

Let's get Physical

by Sue Boardman

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Nimbin Building Active Communities Project

Nimbin Building Active Communities Project has been funded by the NSW Department of Sport and Recreation and is co-ordinated by Lismore City Council in partnership with the North Coast Area Health Service.

The aim of the project is to provide opportunities for organisations within priority communities in NSW to work in partnership to address major health and social issues through sport, recreation and physical activity

The Nimbin Building Active Communities Coordinator's role is to facilitate and develop opportunities for the Nimbin community to participate in sport, recreation and physical activity.

2006: The year that was

Since mid-2005 the Nimbin BAC project has been involved in: the establishment of the Nimbin Bushwalkers Club (48 members, 3 walks per month); social cricket; lunch time physical activity for primary age kids at Nimbin Central School using community volunteers; social Friday night basketball; gymnastics as sport for primary age kids at Nimbin Central School; social table tennis at Nimbin Community Centre; organising a Senior First Aid course for community members; training a basketball coach; training 2 community members in Tai Chi for Arthritis and Falls Prevention; assisting local



Basketball BBQ

physical activity instructors regularly promote and advertise their classes in the Nimbin area and local media; social and competitive netball; health and exercise information sessions; organising transport for local kids to attend Aussie Battlers Hip Hop and Break Dance competition; contributing to the Little Nippers Surf Safe project and developing plans for the new Nimbin Physical Activity Centre.

One of the biggest hurdles we have faced has been finding accredited instructors in a range of activities. If you have accredited skills or want to gain accredited skills then please contact Sue (see above). Areas of particular interest are basketball (we need a second coach if we want to expand to include 8-12 year olds); cricket; netball; and fitness instruction. If you have skills in any other physical activity please let Sue know.

At the end of this project we want Nimbin to not only have the equipment to pursue a range of physical and recreational activities but more importantly we want to have people in the community with the skills to teach how to use that equipment and the commitment to continue the activity into the future.

The Basketball BBQ was not as large as anticipated because many of the kids were on the school excursion. Even so it was a very enjoyable evening with many of the excursion participants joining in when they arrived back at 7pm. A large "Thank You" card was signed by everyone and was presented to (James) "Koker" at the end of the night.

Once again I must thank Michael Hannan for manning the BBQ and also Amy, Kerryn, Phil and Jordan for lending a hand. I also want to thank the kids, both young and not so young, for bringing to the basketball nights energy, a sense of fun and an understanding of the team work involved in playing the game. Congratulations to all.

Friday Night Basketball will hopefully continue with (James) "Koker" as coach. In 2006 the average attendance was 19 kids each night aged 12 years and up. If we want to include younger players we need to train a second coach. Coaching training opportunities only occur once a year in this area.

Nimbin BAC would support a local person to train as an accredited Basketball coach if they were prepared to commit to supporting "Koker" on Friday

nights. Please contact Sue for information (see above).

Little Nippers

This project will continue over summer. Congratulations must go to Chris Herden for creating this wonderful opportunity for Nimbin kids to learn surf safe skills. Unfortunately Chris is leaving the area. The community will miss both his ideas and his enthusiasm. Luckily Rocky Riley and Ken Boomsma are taking over the reins of this project. This is a wonderful example of community spirit by Rocky and Ken and I would ask all the parents and kids involved to offer them both thanks and support.



Netball BBQ

On Tuesday 5th December 2006 a group of 24 local Netballlophiles met for a very convivial BBQ at Nimbin Pool. Much sausage, cake and watermelon was consumed by all. Thanks to Michael Hannan for manning the BBQ and Veronica Doyle for remembering to bring plates.

Greatest moment of 2006: Simultaneous realisation by all players that we had three mothers and daughters and one mother and son playing against each other in direct opposition at the same time!

Netball will have the opportunity to train accredited coaches in March this year. We also need

players who are prepared to sit their umpire's exam. Each team that enters a competition must provide one umpire (two makes more sense). There will be an umpire's exam in May 2007 so I am looking to all those keen Netballers to sign up for the exam. Summer Twilight Competition

Nimbin Netballers are looking forward to another Lismore Twilight Competition starting early February 2007. The team is keen to find more players. You do not have to commit to every week and car pooling should take care of any transport difficulties.

Winter Competition

Several of our Nimbin

players are already committed to other teams for the winter competition. So we are also desperately seeking more players for this competition. You don't have to be a super athlete! Newcomers to Netball would be welcome. Social Netball

Re-starts 5pm Wednesday 7th February at Nimbin Central School Netball court. Players will be pleased to know that the court is to be re-painted over the holiday break! Cost is \$3 per person.

Contact Sue (see above) for more information.

Health and Exercise Community Information

Sessions will be kick-started with a session on Exercise and Back Pain sometime in February. Remember if you have a particular health and exercise issue that you would like more information about please let Sue know (see above).

Summer Holiday Dance Opportunities

January 8 - 17: Fonky Moves Dance Studio Summer School - Lismore City Hall Dance Studio Bookings & Info: call Nina Jetic 6629-1329 or <ninajetic@hotmail.com>

January 21-26: The 2007 Lismore SWING DANCE CAMP - Lismore City Hall

Bookings and Info: Brian Whelan 6622-3633 or <brian@swingconnection.com.au>

Nimbin Physical Activity Centre

The Centre at the showground will be open with Daniel Keszler continuing his martial arts classes for both adults and kids from 15th January. Look out for his poster on the Physical Activities Noticeboard on the side of the butcher shop wall.

Until we have found Accredited Fitness Instructors to utilise the basic gym equipment that has been bought, the gym component of Nimbin PAC will have to remain closed. If you are an accredited instructor or know of an accredited instructor please notify Sue (see above).

We would welcome other forms of physical activity at the centre, including Pilates, Yoga, Yogalates, Dance. All instructors must be accredited with their national or state accreditation body. For more information contact Sue (see above).



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		

This service runs Monday - Friday excluding public holidays
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January Gig Guide

Friday 5th	Baron Samandi
Sunday 7th	Aurora Jane + Massive Change Acoustic Sunday 1 - 5pm
Friday 12th	Gooch Smuggler
Friday 19th	Lordz of the Fly
Sunday 21st	Dandelion Wine Acoustic Sunday 1 - 5pm
Friday 26th	The Family

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