

Noted astrologer Tess Cullen runs local workshop

by Tina Mews

The Lillifield Community Centre has been hosting astrology events since 2008. Wednesday morning classes and monthly Saturday workshops are part of the regular program, which has been supported not only by local astrology enthusiasts, but also by those who live as far as the Gold Coast.

These events are open for anybody who likes to join, either for the day, or on a regular basis.

September sees a continuation of the Wednesday morning classes, as well as a one-day workshop on 10th September, 9.30am – 4pm. The topic is 'The Astrology of Relationship: Siblings, Partners and Friends'. We will explore how sibling positions and gender make a direct link to

our adult relationships with partners and friends. This workshop continues the theme of last month's exploration of 'the Astrology of Family Patterns and Ancestry', which was a very fascinating and successful day where many incredible stories were shared.

We will start the day with looking at the current Jupiter cycle that makes its entry in the midst of a very interesting eclipse season. The cost is \$70, with concession available.

Then on the weekend of 15th and 16th October, Byron Bay astrologer Tess Cullen (pictured) will facilitate a two-day workshop with the theme 'Archetypes of the Feminine'. She will explore the many faces of the feminine, wild and wise aspects of the feminine that have been lost over time yet exist deep within our psyche.

The first of the asteroids discovered, in 1801,

was named Ceres after a powerful feminine archetype of the Great Mother. Ceres was soon joined by Vesta, Juno, Pallas Athene and many other Olympian goddesses to mark the re-emergence of empowered feminine forces into the world.

What effect has the awakening of these archetypes had on our modern psyche? Man or woman, our choices have been affected.

The influences of these goddesses has manifested and played out in the struggles and achievements of the changing face and roles of the men and women in today's society. Please come along and join us, if you would like to find out where these issues fit into your life story. The cost of the Full workshop is \$140 or 1 day is \$80, with concessions available.

For all bookings and enquiries please call 0457-903-957, or email: star-loom@hotmail.com



ASTRO FORECASTS

by Tina Mews

WHAT'S HAPPENING IN THE HEAVENS?

Aries

Mars, your ruler, is moving away from Saturn's restrictions kindling your thirst for exploration, travelling and adventure. Nevertheless, the current Virgo/Pisces energies are best used for putting your life back into order and establishing routines that are beneficial for your mind/body equilibrium. You might find that the Mercury retrograde phase (until September 22) will be helpful for research and preparation work.

Taurus

Putting attention to details will greatly increase your productivity. You can get things the way that you envisage them to be. The Mercury retrograde period (until September 22) is perfect for finishing and perfecting creative projects dear to your heart. You can find the right balance now between your imagination and its practical application.

Gemini

This is the time of the year where you want to get your house in order, clean out the old and make enough space so that new developments in your life can be anchored and made solid. While Mercury is retrograde (until September 22) you can get lots done. It is a good time to be practical, organised and applied to the job.

Cancer

This is a great time for perfecting and refining your ability to express yourself and communicate to others. This could be the moment to start a new study course, workshop etc, especially if you have been thinking about learning something different. You are receiving a cosmic invitation to become more involved in your immediate environment and interaction with others.

Leo

This is an important time to reflect on and attend to your basic needs. Make yourself feel comfortable and secure, while balancing your personal needs with the needs of those close to you. Try not to 'overinvest' emotionally and/or materially, which only creates disappointment and possibly resentment. Use this Mercury retrograde period (until September 22) and get in touch with your own feelings. Let your intuition guide you.

Virgo

The Solar eclipse in Virgo might be the start of a new beginning. Be prepared to embark into the unknown because new doors are opening. Simultaneously, there are also things/people/dreams etc which need to be left behind or who are moving out of your life now. Eclipse cycles repeat every 19 years: was September 1, 1997 an important time for you? Try to recognise a pattern.

September

September is a time of transition, when the Sun journeys through the earthy and pragmatic realm of Virgo before entering the cardinal sign Libra during the equinox September 23. A very potent Solar eclipse in Virgo (powerful New Moon) opens the stage on September 1, followed by a lunar eclipse in Pisces (powerful Full Moon) on September 17. Eclipses happen twice a year, when there is an exact alignment between Sun, Moon and the Earth. Energetically, they function as portals that can open new pathways and options. They amplify our opportunities for transformation and can shift old programs.

This eclipse season coincides with a Mercury retrograde phase also in Virgo (August 30 – September 22). The Mercury retrograde period is a regular cyclical occurrence that takes place at least 3 times a year. During Mercury retrograde periods it is essential to be mentally alert, because communication slows down and becomes more introverted. In myth, the god Thoth/Hermes/Mercury could move freely between the different realms, including the upper world of the gods (= ideas and ideals) and the underworld or realm of the dead (= deep buried emotions). When Mercury is retrograde, it functions more like a guide to the inner worlds and can turn our lives upside down. Listening to our intuition becomes more important. Nevertheless, Mercury retrograde in Virgo can guide us through this eclipse season and help us recognize what needs to be let go off, cleaned out, released and healed so that a new space can open where renewal is possible. This can be a fertile time for research and finding practical solutions for longstanding problems including dietary concerns or other health issues. In medical astrology Virgo rules digestion.

The Solar eclipse interacts with the current Saturn/Neptune square, the most influential astrological influence of this year. The last exact alignment between Saturn and Neptune happens on September 12. While Mercury is retrograding through Virgo it seems to be perfect timing for reflecting on our dreams and ideals (Neptune) that we have been working on but could not realise because of inner and/or outer barriers (Saturn). The resulting frustration, depression and anxiety can be healed and released now as fresh energy is entering our planetary field. Jupiter, the largest planet in our solar system and protector of the Earth, begins its new 12-year cycle in Libra on September 9 (until October 10, 2017).



Jupiter signifies growth and promises new opportunities for cooperation, mediation, problem solving and friendship in the social sign of Libra. Jupiter's entry falls in the midst of this eclipse season on the Virgo/Pisces axis of practical idealism. We might be ready for implementing some of those ideas which we have dreamed up under Neptune's high vibrations, but felt held back by Saturn's restraining rings.

Virgo is a mutable earth sign, concerned with getting all the details right. It teaches discernment and ultimately seeks to separate the non-essential from

the essential. Virgo individuals are able to swing from a phase of working hard while neglecting their bodies to the other extreme of pursuing a strict health regime with lots of exercise. They achieve a state of balance when they have developed their analytical mind alongside with their intuitive

powers, and then can judge the amount of duties they want to take on without becoming overwhelmed or stressed. Seeing the whole picture assists with letting go of perfectionism and an over-critical attitude, and lessens the need for escape when things get too much. The Lunar eclipse in Pisces opposite the Virgo Sun on September 17 is conjunct Chiron, the mythic wounded healer. Pisces heightens our psychic sensitivity and our ability to feel compassion for the suffering of others. Chiron is the archetype of holistic healing symbolizing the reconciliation of the fundamental split between our spiritual and instinctual sides. Chiron's gift is to move consciousness out of fixed ruts and awakens our concern for the distress and misery of others. Mind and body are brought back to balance through alleviating and healing trauma stored in our emotional bodies. Chiron's close connection to the Lunar eclipse signifies the need to deal especially with our collective wounding, so that we stop re-creating the stories of the past.

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

Weekly Astrology Course: 'The Planets: Key players in the Horoscope' Wednesdays, 10am – 1pm, at Lillifield Community Centre.

One-day workshop: 'The Astrology of Relationship: Siblings, Partners, Friends' 10th September 10, 9.30am – 4pm, at Lillifield Community Centre

Weekend workshop: 'Archetypes of the Feminine' facilitated by Byron Bay Astrologer Tess Cullen, October 15/16, 9.30am – 4pm at Lillifield Community Centre

All info and bookings: 0457-90-3957 or email: star-loom@hotmail.com

Libra

Jupiter, the planet of luck and opportunity, enters your sun sign on September 9. This is the perfect time to expand on your goals, set innovative trends and make new mutually beneficial connections. Libra is the sign of marketing. You might want to reflect how you could promote yourself or your business in a new exciting way. Maybe some upgrading is needed or some change of personal style.

Scorpio

Mars, your ruler, is finally travelling freely again and has moved beyond Saturn's restrictive influences. Projects that have been on hold since early March/April can gather momentum now. On the other hand, the energies of the moment are aimed at team building and community work. Some diplomacy is required to balance your own hopes and dreams with the wishes of others.

Sagittarius

Your career and public life may take a new direction now, as you might be called upon to shine in your own light. Make use of the Mercury retrograde period (until September 22) and work on your public profile. Your drive for self-expression and independence from restrictions is increasing. However, it is essential that you remain observant of all factors involved, so that you can make responsible and well researched decisions.

Capricorn

This is a great time for expanding your horizons and working on a new, larger perspective on life. Establishing contact with people from different cultural backgrounds, or trying to understand those better who hold different beliefs will support this process. You might use the Mercury retrograde phase (until September 22) for reflecting on 'your place and the world' and how you like to promote yourself. This is the time where you can build and expand your status and good reputation.

Aquarius

This may or may not be a good time for investments, depending on your ability to plan your steps carefully and wisely. Details are essential now. Nevertheless, it is a great time for investing in personal and business partnerships. What is the right balance between giving and taking? You can draw from experiences of the past. What is fair and just to you?

Pisces

The organisational mode of the current Virgo influence might help with solving day-to-day tasks and keeping your feet on the ground. Nevertheless, the intense vibes of the Lunar eclipse (Sept 17) might highlight your caring and empathetic nature. Use these energies to nurture yourself and engage in what is emotionally fulfilling to you. Contracts with others might be under review.



by Marilyn Scott

Time to take a deep breath... fill our lungs with gloriously fresh, revitalizing life giving air. Yep... it's been quite a journey. This year has been intent on making an impact. But we're built for growth... our natural state is to evolve. We can't remain still even if we wanted to. Life moves on... and that includes us. Living during these times – of what has seemed like excruciatingly massive upheaval and change, has had its challenges. But hey, here we are and we've made it through. It's now time for a brand new cycle... yippee! September – glorious springtime; new buds of life burst forth, blossoms scent the air. New life frolics in the fields... we air out our

winter blues. After a year of considerable internal growth and consolidation September heralds an exciting new chapter. The ninth month of the year completes a time of gestation; new life has been forming within us. Virgo excels in wholeness and she focuses with a highly discriminating eye. September begins with a potent Solar Eclipse on the 1st. A new cycle is emerging... a time to take back our life and control our destiny. The eclipse sets a new pattern and we get to choose what game we're going to play. A perfect time for clearing, cleaning, refreshing, renewing... lightening our load so we can flow easily with the new opportunities approaching. Eclipses are potent times, their influence covering a

large period of time. September sees the completion of many major cycles... in particular the influence of the Neptune/Saturn cycle – the confusion and fear generated by the ever present propaganda machines. Time to take back our life, think for yourself; coming back to my body, I understand its amazing intelligence.

It's a time of choice, a time to look at things differently... time to replace anxiety and fear with fun, laughter and good times. The big astro news – Jupiter/Jove the great benefactor of the skies moves into Libra, one week after the Virgo Solar Eclipse. Jupiter exudes expansion, abundance, growth and adventure. He demands to be free to direct his own life. Venus ruled Libra brings love, harmony and balance, collaboration and partnership... coming together. Wherever Libra is placed in your chart... get ready for a time of expansion, growth and good times.

Yes, time for fun... well overdue in our oh-so-serious world; time to refocus, let go of all that causes us grief. Yes, the collective suffering and pain affects us deeply, the lies and control make us angry. But as Benjamin Franklin said, "Consider how hard it is to change yourself and you will understand how little chance you have in trying to

change others." Virgo brings our focus back to ourself, our body... where we stand in time and space; what we can practically do to create change. We may not be able to control external circumstances... but we can control our reaction to them. It's an exciting time to be on planet Earth, but we need to take our focus away from 'what's wrong'. Our power lies with creating 'what's right'. I often get the sense that we've yet to tap into the full potential of our creative abilities; our power of visioning, the unused and dormant parts of our brain. To create real and significant change we need to do things differently. I believe we have far more power than we've yet tapped into. The old ways are not working... we live in new times, everything has changed. We need to adapt to these new ways. We now know how powerful our focus is.

Looking at the astro chart for this potent Virgo Solar Eclipse it affirms the significance of this new beginning. We have the power to create our new reality, good karma shines upon us... we understand the creative power of unity and wholeness. We come together in loving, harmonious unity... we understand that life is the most precious.

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What's On in September?

- **Sunday 4th** – Fathers Day lunch
- **Weekend 17-18th** – Nimbin Roots Festival
- **Open Mike Nights** – Wednesdays 7th & 21st, 7-11pm
- **Social Bowls** – Every Sunday, 9am with breakfast
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trivia

Devised by Martin Gill

Questions


1. All of the planets in the Solar System rotate in an anticlockwise direction except one. Which one?
2. If an earthquake measures 7 on the Richter Scale, how much stronger is it than one which measures 6?
3. Who was the first Indigenous person to be elected to the House of Representatives?
4. What is the name of the god worshipped by Pastafarians?
5. What was the capital of Japan before Tokyo?
6. In which Dickens novel does a character die from spontaneous human combustion?
7. What is the first character of all Excel formulae?
8. Where was composer Frederic Chopin born?
9. Why were Polaroid cameras also called 'Land Cameras'?
10. Name the band that had a hit single with "Twist and Shout"?

Answers

1. Venus is the odd one out. It's also the only one named after a female.
2. A 7 is actually ten times more powerful than a 6. The Richter Scale is a base 10 logarithmic scale, so each jump of one means a 10 times increase.
3. Ken Wyatt was the first Indigenous member of Parliament to be elected in 2010. He is also the first Indigenous member of Parliament to be elected in 2010. He is also the first Indigenous member of Parliament to be elected in 2010.
4. The god worshipped by Pastafarians is Spaghetti Monster and
5. It was Kyoto.
6. The landlord Krok of Tokyo.
7. All Excel formulae must begin with the equals sign '='.
8. He was Polish, but lived in France for a long time.
9. The process was invented by Edwin Land.
10. Brian Peole and the Tremeloes. The Beatles did it on the 'Please Please Me' album, but not as a single.

Nimbin Crossword

2016-9
by Synic



Across

1. And balanced
4. First chance to buy shares in a start-up (init.)
8. Sets of six balls
9. Life story
10. Luxury automobile for long-distance driving
11. Win back
12. Robe
14. Correct
16. Cocaine?
18. Very raw vodka? Internet slang for a terrible camera
22. See 20 down.
23. Bravo! (Spanish)
24. Moral
25. King
26. Double reed woodwind

Down

1. Terror
2. Spin?
3. Bird – sounds like 2 down?
4. Small piece of land surrounded by water
5. Get
6. In this war, the battle of the Somme began (5,3,3)
7. Giving underlings your work? Diplomatic mission
12. One (German)
10. Elizabeth's representative
13. See 20 down.
15. Reserves of personality? Vertical extents
16. Egyptian god of violence, disorder and foreigners
17. Stable emulsion for skin-tight clothing
19. Filled tortilla
20. (and 13 down and 22 across) All-terrain armored transport, favoured by imperial ground forces (2,2,6)
21. Grendel? Shrek

Solution: Page 34

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Develop your psychic potential

Most people consider everything beyond the so-called 'normal' range of the five physical senses extrasensory. It might be better to think of these as expanded sensory skills, for there is nothing extraordinary about them. All of us have these abilities if we choose to develop and use them.

Events such as 'hearing' an inner voice that guides you out of danger, or thinking about someone and next thing you see them, or knowing who it is phoning, all indicate psychic ability. Others have precognitive dreams or just somehow know when their child is sick or in an accident.

Some people, usually called 'overly sensitive', are naturally gifted and display psychic aptitude from an early age. This happened to me and I was lucky because my mum and grandma are both psychic mediums and taught me over my lifetime and kept me safe.



The world according to Magenta Appel-Pye

I have run psychic development classes for many years now and people often ask me what we do. Some people haven't a clue, some think it's absolute bunkum and that I'm a liar/fake/devil woman, but others who have personally experienced logically inexplicable

phenomena are interested to know more.

We learn how to do readings using different modalities, practice telepathy, share important dreams, read cards, look at auras, do psychometry, and lots more. It is lots of fun and we always come out on a natural high. This gently and safely develops our psychic/spiritual gifts so that we may be of service to the world in our own unique way.

In a safe environment we slowly but surely build our abilities, confidence and direction with guidance, support and practice. For this reason, I prefer the weekly class format over one-off weekend workshops.

A new, advanced class is starting in September on Tuesdays, 4-6pm in Mullumbimby for people in the healing fields to learn how to tune into your patients from a deeper level of insight. If interested, please call me on 0447-844-215.

Nosin' around with PAC



These two photos were taken on Saturday afternoon 6th August from the Nimbin Hotel veranda and are dedicated to Tommy Price who lost his life tragically the Saturday before. Also to the Price family and all his relatives and friends. Love be with you all.



She says / HE says

with Aunty Maj and Uncle Norm

She says

I have to admit, I enjoy squeezing my husband's blackheads. I have to wait for the perfect window of opportunity, usually when he's done something bad and is seeking clemency. Then I pounce, knowing he has no emotional resistance to flatly refuse and run away. He squeals like a piglet and the louder he gets, perversely the more I enjoy it. I bought him some medicated cleanser and suggested he scrub his face morning and night with it but he just laughed at me.

Most of my girlfriends also enjoy de-zitting their man so I can only assume it's a biological phenomenon. Like the chimpanzees, with whom we share 98.8% DNA, patiently picking out nits from their loved ones, us human females also have this mothering urge. Obviously it doesn't go both ways. The male chimpanzees are mainly interested in sex, just like men.

In our modern nuclear families women and men expect each other to do much more than is natural and this is one of those situations.

One day I actually put my glasses on to look in the mirror (best not done over age 50) and was shocked to find a long black hair growing wildly out of the front of my neck. I asked my husband why he had let me walk around like that for months and he replied that he hadn't seen it. "You're always looking at me, how could you not see it?" He replied that he only looks at the bits he likes.

Drop your expectations Poppy and hit him for the money for the beautician. That way everyone's happy and you'll get a proper treatment. However I agree that it is difficult if it's on your back. You'll have to come up with some enticement for him. Good luck.

Dear SSHS, while getting a massage recently my masseuse noticed a large blackhead on my back. She kindly dealt with it but I was horrified. I came home furious with my husband for not noticing and removing it himself. Am I being unreasonable? - Poppy Pimpleopolous

He says

So Mrs Pimpleopolous, you're black in the back! (boom boom) While most of us blokes are trained and proficient in at least one, possibly two disciplines, we're pretty dismal at any other jobs that aren't fun, interesting or easy. Not that we don't mind doing chores that are disgusting. I quite happily manage to pick up dog shit and deal with dead rats under the fridge. Today I dealt with a dead python on our roof. The stench can only be described as Wagnerian. But I can tell you these chores are a joy compared to having to try and treat my wife's blackheads. For a start I can't tell a blackhead from a redhead, a freckle or a bullet hole, let alone attempting to squeeze it and manage not to retch. Once I offered to get my portable drill, some bog and a bit of sandpaper which I thought the best way to go about it, but no, my little profiterole just yelled abuse. Women!

There are people out there, believe it or not, whose field of expertise is squeezing blackheads, though I have no idea what you call them. You and your husband are much better off if you seek out their help. You'll also be doing your small bit for the economy.

If you must involve your husband in these gross matters, you could perhaps instruct him now and then to inspect your back and point out anything horrible. He will never do it himself. Why would he? Then you can go and have it fixed without stressing the poor fellow out.

Beautician: Did that mud pack I gave you for your girlfriend improve her appearance?

Man: It did for a while, then it fell off.

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



with Bob Tissot

Hello, and welcome once again to *On Air*, Nim-FM's print media radio program with plenty of snap but none of the crackle or pop. It's good to have you tuned in.

Well, August was a month of oohs and aahs; a desolate "ooh" regarding the malfunctioning of part of the broadcast desk, and many ecstatic "aahs" at the donation of over 400 CDs to the station.

Many presenters have already been looking through the trove with exclamations of "OMG Look at this! This CD is fantastic!" A huge thank you to Gail from over at the coast. Your musical taste is unparalleled. There's even a Phil Spector boxed set!

On *Spotlight* this month, I'm talking to Christine Strelan whose program 'Nothing Sacred' can be heard every Wednesday, from 2-4pm.

OA: So, Christine...

CS: Bobster

OA: ...how'd you get involved with Nim-FM?



Nothing Sacred

CS: Many years ago, a lady named Zoe Slatherly had a program on Mondays. She'd read one of my books and wanted to do an interview. Vale Mendelson heard the show and asked if I'd like to have a program. Naturally I said, "No, far too terrifying" but Vale talked me into it. Which was a good thing, because I loved it.

OA: Has it always been a poetry/music mix?

CS: Yes.

OA: And what type of music?

CS: Anything from Django Rheinheart in the 20's to some young girl only released last week. A wide variety of genres, although you won't hear any top 40 or metal, and probably no easy listening either.

OA: Have you always been into music?

CS: Yes! I've been obsessed with music all my life. I'm a total music nerd. All my pocket money went on books and music. I bought RAM magazine, Duke magazine, the New Musical Express... now I read Mojo and Uncut.

OA: You come from a musical family?

CS: My family background is German. We were raised on Classical music. My father would air-conduct to Beethoven with tears streaming. My brother plays piano. We weren't introduced to modern music 'til quite late, but embraced it wholeheartedly.

OA: There was a whole generation who air-conducted to Beethoven...

CS: ...I believe there are support groups.

OA: (laughter) Christine, outside of radio you appear to be astoundingly busy. You have so many strings to your bow, so many arrows in the quiver...

CS: You're straining for metaphors Bob. Spit it out.

OA: OK. You write and perform, you teach, you make one-off pieces of art clothing...

CS: Available at Musik Bizarre.

OA: ...where I believe you

also work, and you DJ.

CS: I DJ at parties because I'm actually really shy and that way I don't have to be sociable and make conversation.

OA: So how many books so far?

CS: Twelve. Half poetry, half fiction.

OA: And is work on the next book underway?

CS: I have some ideas. I'm thinking maybe a Steam-Punk, 19th Century, European city, symbolist artists, people drinking Absinthe... that sort of thing. But I teach creative writing and read manuscripts as well, so time is limited.

OA: Plans for the future?

CS: Finish that next novel. Plus I want to learn how to create electronic dance music. You know, language is so last millennium, and as we move away from a verbal culture my language skills are less and less in demand. More and more people don't read and so I'm moving towards the visual and aural.

OA: Keeping up with the times?

CS: Just trying to make a buck Bob.

OA: Christine, thanks for your precious time.

CS: Always a pleasure, Bob.

Count your blessings

by Brendan (Mookx) Hanley

I just recently turned 74. I'm living alone with a catheter sticking out of my belly, a diagnosis of advanced prostate cancer and a history of associated infections that have depleted my intestinal flora, weakened my immune system and caused me untold pain and anguish, not to mention six times in hospital dealing with each crisis. I'm turning into a dodderly old man.

And speaking of old men, I'm writing this particular rave to address men in particular, between the ages of 65 and 75. We are apparently the highest suicide-risk age-group of 'em all. My dad used to say "Never retire! All my retired friends are dead or dying!"

A lot of old men have come from positions of power: CEOs, Captains of Industry, Corporate Chiefs, Army Officers, Managers, Executives, Owners, Bosses, Professors, Doctors, Police, you name it! Overnight, they go from being boss-cocky to being no-one! Suddenly the day they have long dreamed about dawns and there they are, gold watch in hand, an instant nobody with no-one to boss around and most likely with nothing to do except watch TV. It's a massive quantum shift in reality!

Admittedly, many retirees become "grey nomads" and set off in a camper or caravan to head North and clog up the Mareeba Showgrounds... or break down on the way to Uluru. Some get a yacht and sail away, buy a house on a canal on the Goldie or settle into being a grandparent with grace and dignity. But many go down under a blanket of "uselessness" and the depression that accompanies such a self image.

My old man "retired" eventually despite his own advice, lost a leg through mismanagement of a gout problem, and ended up being bedridden in a home where he had to summon



help to even get up and pee... a far cry from being in charge of the whole Northern operation of the Victorian Police Force.

In my own case it's not a lack of a position of power that bothers me. I was never an executive type. I had a family, a home, friends, music groups to rehearse with, a musical partner even (for many decades), lots of gigs and concerts. I had a busy and interactive musical and social life. Suddenly I'm on my own, dealing with horrific health issues, too much time on my hands, chronic loneliness and depression just a thought away. I had been meditating conscientiously for quite a while, but I'm finding it hard to get back into it since my last hospital jaunt where I couldn't get it together... and seem to have lost the knack ever since.

Furthermore, I am waking regularly at 3 or 4am and finding it extremely difficult to get back to sleep. This makes for an awfully long day to be sitting around on one's own. By morning tea at, say 10am, I've been up for over six hours. My circadian circuits are all screwed. I find it almost impossible to concentrate on creative projects, although I have been playing guitar

and busking with my friend Larry in Brunswick Heads occasionally (see photo) and have the occasional good time with my dearest friend Megan, who comes over now and then for a few days.

We do beach walks, meditate, play songs... whatever... but when she goes back to home and family, I suffer massive withdrawals for several days and drag myself back to the reality of a lone existence... along with all my baggage... and the odd small emergency to make life interesting. It's just how it is!

How does the rest of the world cope with this shit? I guess it's true to say that since my early traumatic years in an exclusive Catholic environment I've never been a "happy" person, and I have to admit that it doesn't seem to be getting any easier. Us hippies never did get the alternative "old folks home" together, did we?

So... If you identify with all or any of this, just remember you're not alone! We're all in the soup together... but separate... all with our own story, misfortunes and blessings. And that's where to choose and focus. It's the only way to deal with all the shit!

Count your blessings!

Bushwalkers hit the beach



by Peter Moyle

After a horrid couple of months with the weather that had really put the dampeners on bushwalking, finally beautiful clear weekends for the Nimbin Bushwalking Club's camp/walks at Woody Head in the Bundjalung National Park near Iluka.

Twelve members and a very keen visitor made their way to the very popular camp ground on Friday afternoon and after setting up and some short walks around the headland, settled in for a relaxing evening with sensational sunset over the bay.

Saturday saw us take a meandering walk over the headlands and along the coastal beaches to the south. The glorious weather made this absolutely perfect for our trip and after leaving the beach we made our way to the top of Iluka Bluff for some whale watching. Some claimed to see some although I was not so lucky, but the playing dolphins below us more than compensated.

After taking the Nature Reserve rainforest walk, we arrived in Iluka where we lunched on local fish and chips and prawns before re-doing the rainforest walk and then back to camp.

Sunday was a leisurely walk on the impressive rock platforms heavily eroded by waves over time and exploring the rock pools for all sorts of intertidal marine life. We then finished the weekend with a walk north along the beach.

This was another of the club's popular weekend getaways and what an enjoyable time, good company and beautiful surroundings and remember, visitors always welcome.



Photos: Michele Alberth

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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



1st division Headers defender Uri Ross in action against Lismore Thistles at Nimbin

Match report and photos by PAC

Mens First Division

Saturday, 6th August round 16 Headers V Lismore Thistles

Six minutes in, Nimbin Headers get a penalty that Ruben Mack slots home. Headers forward Rhyl Chaplin scores from some nice passing and a cross from Uri Ross that put the Thistles keeper under pressure.

Thistles are on the attack and Headers keeper Dylan Morris makes a double save to maintain the two-goal cushion.

Headers wing forward Phil Courtney runs through the Thistles defence and smacks the ball past the keeper: Headers 3 Thistles 0.

It's all one-way traffic now as Rhyl Chaplin gets his brace. As the keeper comes running out to block, Rhyl calmly places the ball into the middle of the net. Zac Divine is next on the score sheet as he makes a run down the left wing, laying the ball off and running inside where he gets the ball back and rounds the keeper to make the score 5-0.

A lovely pass from Rhyl Chaplin to Reilly Fitzalan who makes no mistake, Thistles are playing a high defensive line and are paying for it. So at half time it's Headers 6 Thistles 0.

Phil Courtney dazzles the Thistles defenders with his footwork on the ball and lays it to his right as Reilly Fitzalan runs in and thumps the ball back across the goal and into the left hand corner of the goal: Headers 7-0.

The Headers sweeper, Justin Janezic, takes the ball across the goal line on the left and fires the ball across to Ruben Mack who calmly side-foots it into the net: Headers 8-0.

Thistles have a shot, trying to chip the keeper who gets to the ball but spills it behind himself, and one of the attackers runs in and puts the ball over the line: 8-1.

Headers forward Phil Courtney takes the ball to the goal line and chips over a diving defender and with the keeper on his near post and another defender running in, the ball eludes them all to make the score 9-1.

The Headers seem to be running a 6-2-2 formation with lots of off-sides as they are all champing at the bit to score. And the next goal, they

do beat the offside trap as Reilly Fitzalan runs down the wing and with a square ball into the middle, finds Ruben Mack who gets his hat trick. The score now is 10-1.

Headers wing back Uri Ross gets in on the action as he hits a thunderbolt that hits the underside of the bar and somehow, doesn't go in.

To finish off proceedings, Thistles get their second of the day with a lovely goal hit across the keeper, so it ends Nimbin Headers 10 Thistles 2.

Saturday, 13th August round 17 Richmond Rovers V Headers

In the first ten minutes, Rovers came out with intent to score. The Headers weathered the storm and then began to make inroads into the Rovers defence with two shots – one wide and one over the bar.

Then Headers' Ruben Mack hits a ball that the keeper just reels in. A Rovers high ball coming down on the goal line has to be tipped over for a corner by Dylan Morris in the Headers goal, and the ensuing corner gets kicked off the line by Headers defender Justin Janezic.

Ten minutes into the second half, Headers frontman Beau Grabovsky is through and one-on-one with the keeper. He flicks the ball past an outstretched hand and fingertips to the keeper, and runs the ball into the net.

The Headers are taking control of the game now, and Headers defender Leon Kindermann hits a stinging shot, bringing a diving save from the Rovers keeper who tips the ball away for a corner.

A pass right across the Rovers' goal line is latched onto by Headers' Rhyl Chaplin who thumps the ball back across the goal line which takes a little deflection off a defender and into the net: Headers 2-0.

Headers forward Rhyl Chaplin gets fouled just outside the penalty box and Darren Janezic steps up to take it and belts the ball which is heading for the top corner but is saved by the keeper.

Headers centre forward Beau Grabovsky is through on goal again, passing a defender and hits a hard shot that the Rovers keeper gets his hand to, but the ball

Nimbin Headers end of season

bursts through and gives the Headers a comfortable 3-0 lead.

Down the other end, Rovers make the Headers defence work hard to keep them out but they do.

Saturday, 20th August round 18 Headers V Ocean Shores

After a few attacks by Shores a high ball is contested by their forward and the Headers keeper, the forward heading the ball into the net: 1-0 to Shores.

Headers winger Reilly Fitzalan has a great run down the right hand side, crossing a pass to Rhyl Chaplin who steers the ball past the Shores keeper, but also past the left hand post.

The Headers are having lots of shots, but not on target.

In the first six minutes of the second half, Ocean Shores No.10, who scored their first goal and who's given the Headers lots to think about, gets his second goal: Shore 2-0.

Then he's through on goal again and going for the ball, the Headers keeper brings him down: penalty. Shores put it away 3-0.

The Headers respond straight away as forward Phil Courtney runs through the Shores defence and thumps the ball into the net: Headers 1-3.

Headers defender Leon Kindermann runs down the right wing and a pin-point cross that Ruben Mack with a glancing header past the keeper to make the score: Headers 2-3.

Headers sweeper Justin Janezic has a run up in the forward line and with a shot on the turn just passes the top of the post.

The Headers are passing the ball around in fine fashion, but Shores are doggedly keeping them out until the ball is stroked out to the left and Rhyl Chaplin latches onto it and hits a hard cross into the box. The Shores keeper and defenders are not dealing with it and the ball is tipped over the line by Reilly Fitzalan, making the score three-all.

A great spectacle to watch for all of us on the sideline.

The Headers finished the regular season in third spot, and Shores got their point to put them in fourth spot and a home semi-final.

Mens Fifth Division

Saturday, 30th July Round 15 Woodburn Wolves V Headers

The Headers team are under maned only having nine players turning up.

A nice long goal kick from Headers player Rhyl Chaplin with a flick on header by Geri Price-Jones to Paul O'Reilly who runs into

the box and kicks the ball past an onrushing keeper to open the scoring. In the first 15 minutes the Headers are having a fair slice of possession.

A shot from a Wolves player hits the Headers keeper and spills back out to another player who belts the ball past the keeper into the roof of the net making it one all.

Headers forward Finn Hill smacks a ball at goal that hits a Wolves player knocking him over.

Woodburn score their second goal as half time is approaching with a lovely shot into the corner of the net.

Headers player Rhyl Chaplin has a chance to equalise but the shot is fired at the keeper who saves it. So at half time the score is Wolves 2 Headers 1.

A nice cross from Headers Kyle Chaplin into the penalty box but no other Headers player could get on the end of it.

Headers player Paul O'Reilly hits a shot that is saved by the keeper.

Headers Finn Hall gets fouled outside the box Kyle Chaplin take the free kick and hits the ball over the Wolves defensive wall and it curls wickedly as it drops nearly catching out the keeper who just saves it.

Headers Kyle Chaplin hits a stinging shot that the Wolves keeper fumbles and the ball goes out for a corner.

With Wolves on the attack Headers keeper Mark Wright makes a last ditch effort with his out stretched leg to deny the Wolves rapping up the game.

Headers forward Finn Hall fires a shot that is put out for a corner, and from the corner kick Headers Geri Price-Jones heads the ball just past the bar and post junction. And time runs out on a very gallant and unlucky undermanned Headers outfit going down 2-1.

Saturday, 7th August Round 18 Headers V Casino Cobras

The opening shot from the



4th division Bernadette Marychurch scoring her first goal of the game against Woodburn Wolves at Nimbin

Cobras is well saved by Mark Wright in the Headers goal. Another shot from the Cobras is headed out by Nigel Hayes for a corner.

Headers Kyle Chaplin hits a high shot towards the Cobras goal that lands on the top of the net, giving Casino a big scare.

His brother, forward Rhyl Chaplin, hits a stinger that Cobras keeper pushes out for a corner. A Casino striker is away, but Headers Nigel Hayes deals with it.

A dangerous corner for the Cobras is headed away by Geri Price-Jones.

A great shot from the Cobras hits the bar and that was the last action in the first half.

The game is very tight, as both teams try to get the opening goal.

A thumping shot comes from Casino with two-on-one against the Headers keeper Mark Wright, who makes a tremendous save.

The Cobras are attacking in waves, but the defence is holding well. Then an attacker hits one and Headers defender Grant Mercer gets a foot to the ball deflecting it wider so that the keeper had to stretch with his leg to stop the ball from going into the corner of the net.

This was a very entertaining nil-all draw, with Casino wrapping up fifth spot and the Headers finishing third last by conceding one less goal than Woodburn. Well done the fighting feral fifths who were under-manned all season.

Women's 4th Division

Sunday, 7th August round 16 Headers V Woodburn Wolves

Woodburn are in bottom spot with only one point, and the Headers are in fifth position. The Headers took 17 minutes

to open the scoring as Simone Rutley (after a tussle in the box the ball spills back to her) smacks the ball back over the keeper's head into the roof of the net.

32 minutes in, Mimi Rosella gets the second goal with a nicely taken shot. Then Tessa Rutley gets in on the act with a lovely run into the box, passing a defender and belting the ball past the Wolves keeper, who was at her near post and didn't leave much room between her and the post. Thus ends the first half, where the Headers missed a lot of chances. Headers 3 Wolves 0.

At the start of the second half, the two Rutley girls are in the action – Tessa just wide and Laura hitting the post. But after a lot of pressure on the Wolves' defence by the Headers, Nimbin's No.12 Bernadette Marychurch sneaks in and gets to the ball before the keeper and guides it into the net: 4-1 to the Headers.

Not too long later, No.12 gets her second with a good shot from 15 metres right through two defenders and past the keeper: 5-0.

The next goal comes from the Headers centre forward Ruby Grabovsky (who had missed a few chances in the game), who slides in getting to the ball before the keeper and slots it just inside the post: 6-0 Headers.

Ruby gets her second with a shot that the keeper stops but can't hold, and the ball spills back to her and she makes sure with the next shot and so the game comes to an end with Nimbin Headers winning 7-0.

A credit must go to the Woodburn team who had turned up at every away game and never once threw in the towel. A team for the future.



5th division Headers defender Bruce Hatfield taking a free kick against Casino Cobras at Nimbin

Crossword Solution
by 5ynic
From Page 31

F	A	I	R	T	I	P	O	W
D	E	O	V	E	R	S	B	I
E	A	G	T	R	L	T	R	
L	R	E	G	A	I	N	E	A
E	I	T	T	I	D			
G	O	W	N	E	D	I	T	S
A	A	L	E	E	A			
T	L	A	P	O	T	A	T	O
I	K	T	T	A	T	G	O	
O	L	E	T	H	I	C	R	N
N	R	E	X	S	O	B	O	E



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★ NEW LISTINGS ★

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7 Stanger Road, Nimbin **\$ AUCTION**

- Excellence, simplicity & indulgent innovation.
- Curved rooflines mirror 100 gorgeous rolling acres
- 4 x bed + Indoor pool overlooking mountain vistas



795 Williams Road, Barkers Vale **\$670,000**

- Once historic Barkers Vale School, now B&B opportunity
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- 3 x bedroom home + office + sunroom. Multi car spaces



164 Lillian Rock Road, Nimbin **\$549,000**

- State-of-the-art Off Grid power system. Babbling creek
- Architect designed 3 x bed home on 7 gorgeous acres
- Artistic rock-work, natural insulation & solar design



39/78 Cecil Street, Nimbin **\$365,000**

- Lovingly designed with flair. 3 x bedroom home
- Skillion roof, exposed beams, louvered windows
- Bonus to this private property is the shed/studio



422 Blue Knob Road, Nimbin **\$650,000**

- "Creswell Park".124 ac fully functional cattle farm
- 1900's Homestead: 3 x bed, 2 x bath + sunroom
- Galley kitchen, office/study. Spectacular views



85 Lillian Rock Road, Nimbin **\$375,000**

- Attn: Bargain Hunters!! Approx 20 acres with house
- Original 3 bed settlers cottage + self-contained cabin
- Renovator's delight. Bordered by Websters Creek

FEATURE PROPERTIES

LAND



76 Anderson Road, Nimbin **\$315,000**

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



146 Oakey Creek Road, Georgica **\$525,000**

- Unique "Off the grid" 3 bed + office home. 44 acres
- Open plan living w/verandahs. Lovely creek + dam
- 12 x 9 serviced shed, orchard, stock-yards, storage



12 Silky Oak Drive, Nimbin **\$320,000**

- Unique two bedroom two-storey timber home
- Set in beautiful tree-lined street – lovely garden
- Quiet, yet less than 5 mins walk to all amenities

PRICE
REDUCTION



533 Blue Knob Road, Nimbin **\$599,000**

- Tourism potential from current owners' investment
- Main home 3 bed timber; Cottage self/cont 1 x bed
- 7 acres of park-like grounds, plus 2 x new cabins



35/78 Cecil Road, Nimbin **\$625,000**

- Stunningly designed dual-occupancy 'retreat'
- 3 x bed home + 1 x bed home. Glass wall views
- Fusion of vogue & classic. Sustainable 1/2 acre



104 Gungas Road, Nimbin **\$265,000**

- Delightful 2 acre block w/huge workshop. Perfect start!
- Lovely creek flat & established trees. private & tranquil
- Only 2 minutes' drive to town on a sealed road

For more information, see
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68 Cullen Street, NIMBIN

\$550,000 + Stock

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This is only the second time in 33 years this business has been offered for sale, and has proven to be a sound and secure investment with an increasing turnover for many years.

- long lease
- perfect position.
- high turnover.
- excellent staff.
- modern equipment.
- great product diversity.



5329 Kyogle Road, CAWONGLA

\$695,000 + STOCK @ VALUE

- The commercial kitchen boasts a deep fryer/oven/dishwasher with direct access to the shopfront and air-conditioning.
- Additional preparation room with a wood-fire pizza oven, stainless steel benches and storage space.
- Guest toilet facilities adjacent to the function room and a separate staff toilet at the rear of the building.
- 2x 5000gal water tanks; huge 10kw solar system in brand new condition.
- Large coolroom and large carpark to accommodate buses.



52 Falls Road, NIMBIN NSW 2480

\$645,000

- 4 bedroom 2 bathroom home features stunning Tasmanian timber kitchen, main bedroom with en suite, generous walk-in robe and two sitting areas.
- 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. Huge luxurious bath, verandahs on all sides and much more.



25 Faraway Rd, CAWONGLA

\$640,000

- Approx. 97 acres of open and timbered areas, with assortment of fruit trees.
- Mud brick home, the pinnacle of sustainable living, has 4 bedrooms, one with ensuite, and views of Blue Knob.
- Walk-in pantry and generous modern kitchen, slate floors and raked ceilings.
- Water galore, boundary is on Webster's Creek, Pool, Solar Hot Water.
- 4 bay machinery shed with two lockable bays.
- Absolute privacy, 5 min to Cawongla, 20 min to Kyogle, 40 min to Lismore.



435 Blue Knob Road, NIMBIN

\$270 PER WEEK INC. LAWN MAINTENANCE

- SUITABLE FOR SINGLE PERSON / COUPLE
- INSPECTION AVAILABLE ONLY AFTER COMPLETED APPLICATION HAS BEEN FILLED IN ONLINE.
- 1-2 BEDROOMS
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8 Standing Street, THE CHANNON

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