

# Let's get physical

by Sue Boardman  
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Building Active  
Communities (BAC)  
Project

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## NEW!! Nimbin Headers Netball Team

Thanks to Nimbin Headers Sports Club, the Nimbin netball team was provided with Headers T-shirts and became in that instant the Nimbin Headers Netball Team. Thank you Headers.

Thanks also must go to Nettie Kerr who foraged in various second hand stores to find black skirts for all the players (pictured).

Over the past three weeks the netball team has been playing each Saturday to determine the team's grading for the all important winter competition. The competition starts after the school holidays in April.

In their first grading match they defeated the opposition 18-16 even though they were one player down. Their second match they won 34-9, and their third, on Saturday 31st March, they won 31-12, making 3 out of 3. That's hot! Check out the photos on the Physical Activity Noticeboard on the butcher shop alley wall. Congratulations!

The team is hoping that a few other players will emerge from the community as they only have the basic seven players. There are no reserves. If you would like a game please contact Sue (see above).

## Social Netball

Social Netball is over for the term. It starts again Wednesday May 2 to



Headers Netball Team and Umpire - Savaira, Viola, Sue, Eleanor, Emma, Lisha, Christine, Veronica

Wednesday June 29 at 5pm in the Nimbin Central School MPU. It is too dark to play outside at this time of year. All ages are welcome. A registration form must be completed by all players and if you are under 16 years of age it must be signed by a parent or guardian. Proper sports shoes must be worn. Bring water with you.

## Basketball Cancelled!!

Nimbin BAC has had to cancel Friday Night Social Basketball. Unfortunately the SCU Human Movement student we had organised to support coach James Koker had to pull out. Without this extra support the basketball nights could not continue safely.

This does not mean it cannot make a return in the future. However to do so will require a strong commitment from a dedicated group of individuals. If there is such a group in the community then please contact Sue (see above).

Nimbin BAC would like to thank James Koker for his commitment to basketball and Nimbin youth. For over 18 months James has been involved in the nights as both player and coach. His ability to remain calm and create

order out of apparent chaos is admirable. Best of luck in the future James!

## Fitness Trainers and Nimbin Physical Activity Centre Update

Our four fitness trainees (pictured below) have completed an intense two weeks of face-to-face theory and practical. They now have to complete a series of assessment tasks before they can be accredited with the national body, Fitness Australia. They have several months to complete this work.

Nimbin PAC cannot be open unless there is an accredited fitness instructor in attendance. This is to ensure the safety of all users of the facility. As soon as our trainees are accredited the Nimbin Physical Activity Centre will be open for classes.



Trainers in training: Rocky, Anuna, Gail and Daniel

## School Holiday Special

Visit a theme park destination of your choice!! YOWI (Youth On Wheels Inc) bus to theme parks (Wet N Wild or Movie World or Dream World). If you are under 15 years of age you must be accompanied by an adult. Bookings essential. Tuesday 17th April, depart Nimbin Post Office 9.30am. Return journey pick up 4.30pm. Cost: \$17 Contact Heather: phone 6624-8080 text 0402-627-347 email <yowi@nrct.org>

## Department of Sport and Recreation Holiday Activities

Enrol by phone: Call (02) 6618-0400 and have your credit card details ready.  
 • **Abseiling, Byron Bay** 7-18 years, 19th April, 9am - 12pm, 10 Quarry Facility, Byron Bay, \$59  
 • **Beach Volley Ball** 8-15 years, 20th April, 10am - 1pm, Lake Ainsworth Sport and Recreation Centre, \$10  
 • **Bollywood Dance** 6-18 years, 11th April, 10am - 11.30am, Bollywood Dance Studio, Byron Bay, \$15  
 • **Golf, Two Days** 8-16 years, 10th - 11th April, 9am - 11am, Casino Golf Club, \$44  
 • **Surf Clinic** 8-15 years, 18th April, 9am - 4pm, Lennox Head, \$105  
 • **Kayaking** 9-15 years, 18th April, 8.30am - 11.30am, meet at the Ballina Sailing Club, \$54  
 • **Touch Football Clinic** 8-15 years, 18th April, 10am - 1pm, Saunders Oval, Ballina, \$20

# Demons shape up



by James Alexander

## Practice match

We had a great turn out for our Saturday intra-club practice match on 24th March, with 22 players attending, and are hoping that many of these will return to participate for the full season.

The afternoon, at the Nimbin Showground, introduced some impressive new koori recruits from Kyogle to the team, and included a talk on the rules of the game by two badged refs from the local comp. Training drills were also conducted, under the watchful eye of Demons coach "Whispering" Chris.

All at the club get the sense that judging by the skills we saw on Saturday, we are going to again field a very competitive team, as long as we get people to training!

## Become a Demon

We also need more members for the club. More community support is needed in a range of roles. A sports club needs a lot of participation to assist in the large amount of necessary functions, not only on match day but

also throughout the year. This is a way for people to become involved in a grass roots community club.

Funds from memberships are vital to pay for the many expenses that a club like ours has. Remember that people needn't have an Aussie Rules background to participate, just an enthusiasm to share the excitement of seeing locals do the best they can against much larger population centres in the area; and a passion for what some people describe as being the best theatre in town. If nothing else, football at a local club level is great real life drama!


Anybody interested in any level of participation (and/or membership) are invited to contact the Nimbin Demons Secretary, Tony on 6689-0381.

## Crossword solution

See page 17.



**WALLERS BUS COMPANY**



**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
7:50	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		

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**April Gig Guide**

Friday 6th	<b>Thora Zoo</b> Early close for Good Friday
Friday 13th	<b>The Witness</b>
Sunday 15th	<b>Cheyenne Murphy</b> Market Sunday 1.30 - 5pm
Friday 20th	<b>Hillbilly Bandits</b>
Sunday 22nd	<b>Olive Groove</b> Acoustic Sunday 1.30 - 5pm
Friday 27th	<b>Dub Shack</b>
Sunday 29th	<b>CC The Cat</b> Market Sunday 1.30 - 5pm

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