own mojo Hillary.

"You are never too old to set another goal or to dream a new dream." – C.S. Lewis

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

## Earache My Eye

with Bob Tissot

Hello and welcome to On Air, Nim-FM's static-free print radio show. It's good to have you listening. Firstly, I want to thank everyone who took the time to complete the listener survey. Your answers completed our five-year licence renewal that has been sent off and is now in the hands of the gods at the ACMA.

Now that it's July, everyone's membership and/or sponsorship is due and we are in the process of updating our sponsorship announcements.

This is where you can help. The Rainbow Power Company is offering a prize to someone to write a new radio sponsorship announcement (45sec - 1min). The chosen entry will win for its writer a new solar-powered light with a USB charging port. Wow! Check out what they do on their website: [www.rpc.com.au](http://www.rpc.com.au) and get writing. Send all

entries to: [nimbinradiomedia@gmail.com](mailto:nimbinradiomedia@gmail.com) How good is that?

And now it's time for *Spotlight* and this month I'm talking with Asher, Metal God of the Airwaves, who produces *Earache My Eye* on Fridays at 7pm.

OA: Ash. Radio. When did you get started with Nim-FM?

A: It was the first year of Nim-FM, late '99.

OA: So always been on a Friday night?

A: No. I didn't even start with metal, just all sorts of things. Tuesday morning, I think.

Then I moved to Tuesday night with a metal show, then Wednesday and finally Friday where I've been forever basically.

OA: Tell us about your global following.

A: It's incredible! I've got people from all over the world listen. People in Sri Lanka, the West Indies, Norway, Nepal, Iran... it's mad.

OA: Totally mad. Ever done any radio before Nimbin?

A: No, no, no. But yes, it was always a dream of mine. I remember living in Fitzroy and listening to 3PBS. That really helped me out, being a



bit isolated and listening to stuff I could relate to. Heaps of people don't really talk to anyone but they tune in to the radio so they can get some human contact.

OA: So Ash, dabbling in a genre which has a reputation as being raw, coarse, uncouth...

A: ...Satanic, homophobic, racist. All of that. Sacrifice babies...

OA: Do you get many complaints?

A: No, no and no. I got a few when I started, but I've always had many more positive responses which has always blown me out. It's good. I was walking through Lismore yesterday and a construction worker I've never seen before yells out, "Mate, you do the best metal show ever!"

OA: I guess you've seen a few of the metal gods in your life.

A: I have, and better than that I've had the chance to interview them on this wonderful radio station, Nim-FM.

OA: So Ash, got any plans for the future? Radio-wise, life-wise?

A: Life-wise. I might be moving to Tasmania.

OA: I hear they still eat babies down there, so you should fit right in.

A: Well, I've been in Nimbin 20 years and Nimbin has helped me fulfil a number of my dreams; maybe it's time to move on.

OA: So what were you doing before Nimbin?

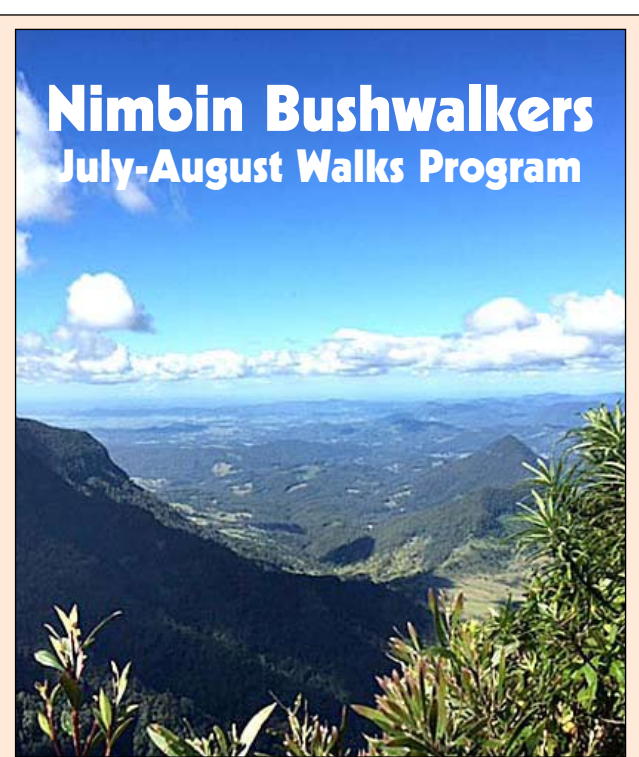
A: I lived on the streets for 10-15 years. Travelling up and down the East Coast.

OA: And what do you do now when you're not playing Metal?

A: Nothing (laughs). I've had cancer so I'm healing right now.

OA: How's that going?

A: Easy now. It's all to do with love. If anyone's got cancer out there, love it and love yourself. Hating it will just slow the healing. Life's too short for hate.



## Sunday 17th July Midginbil Valley

Leader: Bryce Kussrow (6679-7035)

Grade 2-3: Walk along creek on private property to 100m waterfall and return, some rock hopping and climbing (about 3 hours each way, i.e. 6-7 hours in total).

Meet: 9.30am at 321 Midginbil Road. Go through Uki on Kyogle Road, west for 10.5km, turn left onto Doon Doon Road, travel 2km, turn right onto Midginbil Road and continue 3.2km to end of road and meet at gate.

## Sunday 31st July

### Nightcap National Park

Leader: Judy Hales (6689-1477)

Grade 4 Full day: We will walk through wild, rugged rainforest, the site of the historic battle to save some of our last remaining rainforest. Climb the spire if you dare for a view from above the tree canopy around the basin (weather permitting) or second option:

Grade 2: easy walk to Protestors Falls, 1.4km return; well sign-posted, some slippery rocks; this is a great introductory walk - no leader required.

Meet: 9.30am at the information board in the picnic grounds at the end of Terania Creek Road.

Bring: Food and water.

## Fri to Sun 12th-14th August

### Weekend Camp at Woody Head campground

Leader: Peter Moyle (0412-656-498 or: [peterdmoyle@optusnet.com.au](mailto: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](http://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.

# Mushies and me

by Brendan (Mookx) Hanley

I remember in the early 70s Hippie days, a book called *The Teachings of Don Juan* by Carlos Castaneda. It was everywhere. It was one of our bibles, along with the *Whole Earth Catalogue*, *Be Here Now* by Ram Dass and anything by Hermann Hesse or Khalil Gibran. It was post-Kerouac, post-Jonathan Livingston Seagull and pre-Hundredth Monkey. It was new knowledge coming from shaman-land in Southern Mexico via an American author with a PhD in Anthropology. It has since sold over 28 million copies.

Apparently Castaneda had undergone the full journey with a Mexican shaman and was channelling a lot of that "stuff" in this book. As catalysts to various initiation stages, there were three hallucinogenic plant agents employed. Peyote buttons, psilocybin mushrooms and datura... the scariest drug ever taken. He called them the Teacher, the Ally and the Power respectively, and went on to involve and explain them, their uses, powers and dangers in the narrative.

Little did I know that I was about to meet the Ally head-on and go through stuff that would radically change and probably save my life. It helped me shed early-age Catholic dogma and an angry lifestyle lived mainly in cities, struggling for a living, getting choked by fumes, abusing alcohol and drugs, and paying out a fortune just to maintain day-to-day existence. It took me from being a high blood-pressure, potential heart-attack case to a country-dwelling, laid-back, farm-living person... someone who was into community, the arts and the various peace and "save the world" movements and happenings. I clearly saw there had to be a better way! It helped me find the green dream we all share up here in the Northern Rivers. Now that's an Ally!

Yes indeed folks, Castaneda says at one point that you don't find the mushroom... it finds you. Well I gotta tell you... I've been found by mobs of



'em! Since that first time in Kuranda 1972, at the legendary Rosebud Farm, naked in the Summer swelter, sitting in a mud puddle with a similarly unclad 19-year old convent escapee called Gayle, who had introduced me to it all. Gayle had a friend called Goldie, named after you-know-what that were growing everywhere. *Psilocybe cubensis*, the legendary goldtop mushroom. Awesome to behold, to be held and to be ingested. Which of course is what one did! After all it was the local custom.

Since that day I have truly lost count of my many magnificent mushie mingles. In 1974, I managed to find 'em in my backyard and around the countryside every day for a whole month. So for 30 days I roamed around Main Arm and environs, playing music with frogs and cicadas and tripping seriously with nature spirits. I was real skinny and healthy, ate a light vego diet, fasted heaps and experienced first-hand what is now being claimed to be scientific fact. Psilocybin "toxins" are 95% excreted from the body in 24 hours. I never had any hangovers or ill-effects either during or after any mushie trip. However I must say that you really don't feel all that much like sleeping while the mind-carnival is alive and happening.

Recently I saw on Facebook that it

has been announced in certain medical circles that psilocybin cures depression! DUH! In my experience, a mushroom trip, especially in the country, is the quintessential opposite of depression. In fact, just going to the country, mushie or not, is a make-you-high thing to do anyway. Go out and find reasons to be here and now! Eccies and other powders are chemicals that turn on your jolly vibes (serotonin)... and away you float! Only trouble is, that when you come down, your reserve jollies are all used up and double down you go. Psilocybin's special ingredients create something almost identical to serotonin... turning you on without using any of your own supply.

Unlike LSD or eccies, a mushroom is an organic organism. Hence the major difference between white powder chemicals and natural "drugs" becomes evident when taking them. A good batch of acid gets trusted and widespread by being reliable... with known dosage results. However, a mushroom is totally unpredictable. It is something that tends to pop up out of a lump of cow-shit, is subject to wind and weather, draws its "toxins" from the Earth... and some other magic from the Moon.

Any mushie freak will tell you the full moon mushie is the one to call into your life. I once had a big full moon one from what a friend called a "potent-looking" field and went to a local hall to play some music with the mob there. Early in the piece I felt I was dying so I retired to my camper van and lay down to do just that. I fell into an amazing epiphanic dream and woke a couple of hours later... joining the mob and playing on ecstatically 'til the wee hours. Full moon means full on!

By the way, I'm not saying anyone should take mushrooms or any other drugs, especially chemical ones. But I know what I like! I have to say that I think psilocybin is the best thing I ever did to myself, apart from discovering playing music at a reasonably early age. Oh, and then there's cannabis...



## LISMORE - NIMBIN NIMBIN - LISMORE BUS SERVICE

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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

\* Mondays & Thursdays Only

No Public Holiday Service

Wheelchair access available  
Some buses connect in Nimbin for operators to Murwillumbah

# Nimbin Headers



4th Division Headers Tessa Rutley scoring against Italo Stars

Match report and photos by PAC

## 5th Division

**Saturday, 28th May Round 8 Nimbin Headers V Lismore Workers**

Not far into the match, Workers score with a nicely hit shot, giving the Headers' keeper no chance of saving it.

It's all Workers holding possession and making the Headers chase the ball.

Headers catch Workers on the break with some great passing, and Jerara Allan jumps up to head the ball towards goal but just misses and the ball falls to Oliver Cox who smacks it into the net: one-all.

Now the game is more even as both teams go for the goal to take the lead and it's Workers who find some defensive errors in the Headers ranks and an easy tap in making the score 2-1.

Then three minutes later Workers get two goals in two minutes with some awful defending by the Headers, blowing out the score to 4-1. And that's how the first half ends.

The Headers have a chance from a throw-in and a cross that floats over the top of the attackers – a chance missed. Then Workers with some nice passing find a forward who calmly slides the ball across the Headers keeper to make it 5-1 to the away team.

Workers are full of running, bringing out a nice save from Headers keeper Grant Mercer, and then later Workers hit the bar.

And down the other end of the field, Headers Gary Whisker brings a save from the keeper.

Headers pull one back with a great cross and two Headers players attack the ball at the far post. Jerara Allan is first to it and belts the ball in.

Later Headers Rhyl Chaplin hits a screamer

bringing a fantastic save from the Workers keeper.

And so the game finishes Nimbin Headers 2 Lismore Workers 5.

## 1st Division

**Saturday, 28th May Round 8 Nimbin Headers V Richmond Rovers**

This game is played at a frenetic pace and with 17 minutes gone, a jinking run by Headers midfielder Darren Janezic and a pass to Boaz Hayes makes the score 1-0.

Another run up the middle by Darren Janezic and a shot brings out a save from the Rovers keeper who just gets to the ball.

Headers Huon Campbell supplies a beautiful pass to Ruben Mack who is too quick for the keeper: 2-0. A corner for the Headers is headed just over and that's the first half over.

Just into the second half Rovers have a shot, which comes back to another player who pushes the ball across the keeper to get Rovers back into the game at 2-1.

A floating pass from sweeper Justin Janezic right over the top into space beyond the defensive line finds Beau Grabovsky who has eluded the off-side trap and races through one-on-one with the keeper who runs out to cut down the angles and is passed by the Headers forward and the ball is placed calmly into the net: 3-1 to the Headers.

Some nice saves by both keepers round out the day, giving the Headers a well earned three points.

## Womens 4th Division

**Sunday, 19th June Round 10 Casino V Nimbin Headers**

Although Casino won this game the points were not enough to leapfrog the Headers and they are still in top spot.

**Sunday, 26th June Round 11 Nimbin Headers V Italo Stars**

In the first 20 minutes of the game, both teams are attacking and defending the odd corner but no-one can break the deadlock until Headers centre forward Ruby Grabovsky sends a pass across to her running partner Tessa Rutley who puts the ball over a Stars keeper on her knees: 1-0 to the Headers.

Headers forward Ruby Grabovsky runs through the Stars defence and with two players and the keeper to



Headers No.4 Zac Divine jumps over a Rovers Player clearing the ball

beat, fires one in. The keeper just gets her wrist in front of the ball to push it away. And a little later Ruby hits another one, but it's always going over the bar.

Then down the other end of the park there's a shout from the Stars attackers for a handball in the box and belatedly the whistle goes. I'm not sure whether the penalty is given for the handball or some later infringement. So Stars No.2 steps up and hits the ball well, but straight at the Headers keeper Debra Linsay who does not move as the ball is coming right at her, and palms the ball down and regathers bringing a big cheer from the home crowd. So they go in at the break one-all.

The Headers are on the attack and a cross comes in that is headed towards goal, but was too soft and easily defended.

Stars forward Tara Bayles is through on goal and shoots the ball, hitting the left hand post then running across the line behind the keeper and hitting the other post before two defenders panic and get the ball to safety.

And at the southern end, Headers Ruby Grabovsky fires one, just over.

Then Stars get another penalty for a push in the box that didn't have to happen as Tara Bayles runs into the box from right to left.

Up steps Stars No.18 who slots the ball about a metre from the left hand post and the Headers keeper Debra Linsay tried valiantly to save it, injures herself falling and has to be replaced by Robin Stabler. Headers Ruby Grabovsky (who could have racked up a hat trick on any other given day) hits a lovely ball that brings a great save out of the Stars keeper, and a few more scary moments for both teams brings the game to an end and a fitting result, one-all.

Stars won mid-week against Casino away 3-2, which put them above the Headers on goal difference. And after the Headers draw with Stars the Headers went down to fourth spot and Casino won, putting them in top spot. And the three teams below them were all on 23 points.

**Tuesday, 28th June Round 9 Richmond Rovers V Nimbin Headers**

The Headers scored straight

from the kick-off with striker Ruby Grabovsky netting.

Before this game Rovers were in fifth spot just behind the Headers who, after drawing the game on Sunday, dropped down to fourth. But after this catch-up game the Headers went back to the top of the table on 26 points leading by two points. Now all teams have played 11 games.

## 1st Division

**Saturday, 2nd July Round 12 Nimbin Headers V Ballina**

The Headers were short on players at the start, as some players thought the game was on at 3pm as they normally are, so some ringing around was needed. And as the game progressed two more players turned up, one of them the keeper.

Headers Zac Divine is in space on the left hand wing and the Ballina keeper comes rushing out of his penalty box and in the challenge the keeper wins the ball and takes it to the sideline and tries to clear, but the ball spills back to Zac who shoots for goal as the Ballina keeper is now trying desperately to get back to his position, and the ball just drifts wide.

A defensive error at the back for the Headers allows Ballina to open the scoring.

But the lead doesn't last long as some nice passing and holding on to the ball as a Headers forward slams a shot at the Ballina keeper who gets down to it, but the ball somehow comes out though his legs and trickles over the line as he desperately tries to recover the situation: one all at half time.

The second half is only a couple of minutes old when Headers frontman Beau Grabovsky smacks the ball past the keeper: 2-1 Headers.

The Headers are having more possession than they did in the first half and some of the running up the middle by the midfield was worrying the Ballina defenders.

Headers Boaz Hayes shoots for goal, bringing a great save from the Ballina keeper.

Then on the halfway line on the other side of the park, there's a scuffle between two players, and the referee sends both players off, one from each side.

Then Headers Beau Grabovsky, after some lovely passing from the back, up through the middle then



5th Division Headers keeper Grant Mercer makes a save against Lismore Workers at home

out to the wing, is through.

With one defender in front of him, he pushes the ball past the defender and tries to run round him one way and then the other, but the defender is obstructing him from regaining the ball and the referee sends him off and awards the Headers a penalty. Up steps Headers playmaker Phil Courtney and sends the Ballina keeper the wrong way:

Headers 3-1.

Then at the other end of the park, Ballina are awarded a penalty for a foul in the box but Headers keeper Dylan Morris dives the right way producing a magnificent save, to the roar of the Headers faithful.

Ballina could have scored more goals had the Headers keeper not been in top form in the second half.

## Junior Soccer 10s report



Grade 10 in action Photos: Angus Gough

The 10s this year are Benji, Cedric, Cooper, Elijah, Elliot, Hunter, Jean-Charles, Liam, Mundarra, and Tobin. The team has had a great start with no game lost so far, though the games are getting harder as the season progresses.

This year's highlights (so far!) have been the fantastic team play, great passing and enormous overall improvement through the whole team. Nimbin's trademark great sportsmanship has also been in evidence from all the players.

Compared to last season, all the players have stepped up their game, with particular improvements in drill skills and set pieces. It would be nice to see the width of the pitch used a bit more, and to see more of the skills learned (and demonstrated) in training applied in the competition.

The season is shaping up with everyone having fun and keeping the skills up – a bit of a win now and again hasn't hurt either!

Star players include Jean-Charles who has improved a lot in his trick skills. Tobin has improved steadily and consistently over the four years he has been with the team, and he never disappoints. All the players are giving it their best shot, and the enthusiasm and dedication on the field is a joy to watch.

Fabien has coached this great little team for four years, and sums them up saying, "I appreciate their fair play and sportsmanship. They play as a team and involve all players – that's how they stay strong. Discipline in training is sometimes lacking, but they respond very well to learning new skills. I really appreciate the support of the parents."



## Crossword Solution

From Page 31





# Nimbin Hills REAL ESTATE

The Sales Team You Can Trust

John Wilcox 0428 200 288

Grant Rossiter 0427 531 951

Chris Clarke 0459 356 236

Jacqui Smith 0439 156 666

## FEATURE PROPERTIES



**2 Belleridge Road, Nimbin \$320,000**  
- 3.5 acre village charming property with potential  
- 100 y.o. 2 bed cottage. Most of hard work done  
- Blank canvas land. Views. Huge lake over 1 acre



**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



**70/265 Martin Road, Larnook \$89,000**  
- A gentle hill in a strata community. Views galore  
- Lovely building site with great aspect for solar  
- Rich soil for sustainable lifestyle. Close to village



**384 Bishops Ck Rd, Coffee Camp \$340,000**  
- 32 forested acres in a lush valley. Views of rugged hills  
- 2 great building sites. 2 road frontages. Mains power  
- Gorgeous 2 storey home priced for the renovator.



**22 Basil Road, Nimbin \$349,000**  
- 1/2 acre in quiet residential street. Two outlooks  
- Sustainable 3 bed home; solar to grid + hot water  
- Self cont granny flat, Fruit trees, mature gardens



**Lot 18 Alternative Way, Nimbin \$128,500**  
- Easy-to-build 700m2 block in Aquarius Village  
- Power, phone, water available. Lovely rural views  
- Offers community parkland. Quiet. Close to town

## NEW LISTINGS



**118 Jacobson Road, Georgica \$398,000**  
- 160 acres of high frost-free country. Dam & creek  
- Balance of mature forest & open meadow. Views  
- Buildings include pavilion-style house & cliff-cabin



**11a Alternative Way, Nimbin \$299,000**  
- Nearly 6 acres village-zoned land. Very rare  
- Many shade trees for home; tourism potential  
- Distant mountain views. Fully serviced / utilities



**16/265 Martin Road, Larnook \$215,000**  
- Just under 3 acres of strata title. Lovely 360 deg views  
- Abundance of water from creek, dam & waterfall  
- Cosy cabin/dwelling with stand-alone solar. Tranquil



**14 Mitchell Street, Uki \$125,000**  
- 680.9m2 serviced block central to town yet quiet  
- Great property market starter; stunning surrounds  
- Easy walk to vibrant village crafts, music, markets



**114 Atkins Road, Nimbin \$599,000**  
- 100 gentle fertile acres, cleared for horticulture  
- 2 homes one renovated, 2 sheds, 2 dams, creek  
- Big 'bang for your buck'; potential for 2 families



**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

For more information, see  
[www.nimbinhills.com.au](http://www.nimbinhills.com.au)

*Head for the hills*  
**02 6689 1498**

or visit our friendly staff at  
**74a Cullen St, Nimbin**



**52 Falls Road, NIMBIN NSW 2480**

**\$650,000**

**BED: 4 BATH: 2 CAR: 6 LAND SIZE: 5.5 ACRES**

- 4 bedroom 2 bathroom home, stunning Tasmanian timber kitchen, main bedroom with en suite and generous walk-in robe
- Double carport and a separate double sized lockup garage/shed, greenhouse & shade house
- Mains power and an approved solar based small scale generation system, solar hot water and two reverse cycle air-conditioners
- There is a superb shared dam that is spring fed and supplies the property with endless amounts of sparkling water



**327 Crofton Road, NIMBIN NSW 2480**

**\$595,000**

**BED: 2 BATH: 1 CAR: 2 LAND SIZE: 8 ACRES**

- Lovely 2 bedroom + study heritage home, 5 minutes from Nimbin Village, on a stunning 8 acres and set in the Crofton Valley
- High ceilings, modern kitchen, large entertaining area which take in the sweeping views over the property
- There are 2 creeks on the property, the garden has an arrangement of flowers, shrubs and exotic trees
- With a large shed with "his and hers" spaces, would be a hit in any household



**25 Kirkland Road, NIMBIN NSW 2480**

**\$520,000**

**BED: 3 BATH: 2 CAR: 3 LAND SIZE: 20 ACRES**

- 20 acre farmlet. Solid brick home, freshly painted with new carpets, neat kitchen with electric oven, gas stove. Wood combustion heater, air conditioning
- 3 generous bedrooms all with built-ins and ceiling fans. Small aeroplane strip for light aircraft. Fantastic spring fed dam and vehicle access through acreage
- Storage galore with a 126sqm colourbond shed with front and rear roller door as well as an additional 54sqm lock up shed, variety of fruit trees and fertile volcanic soil
- Town water, new council-approved septic, mains power, landline and phone reception.



**414 Urbenville Road, URBENVILLE NSW 2475**

**\$285,000**

**BED: 1 BATH: 1 CAR: 2 LAND SIZE: 3 ACRES**

- Near new 3 bedroom colorbond home with stunning rural views, open plan kitchen, dining and living area
- Modern bathroom has a large shower with rural views and a separate composting toilet
- Water is supplied by 40,000 ltrs of rainwater, 45,000 ltrs of dam, water and a grey water system throughout the gardens
- Mixture of fruit trees, a greenhouse and a good chook run, mains power + fully insulated



**91 Cullen Road, NIMBIN NSW 2480**

**\$545,000**

**BED: 1 BATH: 1 CAR: 5 LAND SIZE: 103 ACRES**

- This property is 103 acres of some of the best farmland in the Nimbin valley, with a set of steel/wooden yards which can hold 30 head
- 3 bay machinery shed with mains power which can be used for temporary accommodation
- The land has been set up for running cattle and has been pasture improved. There are also small crop cultivation paddocks e.g. water melons
- Along with having the two creeks, there are 3 spring-fed dams and a pumping system that supplies water to all 8 paddocks



**Lot 2, 334 Lindsay Road, LARNOOK NSW 2480**

**\$298,000**

**BED: 2 BATH: 1 CAR: 3 LAND SIZE: 4.5 ACRES**

- 2 bedroom plus sleep-out country home. Mains power and phone reception, potential for a charming restoration or investment opportunity
- Huge dining and kitchen area, generous living area and 12ft ceilings throughout
- Beautiful rural views and absolute peace, situated on a quiet no through road + storage available underneath house
- Bonus large machinery shed with concrete slab, only 25 minutes from Lismore and 5 minutes from local primary school