

US imperialism exposed

Book review by
Daniel John Peterson

The Wikileaks Files: the world according to US empire. Published by Verso 2015.

This book is a detailed introduction to and analysis of the extensive database of United States (US) Government cables collated by Wikileaks. As such, the volume forms essential reading for academics and journalists of contemporary international geopolitical history.

Having said that, if you've ever felt there's forces in this world at play,

despite your own best wishes, or the basic rights of other people or environments, then you'll get a very important conciliatory message from even the most casual glance through these 545 pages.

The best part for me was the fascinating and helpful historical context for the choice of the term 'empire' in reference to the US Government. And also, I especially valued the instructional style of the introduction to the database of cables themselves; describing the best ways to search and utilise the huge number of previously secret US Government correspondence. However, I did feel

the book was lacking a concluding chapter to give the reader positive direction and encouragement to move beyond the empire's abuses, to reclaim what has been stolen.

The 18+ authors (some are anonymous) each come from diverse corners of our world and each contribute a unique though consistent message to this compilation. As I read the book, I noted some sample quotes, which I hope give you a flavour of what you're in for:

"... to randomly pick up isolated diplomatic records that intersect with known entities and disputes, as some daily newspapers have done, is to miss 'the empire' for its cables. ... Only by approaching this corpus holistically –

over and above the documentation of each individual abuse, each localised atrocity – does the true human cost of empire heave into view." (J. Assange, pp.2-6)

"... the Human Terrain social scientist's [US] Army Ranger partner 'pulled out his pistol and shot the man in the head.' He pleaded guilty to manslaughter and was sentenced to probation and a fine. ... The people of Afghanistan, then, had become an 'element of the operational environment' of Washington's war." (P. Bennis, pp.390-2)

"Here, as elsewhere in many diplomatic cables, 'political conflict and instability' are code for 'a government that we do not want.'" (A. Main, J. Johnston, and D. Beeton, Latin

America and the Caribbean, p.500)

Overall, this book leaves you with a numbing contemplation of the insidious extent of US Government influence. One might then wonder, to what degree if any, is there a consciousness behind US Government behaviour. Though perhaps economic rationalism itself, is the only semblance of reasoning, behind US irrationality. And so far, as capitalism defines our collective consumption of information, the US Government will continue doing its best to chart our course.

So may our dark course be lit by the shimmering stars of a million Wikileaks cables.

Visit, share, and donate via: wikileaks.org

ASTRO FORECASTS

by Tina Mews

WHAT'S HAPPENING IN THE HEAVENS?

Aries

Your natural tendency of moving forward in search for new territory might be blocked at the moment forcing you to attend to unfinished business from the past. Take it as an opportunity to examine your deeper motivations. May 22 might be a particularly important day for you, when new insights regarding future directions could be highlighted.

Taurus

Mercury is moving retrograde in your Sun sign until May 22, making it a good time for reviewing and reflecting on your plans or resolving financial, work and health related themes. Where possible, extend your support system or make your lifestyle more sustainable. During this month you seem to have access to a special reservoir of inner strength, which you can easily tap into now.

Gemini

The weeks before your birthday are perfect for reflecting and reviewing on the year just passing by. Which plans and goals have worked out well and which haven't? Which direction might your life take in the next solar return? Use your mercurial powers of observation, communication and discernment to stay in touch with the needs and desires of others, while doing your own inner work.

Cancer

Make time for reconnecting with some good old friends and spend some quality time with them. This will help with reducing the stress you might experience at work. Looking after your health is important right now and one way of doing it is through having healing conversations with like-minded souls who care for your well-being.

Leo

Use the Mercury retrograde phase (until May 22) to reflect on your current career path and life direction. You might find that you need more flexibility and space to move for exploring your own creative potential. Be aware of unnecessary perfectionism, instead try to remain open for fresh information that might come from all directions.

Virgo

This is a good time for questioning your own beliefs and the way you perceive your life's events. Remember, it does not matter so much what happens to us, however, the way we interpret our present, past and future is important. Suppressed feelings could erupt around the Full Moon period (May 21/22). Find out about your deeper desires and dare to live your bliss.

May

When the Sun journeys through the sign Taurus the attention turns towards our connection with nature and the development of a healthy relationship with the material world. Since ancient times this sign has been associated with the fertility and innate riches of planet Earth. Individuals with a major Taurean influence (Sun, Moon or Ascendant) often are great gardeners or farmers and feel very familiar with the concept of self-sufficiency. The cultivation of personal resources is an important theme as they are motivated to be self-reliant. Taurus focuses on the relationship with oneself discovering his or her innate value, the sacredness of the body and the senses which connect the spiritual with the material. Integrating spirit into form is the evolutionary intent of this sign; through physical sensation the body lets us know what we need; it has a memory of its own and can store information that is not readily available to the conscious mind. This is why individuals with a major Taurean signature have an urge to sustain themselves and preserve what they sense as essential for survival. They love tradition and sudden changes can result in stubborn resistance. Under pressure, they dig their heels in and refuse to budge. Taureans have the patience and determination to wait until they feel their time is right to act.

The month of May starts with a Mercury retrograde phase in Taurus (April 28 – May 22) signaling that the first 3 weeks of the month are best used for reviewing and planning. As Taurus is also the 'money' sign of the zodiac, issues regarding budget and budgeting are emphasized now. It is helpful to assess our needs and personal held values because the developments of the last few months or even years might have incurred significant changes in terms of what holds worth for us and what not, and how we want to solidify what is supportive and stabilising. The New Moon in Taurus on May 7 forms a Grand trine with Pluto in Capricorn and with Jupiter in Virgo. This trine formation in Earth signs will be activated by Venus in Taurus (May 10 – 15) and Mercury (May 13 – June 1) for most of the month. Its positive vibes will be especially beneficial for Earth signs/planets in the mid degrees and might be helpful for resolving financial, work and health related themes. Issues regarding sustainability can be approached in a grounded and sensible way. However, the energies of a Grand Trine have to be consciously used because its easy flow can be taken for granted. Grand Trines contain a reservoir of inner strength once activated. On the negative they can lead to inertia and the avoidance of responsibility.

Jupiter, the planet signifying growth and expansion moves direct again on May 9 after a 4-month retrograde phase. In Virgo (until September 10) Jupiter favours a small step-by-step approach signifying that we best actualise our vision by working with what is there already and realising the provided potential without losing



oneself in details or unnecessary perfectionism. Probably, the most intense day of the month is May 22, the day of the Full Moon in Sagittarius. The Moon will be conjunct Mars retrograde and opposite the Sun in Gemini. Mars, the inner warrior, is at the heart of its retrograde phase (April 17 – June 29) signifying the most powerful moment in its cycle highlighted by the Sun in exact opposition. Tension that has been building over the last weeks or months might erupt now. Because of the Full Moon, we could feel more passionate about certain issues than usually easily fuelling rivalry and competition. Or we might project out an inner conflict because our perception is not aligned with the objective reality. Also unresolved issues within our lifestyle and relationships might come to the forefront. Mercury will be stationary direct when Mars is opposite the Sun. Mercury is slow, in between Earth and Sun, Mars is also close to Earth on the opposite side of the Earth from Sun and Mercury. Mercury is just ending its retrograde phase of reflection and regeneration indicating that our Mercurial powers of discernment and observation are synchronised with our will and desire nature (Mars). Ultimately it promises a self-realisation experience which can lead to a better proportioning of time, resources and energy placed.

On May 26 Jupiter and Saturn form their last challenging waning square in their 20 year cycle symbolising the mythic struggle between our urge to expand and change (Jupiter) versus our need for stability, structure and consolidation (Saturn). During this important phase we are asked to evaluate and reorganise our ideologies, beliefs and moral codes because the flow of energy is turning away from old values and begins to reorient to the future in preparation for the new impulse. The world as we know it has changed tremendously since the beginning of this cycle in 2000. We personally and globally are experiencing a "crisis in consciousness". How do our cultural and moral values (Jupiter) fit into a given society/organisation with its limiting structures and set forms (Saturn)? In what way do these structures and forms have to be transformed and changed so that they can align with the new emerging vision, the new emerging paradigm (until 2020/21)? Let's remain open for new insights, a more profound ability of understanding and a shift in perception. Plans and projects might not move as easily as wished for, however, this is an opportunity to examine seriously what we truly do believe.

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

Astrology classes at the Lillfield Community Centre:
• Soul-centred Astrology: 'The Many Layers of the Horoscope: a Guide to Wholistic Chart Reading' Wednesday mornings at the Lillfield Community Centre, 10am – 1pm, starts May 4

• Dynamic Astrology: 'Working with Planetary Transits in a Creative Way' Saturday, May 14, 10am – 4pm, bring your own lunch, morning tea provided
Contact: 0457-903-957, email: star-loom@hotmail.com

Libra

This is a very intense time for you peace and harmony loving Librans. Balance your needs for light hearted social connections with more demanding interactions that require the presence of your entire being: body, soul and spirit. Cut back, wherever you have over-extended yourself and take care of loose ends.

Scorpio

Relationships, including relationships with the public are under review for the next three weeks. This is a good time for addressing minor conflicts because you can be very empathetic now. By taking another look at things you can mend ties and create stronger partnerships. New opportunities in terms of group projects might open up soon.

Sagittarius

For the next three weeks you might want to review and reflect on your daily routine. Maybe it is time for considering some dietary changes or introducing new healthy habits. This is not a great period for starting new projects, which can be rather frustrating for you fiery and expansive Centaurs. Try not to press too hard and regard it as a lesson in developing patience. The Full Moon in your Sun sign (May 21/22) could bring things to a head, so, try to stay cool!

Capricorn

Things don't seem that clear at the moment and you might have to give yourself some space for examining and reviewing your own values and beliefs. If you find that your view on things has become too narrow, stop for a moment and get in touch with your own creativity. A new vision is in the process of developing. Give it some time.

Aquarius

During the next three weeks you might want to step back and reflect on all the ideas and impressions you have encountered recently. Examine your personal and domestic life whether it is meeting your needs. Say what you have to say and remain open for discussions that help resolve inner conflicts. Remember, things do move slowly at the moment!

Pisces

This is an important time for working on your own dreams and becoming serious about your life's goals. This, however, can give rise to conflict with others because you might be more competitive than usually. Know when it is time to take and when to give and avoid confrontations. A reshuffle in your social fabric might be needed until everyone feels good about their position.



Change

by Marilyn Scott

The first sound – the breaking of the dawn; their eyes sharp, not only for those fat juicy worms, but through the dark, far over the mountain tops to that golden slip crossing the horizon in the east... our dear friend the Kookaburra. Then the chorus of his many flying friends join the excitement. My beginnings are more languid, but a familiar routine unfolds. With my feline friend, you could set your clock; this natural rhythm that life seems to follow.

But behind it all, the creeping movement of change – so subtle we can miss it... then wow, the scene has transformed. We're all governed by the same natural cycles, as all other living

matter. How do we move through these cycles – gently, gently or with a sudden thud? Are we paying attention, are we in tune, do we flow with life... or continue to deny? What is change, for us that is... exciting, confusing, threatening, scary, full of possibilities, doubts... maybe regrets? How much do we carry along as we move through space? How heavy is our load? Can we move without containment? Are we free to follow our own heart's calling? Or do we doubt, refuse to listen... bury ourselves in what's become familiar?

Chapters... I've been thinking about chapters. Was more than two years back, a dawning awareness that grew.. my time at this Sacred Healing Place had reached

its last chapter; this sacred land that brought me back to myself. It unfolded. Thoughts of leaving my cocoon, my womb, my safe place were scary... my most amazing journey was nearing its end. It brought up a lot, still does; excitement, fear, anxiety, apprehension, inspiration and a new budding trust. I trust Life to take care of me. I know that I will be led to what's best for me, that what I need appears. And then some moments: "Where do I go from here?" But deep down you know that you need to move, something is calling you; something wonderful awaits... more than you could ever dream.

It's difficult to find the words to describe the journey here these last six years. I stumbled across this place, or so I thought. But of course we don't; our life's journey and those of our ancestors have brought us to this exact point in time and space. I sensed it had something to do with healing. I thought it may have been connected to the Flower Essences... the Flower Essences I've made for many years. A

new level, a discovery... I felt there was something here I would learn, another level of awareness and growth. But really I had no idea what was in store.

It's been a journey I one day hope to find the words to describe... get them down on paper and share the magick that this life holds. We are cared for beyond what we could ever understand; a gentle, caring love walks with us throughout our life. We are loved beyond; beyond... our wildest dreams. Day after precious day in this Sacred Place I've been loved and nurtured back to myself. I lost myself as a very small girl, when traumatic experiences whipped me away... I couldn't find me by myself, but where would I look? I've learnt about trust by feeling safe, by seeing and feeling the care that is there.

Yes it's an emotional time for this Virgo girl... so much has happened and here I stand at the door of an entirely new book. But I will take myself and all that I've gathered... but most importantly I'll walk forward as me.

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What's On in May?

- **Sunday 8th** – Mothers Day Lunch and Dinner
- **Thursday 12th** – Gentlemen's Long Lunch, 11.30am
- **Sunday 15th** – Club visit: Evans Heads Raw Prawns
- **Sunday 29th** – Club visit: Northern Rivers Fishing Club
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trivia

Devised by Martin Gill

Questions

1. We all know the story of RMS Titanic, but what does the 'RMS' stand for?
2. The sackbut is an early form of which musical instrument?
3. What do you add to Eggs Benedict to make Eggs Florentine?
4. In what country did the Paisley pattern originate?
5. Who was responsible for the Uncertainty Principle?
6. Of what element are diamonds mainly composed?
7. In which US state is Area 51, centre of many a conspiracy theory?
8. In what month is the Earth closest to the Sun?
9. What was the first music video played on MTV?
10. In what country was renowned artist Frida Kahlo born?

Nimbin Crossword

2016-5
by Synic



Across

1. Sativa sativa
3. Established fact
7. Lysergic
8. Smooth fish
10. 31 across, used for electricity generation (init.)
11. Tracks the groove of a record deck, transforming the shape of the groove into a musical waveform
12. _____ Rising Café
16. Soviet rifle
18. Join
20. Dirty, carbon intense fuel
23. Proof you weren't there
24. Alternatively...
26. Low carbon fuel, but by-products have long half-life
27. One of seven centres of spiritual power in the human body
28. City in Southern California (init.)
29. Non-psychoactive, medicinally important compound found in 14 down (init.)
30. Zone
31. Power derived directly from large (26 across)

- reactor in the sky
32. Power derived using air turbines

Down

2. Seal (a road)?
3. CE (calendar year)?
4. Take (drugs, for example)
5. (and 14 down) healing (or palliative) cannabis for healing
6. High-THC cannabis – Spanish for "without seeds"
9. Straight?
10. Cheap silverware? present meal
13. Polynesian ceremonial war dance
14. See 6 down.
15. Local company specialising in 31 across (init.)
17. Cabin-sized shops?
19. Coffee compost
21. Well done (Strine)
22. 7 across (init.)
23. Pack leader
25. Stubborn, headstrong
27. Talon
30. Augmented reality (init.)

Solution: Page 25

- Answers**
1. RMS stands for Royal Mail Ship. Some sources say Royal Mail Steamer but the designation has been applied to sailing ships and diesel powered vessels too. Famous last words of the Titanic's captain; "Where's all that water coming from?"
 2. The sackbut was a predecessor to the modern day trombone.
 3. You add spinach. Why? "Spinach" on his hat.
 4. Paisley was originally from Persia (modern day Iran). The name Paisley comes from the town in Scotland which was a centre for textile production.
 5. I think it was Werner Heisenberg, but I'm not sure.
 6. Diamonds are made of carbon, as are coal and graphite.
 7. Area 51 is attached to Edwards Air Force Base in Nevada. It's a secret facility so it's ideal for the distance from the Earth to the Sun has little to do with temperature variations from season to season.
 8. January. The distance from the Earth to the Sun has little to do with temperature variations from season to season.
 9. Video Killed the Radio Star by the Buggles.
 10. Frida was born in Mexico. She was a friend of Leon Trotsky but ended up a staunch Stalinist. Go figure.
 11. I think it was Werner Heisenberg, but I'm not sure.

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The world according to
Magenta Appel-Pye



Technology versus silence

Riding my bike into Mullumbimby when the Spirit Festival was on, I passed many people walking by and all were on their mobiles. Except one, he was walking along playing a harmonica.

Now I'm not a Luddite and I own a mobile phone, but I try to make sure it doesn't own me. When I'm out I like to be aware of my surroundings with all my senses alert. I often engage with strangers and enjoy the interaction. I would hate to reduce my life experience to those in my phone's address book.

People who are constantly blabbing and looking into a tiny screen, miss out on taking in a new area, street, flower, bird, face and consequently their lives reduce. The tragedy is that they don't even realize.

When having to wait somewhere people no longer take the opportunity to daydream. Instead they pull out their phone for company. How can we be fully

aware of the rich spiritual resources of our memory and imagination if we are constantly preoccupied with technology? How are we ever going to learn to be at home with ourselves if we never spend time alone? How are we going to find out about our inner life of thoughts, feelings and inspiration? There is only one way, and that's in the silence.

It was ironic those people were paying money to be told to turn off their phones and sit quietly. Only the harmonica guy looked happy and engaged with his environment. The others didn't even notice.

"When the inexpressible had to be expressed, Shakespeare laid down his pen and called for music. And if the music should also fail? Well, there was always silence to fall back on. For always, always and everywhere, the rest is silence." – Aldous Huxley

Nosin' around with PAC



I was nosin' around on the afternoon of 12th April when I came to a fork in the road – ahh, a decision had to be made. Later on, when the sun had already gone down and the wrens were chirping and flitting about, I thought, shall I get my camera out? The answer was yes. I focussed in on one female wren landing on a fence post, and this shot came out of the sequence of photographs I took: a wren with her very succulent supper. So I did pick the right fork.



She says / HE says with Aunty Maj and Uncle Norm

She says

Ah, the old "Why should I be forced to give her a present?" routine. The reason, apart from economic of course, for these 'special' days, is that most men need to be reminded to give their beloved gifts.

Most women enjoy buying (the gatherer instinct) and giving (motherly energy) gifts to their men on a regular basis with no prompting. They understand that gifts are visual symbols of love, and that symbols have emotional value. For some women, without gifts as visual symbols, they may question your love.

In all cultures, gift-giving is part of the love-marriage process. The attitude of love is always accompanied by the concept of giving.

I suggest you listen when your woman gives you clues as to what she needs to feel loved, whether you have kids or not. Try giving her a gift (it doesn't have to cost much) when she's not expecting anything, and see how happy it makes her. Get the book *The Five Love Languages* by Gary Chapman, and read it together. You will never look back.

Men are often strong on Acts of Service and Loving Touch, but tend to need a reminder to acknowledge their partner in some of the other love languages.

The card covers Words of Affirmation. Try to write something extra on there yourself. The present fulfills Receiving Gifts, just make sure it's something she likes, not what you like. So really all that's left now is to do something together that you both enjoy and you've covered Quality Time.

Dear SSHS, my new wife is upset with me for not buying her a Mother's Day present even though we have no children, just a dog. Is she being unreasonable? – Rupert

This is a good, quick fix to fill up her love tank, and that's how relationships thrive. It's not such a bad investment to spend a day on our special relationships, even if we are forced to. So Rupert, open up your heart and open up your wallet, for at the heart of love is the spirit of giving.

He says

Dear Rupert, my sweet 92-year old Polish mum, whose politics and philosophies admittedly are to the left of Bolshevism, strictly instructs me each year not to buy her anything for Mother's Day. Not even a card. She believes it to be a gross and perverted display of commercial capitalistic excess. I, and thankfully, my wife, feel the same way.

On the face of it Rupert, it's easy to say your new squeeze is being unreasonable. But, I think there's something more juicy going on here. Maybe she feels like you treat her like your mother. Washing your undies, wiping your chin when you eat and god knows what else, she probably feels entitled to a little something on Mother's Day.

I remember, vaguely, my beloved once giving me a book to read called *The Five Love Languages*. One of those languages was the giving of presents. Don't ask me what the others were. I didn't actually read the book, but it would seem that sometimes husbands have to buy their wives presents for no good reason.

So, go on, buy her a little trinket, or perhaps a new Mercedes if the budget can stretch that far. If it makes you feel better, say it's from the dog.

"When I was a boy, my mother wore a mood ring. When she was in a good mood it turned blue. In a bad mood, it left a big red mark on my forehead." – Jeff Shaw

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



The Hemp Hour

with Bob Tissot

Hello and welcome to On Air, radio liberated from the constraints of space, time and frequency. It's good to have you listening. And naturally it's been a busy month in the lead-up to MardiGrass with so many great musicians and DJs in town and a few of them popped in for a chat. Grace Barbè, Sian Evans and Kenta Hayashi all shared their thoughts and music on air, and DJ Jordan presented a special 4-four-hour hemp-infused program on the Saturday night.

You can listen to a podcast of Grace and Pierre at C Pod: www.cpod.org.au in the Nim-FM / Latin Radical feed.

And now it's time for Spotlight and this month I'm talking with Michael Balderstone, the creator and co-presenter of *The Hemp Hour* (12 – 2pm on Fridays). I managed to tackle Michael in the paddock behind the Hemp Embassy during the MardiGrass set-up. Luckily there was a convenient log to sit on and chat.

OA: Michael, what inspired you to get involved with Nim-FM?

MB: You know me Bob, total media slut. When I heard the radio was starting I thought "We're definitely in.

We need a Hemp Embassy show". You see we'd done a radio show on 2NCR at the university.

OA: Who was "we"?

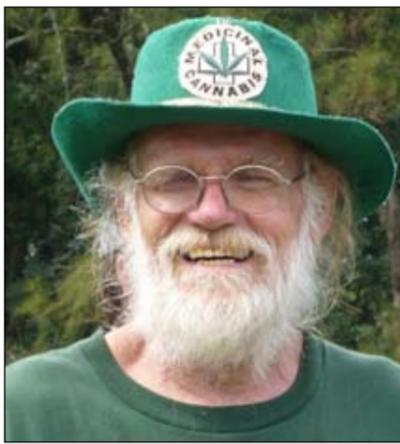
MB: Bob Hopkins I think, and Burri, who was working there. Burri was living at my place and that got me started. You understand all these memories are a bit vague, but it was a fantastic radio show. Do you remember Francesca? Well she was giving sexual advice as her segment of the show, which was pretty raucous and made the show very popular. But then one day it was "Duck Shooting Day" and we changed it to "Cow Shooting Day" which upset some influential people from Casino and we lost our time-slot! We got sacked. So then I came here... haven't been sacked from Nim-FM yet.

OA: So how did you envisage the show? This was what... 15 years ago?

MB: News. It was always about global and local cannabis news; keeping our feral listeners informed out there in the bush with a transistor. They're my favourite people.

OA: So what drives you to continue with it?

MB: Fury! In a word I'd say fury. Fury at the lies, the injustice... fury at the bullshit and the big con that's fooled people. The drug laws thing probably because I'm in Nimbin, but the more I learn about them the more appalling and disgusting... really it's just a fight to see who can get the money out of other people's pain. Pain relief is the



big ticket. The more I understand that the more furious I become and that keeps me going. I need a lot of weed too, to keep the fury at bay. It's a vicious circle.

OA: So between the Hemp Embassy and the radio, do you get much time to yourself?

MB: Oh yeah. I get up early and get into the garden. The garden is my best mate. I love creatively painting the garden like a canvas. But I love community. I wandered the world for 10 years looking for people who thought like me and here we are.

OA: Will cannabis be legalised?

MB: Yes! Eventually the truth will come out and the light will shine through.

OA: And then what for you?

MB: Die peacefully in the garden. No more fury.

OA: Michael, thanks for your time.

MB: Thanks Bob.

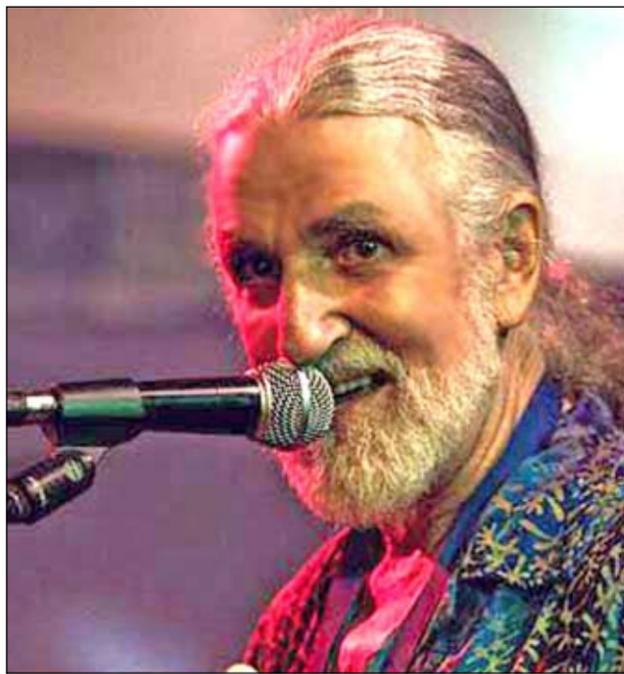
Of catheters and Kinks

by Mookx

It's Anzac Day in Byron Bay. My stars for today include Sun square Pluto. So it's hardly the 'Sound of Music' for me today! It's more 'Nightmare on Overwhelm Street'. The sky is leaden. There is the finest, stinging rain in a horizontal flight-path from the South-West soaking my back as it flies straight up Jonson Street to the ocean, where I'm heading... limping like an ancient Anzac soldier and totally at unease with everything!

I was recently hospitalised again after getting a "soup" of bacteria (the doctor's own words) pushed into my bladder during the last supra-pubic catheter replacement. It's a six-weekly ritual of manipulation (old out – new in) of meddlesome, but currently necessary plumbing just below the navel and into the bladder. Despite swabbing the area with standard hospital antiseptics, there seemingly sometimes remains a colony of rabid bugs living around the hole in one's tummy where the tube goes in. They're hanging out, just waiting for a hitchhike on the end of a new catheter pipe, straight into one's innards. It's a one-way ride to Gerny Gold Coast. Eeeek. It's enough to make you feel crook just thinking about it!

A few days later you're struck with sharp kidney pain growing across to the bladder at a rapid rate as the parasite-party down there starts to hit its stride



and infection kicks in. Very soon it's hospital with a solar temperature, off the Richter blood pressure, 8 out of 10 pain level, and a couple of days on morphine and antibiotic drips... followed by two different lots of take-home pills, for good measure. Despite all this, I never cease to admire the caring of the nurses, doctors and other staff who look after you in there! Where would we be without 'em?

Unfortunately however, the constant application of antibiotics is the standard, effective treatment. Bless the stuff for existing and doing its job, but what damage does it do, and how long will it keep working for... if this is a regular event in the life of the be-cathetered?

Apparently each such routine catheter replacement carries a 20% risk of a similar infected outcome...

odds I am not happy about at all. I am investigating the miraculous, germicidal, antiseptic properties of Colloidal Silver, and next time, I am intending to spray it on the area before a new catheter is inserted. I believe certain armies are starting to use CS now as their main antiseptic. It's not chemical, and apparently it's the safest, most effective bug killer we know. Small doses have no known side effects, although decades of dining with silver-service cutlery and crockery left people with a bluish tinge to their skin. Hence the term "Blue Bloods" for the landed gentry!

I hope all this grisly news is sitting well with your bacon and eggs! Sorry, but I think it's a good idea to pass information on regarding stuff like this, so others will have a clue what took place if anything goes seriously

wrong... as it sometimes does. I'm for open, public debate on everything, including vaccinations, geo-engineering, FUKUSHIMA, fluoride, GMOs... all of it! Recently Robert De Niro was publicly hindered trying to get the movie "Vaxxed" shown at a New York film festival. He has an autistic child (who was vaccinated) and wants an open debate on the subject. Apparently certain vested interests do not want this outcome. Follow the money!

Meanwhile, life does in fact, go on, within us and without us, as George Harrison once sang, and I am enjoying recording in my little studio in town. I'm multi-tracking, playing lots of instruments, computerised or real, and singing layered harmonies with myself. It's a default situation for a basically friendless, ageing computer-nerd like me. Although to be honest, I'd prefer to be playing in a good band for a few years as a final run, rather than being such a threatened, vulnerable, ailing old loner. Bah Humbug!

One of several *Dictionary.com* definitions says a "kink" is a "flaw or imperfection likely to hinder the successful operation of something, as a machine or plan". Seems I have a serious kink in my catheter.

Have a listen and download lots of my songs here: www.reverbNation.com/mookxhanley/song

My email is: mookx@mookx.com

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Headers 1st's Tom World keeping an eye on a Suffolk Park attacker at home



Headers 5th's Brett Webb being fouled at home against Goonellabah



Headers 1st's on the attack at home against Tintenbar



Headers No.13 Miesha Saulwick scores against Kyogle at home in the 5ths



My man of the match, Suffolk Park defender No.5 Fergus McGlone on the ball



Nimbin Headers 2016 Season



Match report and photos by PAC

5th Division
Saturday 2nd April, Round 1
Nimbin Headers V Lennox Head
A great tackle by Headers defender Kyle Chaplin and a pass onto his brother Rhyl set up the first attack of the game. A little while later Lennox catch the Headers out and score. Then with ten minutes gone a bit of a mix up in defence allows the Sharks to get their second goal.

It's been a horrible start to the regular season for both the male Headers teams with lots of injuries, and in this game the Headers started with the bare minimum, so the team had to go the full 90 minutes without a break.

On the half-hour mark Headers do score with a well-taken ball by Rhyl Chaplin who from a lovely pass on the right hand side of the field, beats one defender and hits the ball across the Lennox keeper to make the score Headers 1 Lennox 2.

At the close of the first half a Lennox winger receives a pass in an offside position on the left, but no flag, and homes in on goal and hits a fierce shot towards his near post which the Headers keeper has covered, but the ball somehow ends up in the net making it 3-1 to the Sharks.

The Headers are not out of this one as they are making chances, but finishing is letting them down and they pay for this as Lennox do take their chances and with 15 minutes left they score their fourth. Two minutes later they wrap up the game as a winger down the right shoots a ball across the Headers keeper which hits the far post and goes in.

Then a bit later the Sharks with a shot hits the underside of the bar and then the post and again off the bar and out for a goal kick. So the game ends up Nimbin Headers 1 Lennox Head 5.

1st Division
Saturday 2nd April, Round 1
Nimbin Headers V Tintenbar
After 7 minutes the Headers take the lead as Riley slots the ball past the Tintenbar keeper. And not too long later the visitors equalise to make it one all.

The game goes into an end-to-end game for the next 20 minutes without any goals.

Then for the Headers a Beau Grabovsky pass to Boas Hayes and the latter player smacks the ball past the Tintenbar keeper for the Headers to lead 2-1 at half time.

With 22 minutes down in the second half, Headers keeper Dylan Morris makes a fantastic save and kicks the ball high over the halfway line. It bounces on the 20 metre goal line and is headed on by Headers frontman Beau Grabovsky who regathers the ball and hits a cracking shot giving the Tintenbar keeper no chance, making the score Headers 3-1.

With half an hour gone, Headers Chilo Pike is tackled from behind in the Tintenbar box (no penalty given) and took offence to the tackle so as the Tintenbar player was trying to get to his feet, Chilo grabbed his

foot and called him a (not allowed to print) and the referee gave him a straight red, so the Headers were now a man down for the last 15 minutes and it proved vital, as Tintenbar rallied and scored two goals to leave Nimbin with a point. The last goal was definitely off-side, say no more PAC

5th Division
Saturday 9th April, Round 2
Nimbin Headers V Goonellabah
A corner for the Headers Bruce Hatfield to Kyle Chaplin who hits the ball over the bar. Then another shot from the Headers and a nice save by the Hornets keeper.

Some nice play by Headers forward Rhyl Chaplin holding the ball up against a much bigger defender and sending a cross over, which Headers player Miesha Saulwick heads down onto the ground but it bounces up and over the bar.

Goonellabah have a shot saved by the Headers keeper Nigel Hayes. Headers shoot and the Hornets keeper can't hold, but luckily he regathers.

With about 10 minutes left, Goonellabah score with a well-hit shot that spins off the Headers keeper and curls round him and into the net Headers 0 Goonellabah 1.

In the second half Goonellabah have a few more chaces to score, but the Headers have a lot more and should have at least scored two of them. The game ends 1-0 to the visitors.

1st Division
Saturday 9th April, Round 2
Nimbin Headers V Suffolk Park
A dream start from the Headers and as the crowd is still settling in, forward Beau Grabovsky hits a shot past a startled keeper. This game was fast and furious from start to finish. With 15 minutes gone, the away team produce a fine goal to make the score one-all.

With time running out in the first half, Headers player Massa has a shot on the turn just past the right hand post after a nice pass by Leon Kindermann. Then Headers forward Boaz Hayes hits a stinging shot but a fantastic save from Marc Garcia, the Suffolk Park keeper.

A free kick for the Park just into the second half and a shot on the turn and Headers keeper Dylan Morris makes a great save. With a third of the second half gone, a second goal to a very capable Suffolk Park side.

The Park boys are nearly in again as a forward hits one past the keeper and the ball is on its way into the net when Headers midfielder player Leon Kindermann slides in to save the day, so the game ends Nimbin Headers 1 Suffolk Park 2.

My man of the match after the two keepers has to go to SP's central back defender No. 5 Fergus McGlone who defused so many Headers attacks.

5th Division
Sunday 17th April, Round 3
Nimbin Headers V Kyogle
Headers are having the majority of possession but can't put the ball into

the net, then Kyogle hit a ball across the keeper, just wide.

A Kyogle player has a shot from way out that the Headers keeper can't hold but he regathers. And as the first half draws to a close, Kyogle score and go into the break one up.

As the second half starts, the Headers are straight on the attack that produces the equaliser as a cross floats in and Headers forward Miesha Saulwick goes up with the keeper who spills the ball and it ends up in the net. Grant Mercer, who's in goal for an absent Nigel Hayes, makes a fine save.

Kyogle are on the attack and a fierce shot beat the Headers keeper but is cleared off the goal line by fullback Bruce Hatfield.

With about five to go, Headers forward Jerara Allan smacks a shot trying to loop the ball over the Kyogle keeper who gets his finger tips to the ball but can't stop it from going into the net to give the home team the lead in a very close game that could have gone either way.

So the game finishes Nimbin Headers 2 Kyogle 1. Man of the match Miesha Saulwick who gave Kyogle no end of trouble.

1st Division
Saturday 16th April, Round 3
Nimbin Headers V Ballina
Ballina score on the three-minute mark as the Headers keeper saves a rocket of a shot but can't hold on. The ball spills back out to another Ballina player who makes no mistake with no Headers defender to shut him down.

A nice cross from a Headers forward to Rhyl Chaplin who heads the ball just over the bar.

A miscued cross from Headers player Huon Campbell drops into open space on the right hand part of the field near the corner flag is picked up by Headers forward Rhyl Chaplin who fires in a shot right at his near-side goal post that seems to catch the Ballina keeper out and has to put the ball out for a corner, but nothing comes of that.

With half an hour down, the Headers keeper makes another fine save to keep them in the game. And at half time Ballina, who could have had a few more goals, goes in one-nil up.

The Headers start the second half with purpose, and on the 11-minute mark score a well-taken goal after lovely passing from Rhyl Chaplin on to Boaz Hayes who lays the ball off for centre forward Beau Grabovsky who hits the ball straight across the keeper and into the far corner of the net: Ballina 1 Headers 1.

This game is played at a fast pace and the Headers are doing a fine job, but with about 30 seconds left, Ballina hit a stinging shot that the Headers keeper stops from going in, but again no defender to clear and Ballina have two bites at the cherry and end up winning the game. So a valiant Headers team come away with nothing as Ballina take the three points making the final score Ballina 2 Nimbin Headers 1.

My Man of the match emphatically was the Headers keeper Dylan Morris who probably stopped another five goals.



Nimbin Bushwalkers

Weekend at Clarrie Hall Dam

by Carol Evans

Only two people went, myself and a friend, Garry. Even so it was a great weekend with canoeing and fishing. Garry actually caught a fish but released it back into the dam. We did not make it to the dam wall and overflow but the scenery was great. The weather was just right as it was not too sunny and just overcast.

We had the storm on the Friday night, lightning and thunder and plenty of heavy rain. Garry had a campervan and I had my trusty tent from Aldi. I must say that the tent went well and there were no leaks at all. We used a couple of Hobie canoes (the ones where you use your feet) and went up and around a lot of the inlets where we met a couple of other canoeists.

Brummies Lookout

by Bill Potter

It was a case of "third time lucky". This walk had been scheduled twice last year but had to be postponed because of rain but this time the sun was shining and six of us set off into Mebbin National Park.

It was a steady uphill climb on a wide fire trail through rain forest for about an hour. We had trouble finding the track off the trail as there is no

longer any sign – only three small steps which were hidden by grass which was knee high on the trail. From there it was a steep climb up a ridge through big old gums, stone outcrops and grass trees.

One keen-eyed walker spotted a grey snake curled up under a rock and only barely visible. As we were not sure what variety it might be, we trod carefully around it and continued uphill.

Finally, we reached the lookout and viewed the south western side of Mount Warning with the top of the peak just visible above the lower hump. Those with good eyesight could see the Byron Lighthouse to the right with the naked eye but I needed to borrow binoculars to see it clearly.

After lunch we retraced our steps hoping to see some bird wing butterflies which are legendary on this ridge. Sadly, we did not make a sighting, but we did see another snake – a yellow whip snake which darted off speedily, as the name suggests.

Back on the trail, we descended as we had come and noted the Amaroo Flora Reserve which is an original old growth rain forest with giant trees that have been saved from logging. All agreed that it had been an outstanding walk and we resolved to explore the area for another view of this less-

seen side of the iconic Mount Warning.

May Walks Program

Weekend 12-15 May Binna Burra Lamington National Park

Leader: Peter Moyle, 0412-656-498 or email: petermoyle@optusnet.com.au

I am planning on arriving after lunch on the Friday and camping for two nights, those attending are welcome to come for two nights, one night or for day trips if it suits.

Lamingtons Teahouse is a coffee shop/basic store close by that offers all the usual and is open for breakfast and lunch and does gourmet pizza on the Saturday night and is also licensed. If you Google up Lamington National Park and Binna Burra Lodge there is heaps of info. The latter is a hotel that also offers full facility camping and also has on site canvas Safari Tents with timber floors and beds as well as the usual hotel/lodge options.

The camping area has the usual tent sites plus spots for motorhomes as well as camper trailers and has BBQs and a camp kitchen that can also be used by those who choose to stay in the Safari Tents.



If you are planning on staying overnight, bookings need to be made with the Lodge either through their website: www.binnaburrallodge.com.au or by phone 1300-246-622 or (07) 5533-3622. Bookings for accommodation need to be made at least a few weeks in advance, the earlier the better to guarantee your spot.

On the Saturday we are planning to do the walk from Binna Burra to O'Reilly's, a walk of 22km. Half the walkers will drive to O'Reilly's and walk back while the others will return in the vehicles after walking through. We will meet for lunch about half way. Those not wanting to do the all day trip will be catered for with shorter walks at Binna Burra. The Lamington National Park has Australia's largest remnant sub-tropical rainforest and has extensive well-formed and gently sloping walking tracks of varying lengths that offer rugged mountain scenery, breathtaking lookouts and gorgeous fern gullies.

For this walk we'll be leaving Saturday morning at 9am. It's an easy walk and should take about 6 hours. Sunday morning will be shorter walk from Binna Burra.

Please let Peter know if you're coming as he needs to organise the car shuttle.

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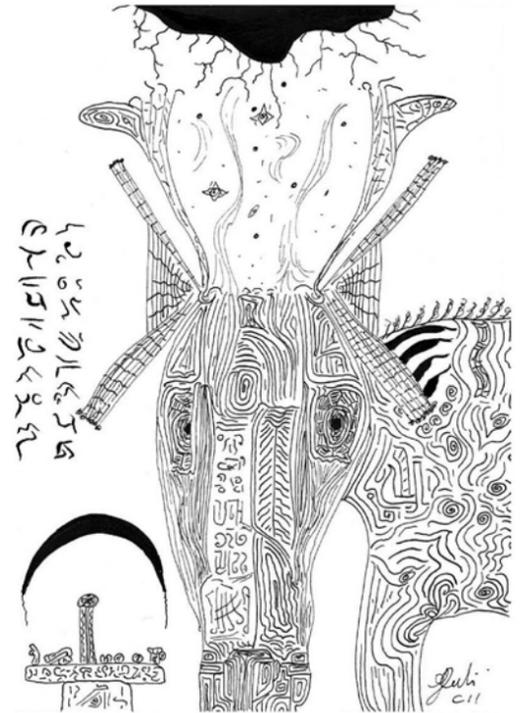
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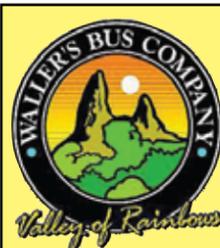
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5.30pm	6.00pm

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

Leaving

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

Leaving	Arriving
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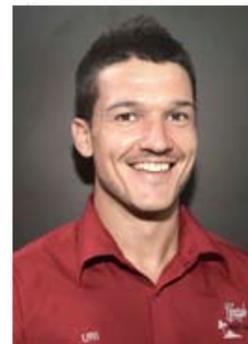
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Wonderful service and loads of patience

Peter helped us purchase in Tunttable Creek from Sydney. It involved lots of long tiring weekends and it was great to have a friendly smiling face to show us property. Peter is very knowledgeable and helpful, and we felt, went above and beyond for us. There were some very frustrating delays with banks along the way, and it was nice we had such a patient agent who could see we were doing all we could.

Beyond expectations

I recently purchased my new home through Uri Ross at Nimbin Lifestyle Real Estate. This was a difficult process as I presently reside in Sydney and all our communication had to be done via email and phone calls. Many of the phone calls were done out of Uri's working hours and even on his days off. No request was a problem and was completed quickly and diligently. Uri has strong communication skills topped off with a helpful and cheerful personality

The Perfect Agent

Peter Robinson of Nimbin Lifestyle Real Estate is a very intelligent and personable agent. He understands the relationship between sellers and buyers and brought about the sale of my property within three weeks of the initial listing. I found Peter to be a brilliant communicator with a very much appreciated level of transparency throughout all facets of the sale. He has a stress free, honest and friendly approach and was extremely supportive in every way possible. I would recommend Peter without reservation to anyone who considers buying or selling property in the Nimbin area.

Straight forward communicator

Uri has a broad knowledge of the Nimbin and Blue Knob area having grown up here. He has good straightforward communication skills and I wouldn't hesitate to recommend him as an agent.

Highly recommended!

Peter was recommended to me as a very trustworthy person who could help me with the sale of my father's deceased estate. Well he certainly delivered! He went far beyond the call of duty to help me out in so many ways as I did not live locally and sold the property for a good price. I found Peter to be trustworthy, down to earth, hard working and a pleasure to deal with. I would highly recommend him.

Pleasure to recommend

Uri has done a remarkable job in selling my home. He has kept me up to date on all matters to do with selling my house. It's with pleasure to recommend Uri to anyone wishing to sell their house

Entirely satisfactory experience

I've known Peter for a couple of decades and he has always been a warm and friendly bloke. Recently he acted on my behalf as my real estate agent for a house I wished to sell and it was an entirely satisfactory experience. He and his staff were very active, the contract I entered into with him was clearly explained, and some thought and effort went into the publicity photos, and the property sold within two months.

Professional approach

Couldn't have asked for a better agent. We thank Uri very much for his professional approach to the sale of our property. We have no hesitation in recommending Uri to anyone else that would like an agent with credibility. Thank You.

Overall a wonderful experience

With great local knowledge and advice, Peter Robinson from Nimbin Lifestyle Real Estate comes highly recommended. Overall a wonderful experience.

Great communicator

Uri was very helpful and throughout the whole process of buying our property. A great communicator and lovely to work with. Have a great day.