



You don't have to be an expert to play Super 8 cricket. It's fun!

# Let's get physical

**Norpa Dance Action** presents **Choppers' Aussie Battlers '06** at the PCYC Lismore, Thursday January 26 2006, from 12.30pm. To enter, register as a group or solo in breakdance, hip hop dance, MC (rhyme) or beatbox contact NORPA Dance Action on 6622-3279, or emma2006@norpa.org.au by 23rd January. Entry \$6 concession & \$8 full price.

## Senior First Aid Certificate

The Building Active Communities Project is running a Senior First Aid Certificate course in Nimbin on Saturday 25th February from 9am-5pm at the Nimbin Community Centre.

As there are limited places available please contact Sue as soon as possible to make a reservation. Cost \$100.

## Super 8 Cricket Gala Day and Headers Fundraiser

Sunday 26th February

### Rules at a Glance

- Eight-a-side cricket, each team bats for 7 overs.
- All players bowl one over except for the wicketkeeper.
- Players may bowl underarm.
- All overs are bowled from one end of the wicket.
- Wide – a delivery out of reach of the batter – 2 runs are awarded to the batting team AND the batters cannot run
- No Ball – a delivery reaching the batter either over the waist on the full OR above the shoulder after bouncing – 2 runs are awarded to the batting team AND the batters can score additional runs from this delivery (unlike a wide)
- Byes – runs completed after the ball is missed by the wicketkeeper
- Leg Byes – runs scored off the legs or body
- Teams must have a rotating batting order throughout a competition. This does not

- apply during finals matches.
- Batters retire at 20 runs and can return if all other batters are dismissed.
- Methods of dismissal - Bowled, Caught, Hit-wicket, Run-out
- A ball reaching the boundary = 4 runs
- A ball reaching the boundary on the full = 6 runs
- The Team with the highest score is the winner (if scores are equal the team losing the least number of wickets is the winner).

To register as a player please contact Sue, on 6689-1731 or sueb@nrhs.nsw.gov.au.



### "Elastics"

Volunteers are needed to teach "Elastics" at Nimbin Central School on Tuesdays (1.15pm-2pm) for four weeks in Term 1 2006. This will be a lot of fun with a great bunch of volunteers and kids. Please contact Sue.

### Physical Activities Noticeboard

(on laneway wall of Butchery) Reminder to all sporting groups, organisations & individual practitioners: if you want flyers/information displayed on the Noticeboard then please email an A5 size flyer to Sue or leave one marked "Attention Sue Boardman" at Nimbin Hospital.

# Propitious year foretold for NIM-FM

by soothsayer Bob Tissott

As I emerged from the Christmas / Hanukah / Solstice / Capricornian / New Years' Bacchanalian Sun worshipping, and settled down to the serious business of getting a bit of 2006 under my belt, I thought 't would be advisable to consult the Oracles in regards to the potentialities ahead for Nim-FM.

Exactly which Oracles to consult appeared briefly to be a sticking point, but at last a compromise embracing the spirit of multi-cultural, New Age inclusiveness prevailed, and so, armed with Tarot, yarrow, dice, a long piece of string with a pendulum and a bowl of steaming chicken



entrails, I proceeded to dabble in the black arts.

I laid out some cards in a 1-2-3 pyramid spread (102.3 – get it?) and then dropped the yarrow stalks on top, letting chaos determine how they fell. Over this I cast steaming chicken entrails and then rolled the dice. A four and a one. Five.

The pendulum soon indicated which five offal-encrusted stalks to remove, and as I did The Tower was revealed, with a radiating corona of chicken juice

spreading considerably beyond the edges of the card. Ah Ha! An obvious reference to an expanding circle of influence.

Prediction 1.

2006 will see NIM-FM's programs reaching a wider audience through transmitter relocation, expanding podcast audience (currently sitting at 1000 downloads/week) and future direct web-casting. Also sister station re-broadcasting in the US and Europe with live hook-ups.

I rolled the dice again. Five and two. Seven. I shivered. (I always do when I roll a seven). As the last yarrow stalk was removed a card came with it, stuck fast with a piece of chicken liver. I peeled off the flesh to reveal... The Unveiled

Isis. The removal of the veil signifying a new sense, a new voice, and the movement of the card from the floor to my hand symbolising a swelling of that new voice.

Prediction 2.

2006 will see the introduction of Talkback Radio, possibly around March / April. This will bring the voice of the community to the world. Contact the station about getting trained up to use it.

By now the entrails were no longer steaming and had in fact, congealed to the floor. No matter. I'd seen enough and didn't want to push my luck. It's obvious that 2006 is going to be an awesome year for Nimbin Independent Media.

# I like Chinese

The Nimbin Bowling Club has scored a coup. It has signed a long-term contract with Jacky Law, a well-known north coast Chinese-Australian cook and bowler, to operate the Asian Star Restaurant at the club.

Jacky, his brother John and his staff have plenty of experience in cooking Asian food for Aussies, having run the restaurant at Iluka Bowling Club for many years.

The cooks hail from Hong Kong, and present a modern pan-Asian menu tailored to the Australian palate. Ever-popular starter dishes include soups, such as crabmeat and sweet corn or chicken and mushroom, and entrees, like dim sims, king prawn cutlets, bacon and prawn rolls.

The mains selection includes laksa and satays as well as the many popular Chinese dishes with sweet and sour, blackbean or Schezuan sauces.

A welcome feature of the menu is a range of seafood dishes featuring fish, prawns and calamari, which are already proving very popular.

Vegetarians are well catered for, with a range of vegetarian dishes including a tasty vegetarian omelette, with gravy. There are always six curries on the menu, and desserts including the amazing deep fried ice cream.

Seen enjoying the new menu was Mariella Castelliani from the Nimbin Trattoria. "I like any food I don't have to cook myself," she said.

The Asian Star Restaurant is open for Lunch from Tuesday to Sunday, 12 noon to 2pm, and Dinner from 5pm Tuesday and Thursday till 8.30pm, Friday and Saturday till 9pm and Sunday till 8pm. The restaurant is closed Mondays.

Take-away is available, phone 6689-1473.

# Walkers club afoot

Due in large part to the work put in by Sue Boardman, Nimbin's Physical Activities Project Coordinator, Nimbin now has its own bushwalking club - Nimbin Bushwalking Club Inc.

We are properly incorporated and affiliated to the Confederation of NSW Bushwalking Clubs - which simplifies insurance matters.

Members of the new committee are: Wal Davies, Peter Warne, Marcus Mantscheff, Sue Boardman, Michael Smith, Kay Martin, Peter Lepatourel and myself.

Membership is open to people over 18. Annual membership fees are \$25 for one and \$40 for two adults. Affiliation to the Confederation is \$15 per head, which includes insurance. Additional members within a family will cost \$15 to cover this.

Thanks to Peter Warne,

we have a simple web-page, at <http://www.geocities.com/nimbinbushwalkers>, from which membership forms and our provisional walks program for February and March can be downloaded.

Our program will have both weekend walks (Saturdays or Sundays) and weekday walks (Tuesdays) and with a variety of grades.

Our first walk is an easy short one at Mount Nardi on made tracks, and ending with a picnic. This will allow anyone interested in joining to meet members and discuss future walks and wants.

The McPherson Trail Mt Nardi will be held on Sunday 5th February, led by Wal Davies.

It is a Grade 3 walk which should take two hours. Meet in car park 10 am and bring a picnic lunch.

Look forward to seeing you there.



Star quality. John Law (centre) and cook, hosting a buffet at the Bowl.



## Leaving Lismore through to Murwillumbah

Normal Depart Times			School Holiday Times		
8:00	2:35	3:20	Lismore Transit	8:00	2:35
8:10	2:45	4:00	Goolmangar	8:10	2:45
8:20	3:00	4:15	Coffee Camp	8:20	2:55
8:45	3:20	4:30	Nimbin Ave	8:35	3:10
9:30	3:30		Nimbin depart	9:00	3:30
9:40	3:40		Blue Knob	9:10	3:40
9:50	3:55		Twin Bridges	9:15	3:45
9:53	4:00		Mt Burrell	9:20	3:50
10:10	4:20		Uki	9:40	4:10
10:15	4:25		Mt Warning turn	9:45	4:15
10:30	4:40		Murwillumbah	10:00	4:25

## Leaving Murwillumbah through to Lismore

Normal Depart Times			School Holiday Times		
7:10	1:50		Murwillumbah	7:30	2:15
7:20	2:03		Mt Warning turn	7:42	2:28
7:30	2:08		Uki	7:55	2:33
7:55	2:30		Mt Burrell	8:10	2:55
8:00	2:35		Twin Bridges	8:20	3:00
8:32	2:40		Blue Knob	8:30	3:05
8:45	2:50		Nimbin arrive	8:40	3:15
9:00	3:30		Nimbin depart	9:00	3:30
8:05	9:10	3:45	Coffee Camp	9:10	3:40
8:15	9:20	3:55	Goolmangar	9:20	3:50
8:50	9:35	4:10	Lismore Transit	9:35	4:00
8:55	9:40	4:15	Lismore Depot		

This service runs Monday - Friday excluding public holidays Enquiries phone 6687-8550 Mobile 0428-255-284

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**Nimbin Bowling Sport and Recreation**  
Sibley St Nimbin, Phone 6689-1250  
**Come and enjoy!**  
For information of members and guests.

**Social bowlers welcome**  
Air-conditioned lounge, bar and dining room  
Asian Star Restaurant open 6 days  
**Lunch & Dinner**