

## Fishing the new moon



by Pixie, Fishing Reporter

The Nimbin Heads Fishing Team had two outings in October, the most successful being the first trip out from Wooli early in the month, fishing the new moon.

Harry, Pix, Terry, Dan, Chris, Craig, Kev and Steve banded together for a trip of hopefully fishing out wide. With a 1.5 metre swell and a ten knot breeze, all we needed was for a slack current running.

First off, we all dropped a line about 18 kilometres out, to test the strength of the current and to see if it was happening. Your humble fishing reporter landed a 6 kg kingfish on the first bait and we thought it might be about to happen, but just like fishing, it didn't happen.

So with one fish on board and a slack current, we decided to go out wide, out about 45 kilometres. Just short of the shelf and do a bit of drifting with the slack current. A few fish started to come into the boat, which was a task on its own as we were now fishing 200 feet deep.

Steve hooked up on a 9.2 kg jewfish, at the same time Kev landed a 5.5 kg trag. Harry hooked up and then Kev hooked up to a

**Heaven.** Craig, Dan, Steve and Kev with some of the catch (above), Steve and Nev out wide (below) with their 9.2 kg jewfish and 5.5 kg trag.

monster. Terry landed a 5.5 kg trag, Dan landed a 3 kg snapper. All the guys were now hooking up, with Kev still onto the monster. We landed 11 trag between 4 kg and 6.2 kg in about an hour with some more nice snapper each. Meanwhile, Kev was still battering this monster and then the monster was gone and Kev took a break. Craig hooked on to a good fish that didn't want to come up, but when it did he had a 6 kg bar cod.

It's all happening, the seas are great, the sun's shining, the whales are going south, the fish are biting. I'm in heaven and with a good catch of fish.



## Let's get physical



**Fitness and fun.** Students from Nimbin Central School, including Karinya Oldfield (left), using the Physical Activity Centre regularly for sport classes.

by Sue Boardman

6688-1442 (Mon and Tues only) or <a href="mailto:sue.boardman@ncahs.health.nsw.gov.au">sue.boardman@ncahs.health.nsw.gov.au</a>

### Nimbin Physical Activity Centre

Rocky Riley has joined Daniel Keszler as an instructor at the Nimbin Physical Activity Centre in Cecil St Nimbin. Rocky is in the Centre Tuesday afternoons and evenings, all day Thursday, and Friday evenings. For more information please check the timetable on the Physical Activity noticeboard on the laneway side of the Nimbin Butcher shop wall.

We hope to have more instructors starting over the next few months. Keep tuned.

### Social Netball

Social Netball is on again each Wednesday down at the Nimbin Central School netball court from 5-6.30pm. Cost is \$2 per player. Please wear proper sports shoes and bring some water with you. As it warms up you might be advised to wear a hat and put on some 30+ sunscreen.

If you have not played before this year and are under 16 years of age you will

need a parent or guardian to sign your registration form. This can be done at the court.

As we gradually attract more and more players there is the exciting prospect of being able to enter both a Senior and Junior team in the Lismore competition next year. It will depend on how many of you want to participate at this level.

Whether we have one, two or no teams to enter the Lismore competition in 2008 Social Netball will continue next year.

### Stay Healthy! Stay Independent!

This is another free Community Health and Exercise Information Session with Community Health Worker Mary-Clare Maloney. Mary-Clare will be discussing falls prevention strategies and other tips for healthy aging. This could be invaluable information not only for those senior members of our community who wish to maintain their independence, but also for family and friends who want to support their friends and loved one's.

The session will be held in the Dance Studio of the Nimbin Community Centre in Cullen St Nimbin on Tuesday November 13 from 10.30am till 12 noon. There is wheel chair access and morning tea will be provided.

Please RSVP by 6th November by contacting Sue (see above).

## Cool Activities for Keeping Fit in the Heat

Even though we have had a cool spring compared to past years, we all know that the heat is just around the corner. One of the easiest ways to keep fit and not get too hot is in the Nimbin pool.

Swimming is a fantastic way to exercise. I have been going down early in the morning to the pool to exercise ever since we moved to Nimbin in 1993.

Now, due to a shoulder problem which has forced me to stop swimming for the time being, I have found a very effective alternative. I call it Walking-in-Water, not to be confused with "Walking-on-Water" (despite all my years of yoga I have not quite achieved this feat yet.)

It is not difficult. You just put one foot in front of the other. Your head does not need to go under water. Your hair does not need to get wet. If it is cool you don't need to go deeper in the water than your knees. You can wash the chlorine off your legs at the pool shower. You don't need to know how to swim. There is no stress on the neck or shoulders.

You can wear shorts or swimmers, a sun smart long-sleeved shirt, hat, sunglasses and 30+ sunscreen (see picture). I still advise going early in the morning for two reasons: the pool is not crowded and the sun is not so intense.

You can walk in circles or up and down the pool. It is not the distance that you walk that is important but the amount of time you spend doing it. The latest exercise information suggests that 30 minutes of moderate activity a day will give you health benefits. It does take a couple of days for your feet to get used to the surface of the pool bottom. And if you do get hot and bothered, you have the option of cooling off by going under.

Perhaps I will see you there.





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### November Gig Guide

Friday 9th	The Vue
Friday 16th	Thora Zoo
Sunday 18th	Blue Skillet Rovers Market Sunday 1.30 - 5pm
Friday 23rd	CC The Cat
Sunday 25th	Willie Hona Band
Friday 30th	Glory B

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