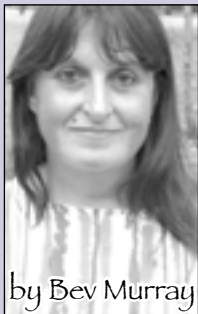


ASTROLOGICAL TRENDS FOR SEPTEMBER 2007

BIRTHDAY – Virgo



by Bev Murray

These guys are the practical perfectionists of the Zodiac. They can easily get too caught up in the minutiae of life and miss the bigger picture. They are critical of others and especially of self! They learn best from experience so their lives are often quite tough. However in later years they are the wise old souls who have gained from the lessons they have undergone.

Give them: Self-development literature, a weekend at a health resort, gardening supplies, anything deemed 'useful'!

Virgo

Any self-development workshops or classes that you undertake this month will pay off handsomely in the game of life! Arguments with old friends are possible so watch your levels of tact and diplomacy throughout September. The New Moon on the 11th suits you nicely and gives you the energy to get really organised!

Libra

If you listen well you will be surprised at how much useful information is out there for you this month! Watch over-spending, check if you really need the things you that you are tempted to buy and act from there. Those of you involved in health care will fare well at work and the rest of you will get good advice regarding a health matter!

Scorpio

This is a generally satisfying month. Keep things out in the open for the best results, as secrets will out anyway! Family matters require gentler handling than usual so tread lightly if you can. Mercury square Pluto on the 3rd can be a bit tricky but a little compassion and patience should take the edge off any arguments you might get into.

Sagittarius

Finances and family are the focus for September. If you apply yourself to tasks at hand in a methodical and organised way you will fare well. Try not to be as airy-fairy as you usually are! Study and travel are highly favoured and will reap some fantastic results! Mercury sextile Jupiter on the 13th augurs well for any travel plans made or finalized on or close to this day.

Capricorn

Hunches can be a bit misleading this month so double-check the details before rushing into anything! There is a lot of work to be done and you really need to harness yourself and keep chipping away at things. One thing at a time is the best attitude! Keep a watchful eye on finances as this area can get away from you far too easily right now.

Aquarius

This is a month to be alert about financial issues and to check the finer print wherever possible. Those of you who are working in creative fields will enjoy the relaxed and sensitive energy of this month but others may find it a little frustrating! The Moon and Uranus make a nice aspect on the 7th encouraging the beginning of new projects.

Pisces

Your intuition is spot on this month so listen to that inner voice for the best results. Poorly thought out spending can wreak havoc with your financial planning. Keep to the plan if you can! Getting things completed will be paramount on your mind, but the only way for this to happen is if you are prepared to put in the hard work.

Aries

Changes are on the cards and you will embrace these enthusiastically. Romance is favoured and finances will steadily improve. The latter half of the month is especially good for your bank balance. Communications is highlighted positively, but don't expect anything to move very quickly. Take it as it comes and keep smiling!

Taurus

Inspiration is high and creativity is on a roll! You might have trouble completing things though as your mind races ahead with one good idea after another! The 24th is a great day to act on impulse! If you focus on what you really want you are very likely to get it! Relationships are promising all month but beware of mixing illusion and reality.

Gemini

Getting the energy up to get things happening can be difficult throughout September. However once you get started you can guarantee you will be completing things! Where finances are concerned, err on the cautious side or you might regret a purchase or two. Education and communication are high on your agenda and will keep you busy as usual!

Cancer

This is a month where an uncharacteristic bravery will emerge in your character. Others will be surprised at your outspokenness! Socialising will fill much of your time and speculation is high on the agenda. Almost anything you touch turns to gold right now! It has you operating on an all time high! The Full Moon on the 27th is frenzied!

Leo

Career interests are highly favoured this month. Others will view you very favourably. Its overall a magic month where all things will just fall into place without very much effort on your behalf. The 21st is a strong energy day. If you trust the flow it will work wonderfully for you but if you fight it arguments are likely. Try to trust and believe!

Email Bev: insightbevmurray@yahoo.com

Numerology and your name

by Majika

There is a hidden vibrational influence emanating from every name. In translating the letters of a name into numbers, we can gain valuable insights into two aspects of our personality: our outer expression and our soul urge numbers. These can be 1 through to 9. The 'master' numbers 11 and 22 are not reduced to 2 and 4 and are highly spiritual.

To work out our name's numerical values, each letter is assigned a number value (refer to chart below). For example, my name is: 'Majika', the consonants are, m=4, j=1, k=2, the total number value is 4+1+2=7. That is the Outer Expression number, sometimes known as the Personality number. This shows abilities, ideals, attitudes and natural talents.

The other number that show the deeper levels of the personality is calculated by adding only the vowels (a,e,i,o,u). The vowels in Majika are a=1, i=9, a=1, which totals 11, this number represents the Soul Urge, sometimes known as Hearts' Desire. This shows the deepest inner motivations, (you know that small, still voice within, which speaks for the un-lived aspects of your life?)

Another example is Ruby: Consonants are R=9, b=2, y=7 which total 18, 1+8=9, so Ruby's Outer expression is 9 and her Soul urge is u=3, with emphasis on mental alertness.

Outer Expression

The Outer Expression will give some indication of what type of work or lifestyle would suit your capabilities. This can increase your chances of becoming more productive and contented in your life path.

Outer Expression 1: You need to show initiative without becoming too overbearing. This is because you are very confident, assertive, independent, and a natural born leader.

Outer Expression 2: You come across as fairly low key, diplomatic and co-operative. Your warm, supportive manner gives you subtle persuasive power to benefit everyone.

Outer Expression 3: You have an upbeat and confident manner, a talent with words or writing, which can inspire others. Gracious, social, optimistic, maybe too easygoing.

Outer Expression 4: You are practical, down to earth and responsible. Work is love made manifest for these serious and sincere people, who have great patience with details.

Outer Expression 5: Lovers of freedom, travel and change, because of their adaptable nature. Talented and versatile, they love responsive, uninhibited people and variety.

Outer Expression 6: A lot of energy is focused on the home, where they show responsibility with a loving, harmonious vibration. Creative, but prone to anxiety and self-sacrifice.

Outer Expression 7: You operate on a different wavelength and have unique solutions to problems. You are latently spiritual and philosophical. Learn to trust, on your own terms.

Outer Expression 8: These people have a strong desire for independence and material achievement. They emanate strength, dare to be different and are individuals.

Outer Expression 9: Idealistic and humanitarian, creative ability (often latent). You have the potential to inspire others with compassion and generosity. Don't be too serious!

Outer Expression 11: You would make a good spiritual advisor, as you are very aware and sensitive. This creates the need for harmony in your life to avoid nervous tension.

Outer Expression 22: Exceptionally capable in business and large-scale undertakings. You are charismatic with inner strength, but must beware becoming too materialistic.

Soul Urge

The Soul Urge is made up of vowels, which are said to be the soul of a word, the life of a name. From this number we learn the more subtle aspects of peoples' inner feelings. Your spiritual sensitivities, expressed by emotions and feelings are revealed by this number.

Soul Urge 1: You want to be independent and have sufficient time to enjoy freedom. Ambitious and determined to instigate action, you prefer to leave details to others.

Soul Urge 2: You do things in a way that ensure harmony prevails. You love naturalness, are intuitive, sensitive and sympathetic. You can be easily hurt without self discipline.

Soul Urge 3: You delight in life and you are motivated to communicate your ideas. You use your artistic talents to reflect the beauty you enjoy creating. Rarely discouraged.

Soul Urge 4: You like stability and order and you are a great organiser. You are the 'rock' that others rely on. You are prepared to work hard to make your long term plans a reality.

Soul Urge 5: You're the one to set the pace, you have a progressive approach with an adaptable and versatile nature. To achieve this, you need freedom and acceptance.

Soul Urge 6: You should take every opportunity to express yourself creatively. Such warm hearted, idealistic and sympathetic people require aesthetically pleasing environments.

Soul Urge 7: The number of the philosopher and mystic, you are content to spend time alone reflecting on what life means. This is how you gain knowledge and wisdom.

Soul Urge 8: You are motivated to accomplish on a grand scale, Your preference is for individual thought and freedom. You participate in society without being bound by it.

Soul Urge 9: These people are guided by humanitarian responsibility, as they seek to improve quality of life. Often self sacrificing, they possess deep intuitive understanding.

Soul Urge 11: You like to share your ideas of idealism, beauty and perfection. Utopian dreamer, you offer an intuitive strength and compassion to attune to others' feelings.

Soul Urge 22: In some way you want to make a significant contribution to the world. You have a universal outlook with a practical approach, and leadership qualities.

The study of numerology represents an increasing awareness of how numbers relate to all possible experiences, talents and characteristics in every aspect of peoples' lives. Your own observation and experience will broaden your understanding.

Live long and Prosper!

1	2	3	4	5	6	7	8	9
A	B	C	D	E	F	G	H	I
J	K	L	M	N	O	P	Q	R
S	T	U	V	W	X	Y	Z	

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TROUBLED TIMOR

by Warwick Fry

Violence broke out again in Timor Leste (formerly East Timor) following President Jose Ramos Horta's decision to appoint Xanana Gusmao as Prime Minister, to resolve the constitutional deadlock of the election results last month.

The Fretilin party had won the highest number of votes, but over a week of hurried negotiations Xanana Gusmao was able to cobble together a coalition of smaller parties to deprive Fretilin of the seats it needed to form a government.

The constitution of Timor Leste allows for the President to appoint the Prime Minister either from the 'most voted party' or a 'coalition' forming a majority, although Fretilin's legal experts claim that such a coalition should be formed before the elections, and not afterwards. The "Alliance" (as Gusmao's coalition is called) does not accept this reading of the constitution.

Horta tried for over a week to get the parties to agree to a 'government of national unity' which would include Fretilin. Fretilin was agreeable to this, accepting Horta's suggestion of a 'neutral' Prime Minister from one of the smaller parties. Gusmao was unwilling to accept this option.

Fretilin felt (perhaps because their leader last year, PM Mari Alkatiri had stepped down in May last year in the interests of national unity) that perhaps this time, Xanana Gusmao should step back to allow a government led by someone who maintained less personal hostility towards Fretilin.

Xanana felt that the leadership was his by right, and Horta eventually appointed him to the Prime Ministership, declaring his Alliance the new government. Horta's hand was forced by a number of factors, including a threat by the Alliance to use its numbers to refuse to ratify the budget (ie: block supply) if Fretilin was asked to form the government. Fretilin in turn, threatened to boycott the parliament, if Xanana was appointed PM.

Not surprisingly Fretilin's many supporters felt that the elections had been 'stolen' and numerous protests broke out, some of which became violent. Fretilin leaders reacted quickly, withdrawing their threat of a Parliamentary boycott, and touring the countryside extensively in an attempt to calm their supporters.

They were not in time however, to prevent 20 houses being burned in one outlying district, 10 in another, and dozens of vehicles driven by the UN peacekeeping missions damaged. (Note: a 'house' in Timor Leste is as often as not bamboo walls, corrugated iron roof,

and earthen floor).

There was some suggestion that provocateurs were involved in some of the worst instances, but there is also a suggestion that there was an element of 'payback' involved for the violence of last year. That outbreak of violence created camps of more than 100,000 internal refugees, which exist to this day. It is clear now that the majority of the inhabitants in these camps are Fretilin supporters, suggesting that Fretilin supporters were the main victims of last year's violence.

Australian troops did not help matters last week by seizing three Fretilin flags - the official explanation was that the troops took them as 'souvenirs' and that they were returned with apologies, but in rumour prone Timor it was seen as a deliberate insult, and as politically partisan behaviour.

Horta and Gusmao are seen as being more 'pro-Australian' than the Fretilin leadership, differing from Fretilin in key policy areas involving the Australian government. Both Horta and Gusmao were willing to take a more conciliatory line than the Fretilin leadership (many of whom grew up and were educated in Australia) on the Timor Gap oil negotiations.

The pair were also more conciliatory towards the Indonesian government regarding Indonesian Human Rights violations. Horta also wishes to make English an official language and have it taught in schools, and both Horta and Xanana would like to see an Australian military presence in Timor Leste at least until 2012, and perhaps longer. There is also disagreement whether the refinery for the petroleum resources of the Timor Gap should be in Darwin or in Dili.

Taken with the extreme media bias against the Fretilin leadership generally, which some say was the critical factor that forced the resignation of Fretilin PM Mari Alkatiri last year, there is a perception among some Timorese that Australia has an agenda of making Timor Leste an Australian 'colony'. Horta has even suggested that Timor Leste should join the Commonwealth.

Finally, former Victorian Premier, Steve Bracks has just announced that he has been invited to Timor Leste to serve as an advisor to the new PM Xanana Gusmao over the next year. He is quoted as saying it was an "opportunity to help Mr Gusmao stabilise the strife-torn nation and establish a strong public service and rigorous government procedures."

Having a more 'experienced' figure to help advise him might be what PM Xanana Gusmao will need over the coming year. One of the main questions

of the wisdom of his appointment as Prime Minister is the fact that he is seen in some circles as a somewhat erratic character with little experience of the rigors of government.

Another commentator, James Dunn (who will be going to Timor Leste as a consultant to the President) has remarked that Xanana's Alliance is already showing some early signs of instability, and that Fretilin, with its experience in government, will very likely be invited again to occupy key government positions.

2Nim-FM has been broadcasting a series of exclusive interviews with key East Timorese political figures and expert Australian observers. They are updated almost weekly as events unfold. These can be accessed as podcasts on <<http://del.icio.us/NimbinRadio/TimorLeste>>

Timor Leste

Timor; Lest We Forget
The pamphlets
Thrown and strewn
Over the World War Two
Of an overthrown Island:

Cold War, Hot war,
Again, and again, and again.

Rose petals, Lavender, Thyme, and
Rosemary and now Jasmine thrown
Yet again
To break the ascent
Of the weird and ancient
Access to war and its strange art.

The troops, the 'Aussies'
The commandos
Who left
Heartbroken confessed
As they left:
"We will never forget"

But neither could they (eventually)
Forge or formulate
(and many hearts broke)
The answers, as to how
They could, and would
Eventually say this again
While others
Would not
Could not
And then refuse
To remember
How

The orders were kept
Records slept, sly persons crept
Down corridors that led away
From memories that did not fit
The National Character.

We will never betray you?
We will never betray you?
We will never betray you?

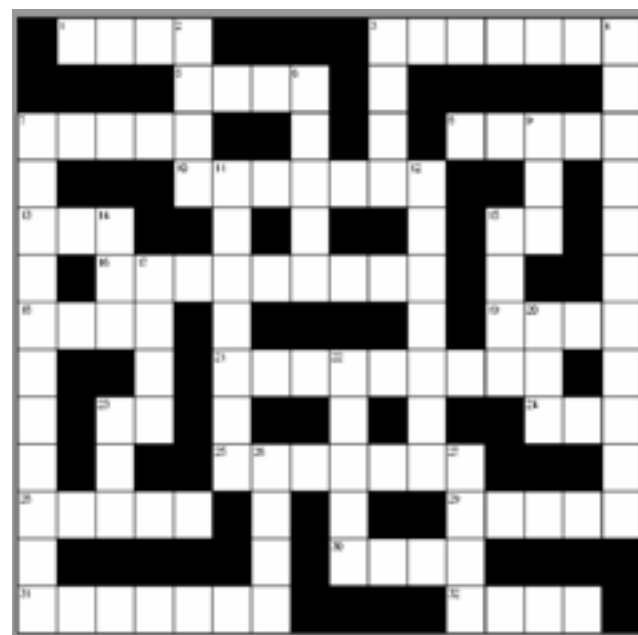
But, who are we, to say
That you will never betray us?

Warwick Fry

Nimbin Crossword

2007-08

by Sycic



Across

- Lovelock's theory of global equilibrium
- Large, flightless bird. Once thought to bury head in sand
- Iran/Persia's major export (apart from oil)
- Lift? Pay increase
- Proprietor's mark on livestock? A pattern on fashion goods causing massive markup
- Behind in repayments
- Cry - quietly?
- Attracted to both men and women
- Your local esoteric bookshop? (Almost) the act of seeing.
- Weapons? Join hands to body
- Capital of Latvia. Also a bakery
- Buildings? They're standing to attention
- Beside
- Where poms drink warm beer?
- Snag
- World's most populous democracy. Its ocean laps our western shore
- Shaggy, humped bovine

- Forms on an open wound. Strikebreaker
- Tell a story
- Propulsion for ancient ships? Why hemp cultivation was compulsory.

Down

- A region? Quantity of space
- Six balls, and it's finished
- Organic compound - burnt for fuel, often irreplaceable
- Brew tea? A hill that's hard to walk up
- Follower of a Haile Selassie
- High? Floats like a butterfly, stings like bee
- These deliver missiles, and fireworks
- On fire? Formal jacket
- A dance track's tempo (init.)
- Carried? Delivered
- Cold box
- Connects you to the web (init.)
- You'll pay these if you lose in court
- What's made at auction
- Tooth pain?
- What tide does after it flows

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The Great Escape

Nimbin Headers 5th Division semi final Vs Alstonville at Alstonville, 1st September

Match report by Alex Charles

The Villa canteen wasn't serving beer, not expecting the 100 or so Nimbin locals who had travelled to Alstonville to support their team in this do-or-die match on the road to the grand final.

The crowd steals themselves, the whistle blows, and the attack from the outset is taken to the Villa goalie. The ball curves, the goalie fumbles, a shot is made, but the goalie recovers enough to save it. Nimbin dominate the pitch, but a handball by James, a freekick, and some scrappy play in the in-goal area results in a goal for Alstonville, 1-nil.

The game recommences. Suddenly Reuben has a shot, which ricochets off the woodwork, leaving the goalie looking suspect. Johnny Bayles yells "treat that ball like it's your girlfriend, don't let them other fellas touch it" The supporters are whipped into an amorphous, green monster, chanting the theme from Steve Macqeen's "The Great Escape" as Jessie drills a corner, through the goalkeeper's hands to go out for a goalkick.



Confident. Headers 5ths break their huddle with a war-cry before the semi-final at Alstonville Photo: Mark Floate

James returns the ball to the centre, landing it on Louis' head who powers it into the goalie. Another by James into the goalmouth lands just out of reach of Tom Campbell, and thus the first half drew to a close. Half time was a rallying and backslapping affair as the Headers knew they were outplaying the opposition, despite being 1-nil down.

The second half starts with beer arriving from uptown to satiate the parched throats of the screaming fans. Immediately the ball is lobbed to Jessie, who volleys it toward the net, only to be intercepted by a brilliant save from the Villa goalie.

After the ball is returned to the field of play Max wins a free kick in their half. Jessie hammers it into the goalkeeper. Max wins

another free kick, Carl defends tackles in the Villa in goal area, the ball bobbles around, Tom World shoots.... over the bar. Louis volleys one into the goalie. Jessie scissors another into the goalie. Jessie flies one up to Reuben where the Villa defenders manage to boot it out. A throw in, a misskick, and then the ball is slotted away by Tom Campbell. 1:1.

Villa attack! Christoff tackles, and its out for a corner. The ball is returned to the other end by Christoff. Tom World heads it toward goal, confusion follows. The Ref awards an indirect freekick inside the box. The ball has to be touched by another player, otherwise no goal. The ball is passed back to Tom Campbell who sends it flying into the back of the net, 19 minutes into the second half. 2:1 to the Headers.

Jessie wins a free kick. Max takes it. Villa win the ball and take it all the way up the pitch. Pete comes out of his box, goes to strike the ball. He skews it, but luckily out to safety. Alstonville are desperate with 15 minutes to go. They attack Pete who gathers up the ball in a cloud of red dust in the in-goal. Alstonville throw everything at it, and are given a free kick 35 metres out. Jostling in the goal mouth. Two players down. The Ref stalls the game, and the freekick goes behind for nothing.

The Headers keep trying for a third. Alstonville are desperate for an equalizer, but don't have the depth of talent of the Nimbin Squad. Alstonville go for goal It bounces around in the mouth, and is finally sent down the other end of the paddock, to end the thrilling semi-final. Well done.



Team spirit. Headers 15s boys team enjoying post-season smoothies and wedges from their sponsor, the Rainbow Café. Photo: Steffan Vos

Nimbin Bowling, Sport and Recreation Club

Sibley Street Nimbin, phone 6689-1250

What's On in September

Tuesday 10th - Ladies Bowls Gala Day from 10am
 Sunday 16th - Uri Ross Fundraiser with Mona Lizard
 Saturday 22nd - Dinner Dance with Skylarks - \$15
 Monday nights - Free Poker !!
 Friday nights - Meat and Vegie tray Raffles
 Members Happy Hours - Tues, Wed, Thurs 5-6pm,
 Sunday noon - 4pm - Membership now only \$5



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- Lunch & dinner Tuesday - Sunday

Nimbin Garden Club Notes



by Gil Schilling

August Meeting at the 'Alhambra'

The Nimbin Garden Club recently held its monthly meeting at Mac & Chris's place on Shipway road. The meeting was extremely well attended.

Under Mac's leadership, members initially circumnavigated the dam, taking in the view to the Rocks and pondering the survival rates of recent and established native plantings. Features of outstanding note included Mac's unique hedging of the native grasses around the dam bank and the use of unique, often whimsical, sculpted garden art pieces. Next came the rainforest walk, followed by a visit to the secret succulent garden of the 'Alhambra' - great use for an old above-ground pool!

Rain At Last

Although the sun stayed away for the afternoon of the meeting, the following week of long-awaited rain has provided much needed relief for Nimbin's gardeners. Many local properties have reported falls in excess of 230 mm spread over an eight day period. With the consensus being that the frosts are now finished, its time to get out and plant up big for spring, summer and autumn.



Nimbin Garden Club members at Mac and Chris's place

Next Garden Club Meeting

The next club meeting will be held at 2pm sharp, on Saturday 15th September at the Gondwana Native Nursery, 145 Creegans Road, Barkersvale. Members are reminded to bring the usual plate, chair and mug, while prospective members and guests are also most welcome.

Gondwana is the district's leading commercial nursery, and proprietor Joy has promised to make available a

wide selection of stock for sale to members. Among the many interesting and appealing species suitable for planting in Nimbin gardens, Gondwana has an excellent selection of frost hardy lines including the latest varieties of grevilleas, westringias, and leptospermums. (Please note that Gondwana has no EFTPOS facilities and cash will be a must for purchases on the day.)

Further details about the club can be obtained by calling Gil on 6689-0581, or Caroline on 6689-1945.



Club members relax in the 'Alhambra' succulent garden

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August fire and water for Nimbin Bushwalkers

by Len Martin

At the beginning of this month we all wondered "was it ever going to rain?". Not just a drought, but a killer frost to boot. Luckily no major fires in the Nimbin valley. So off we went on the fine bright morning of August 8th for a walk along the Clarrie Hall Dam fire-trail, only to find it closed because local fire-fighters were still in action. Undeterred, we went to the bottom of Mount Warning for a couple of hours saunter through the rainforest.

As you will see from the accompanying September walks program, we will do the Clarrie Hall Dam fire-trail on September 26th. No problem with our next walk – another fine morning, Sunday 12th August, and off to the Big Scrub Loop and Scrub Turkey Walk near Rocky Creek Dam. Easy walking led by Don Schell.

The loop goes through top class rainforest, but oh so dry, no water flowing in the

creek and lots of leaf fall. The Scrub Turkey walk, largely downhill, takes one through regrowth Flooded Gum/Tallowwood and old growth Eucalypt forest. Some fine stumps with multiple spring-board holes and quite a few Tallowwood survivors as big as the stumps.

Interestingly, this walk is remarkably weed free for most of its length, even where there was evidence of clear-felling. We wondered if this weed-free status might reflect activities of Ralph Woodford, and/ or other members of the Big Scrub Landcare group.

Down through rainforest, across the Rocky Creek Dam spillway and into Ralph Woodford's rainforest regeneration areas. They are fantastic, and a wonderful testament to us all as to what can be achieved by devotion and lot and lots of hard labour. We ended up at the Rocky Creek Dam picnic area for lunch, along with many other picnickers.

And finally the rains came. First time we went to the Murray Scrub it flaming poured, so we were all looking forward to a walk in fine (ie. dry, sunny) conditions. Needless to say Sod's Law intervened and the blessed rains came – and continued heavy into the day of our Murray Scrub walk on Saturday 25th August. Our original leader, Don Durrant had to pull out for medical reasons (nothing serious) and I offered to take over, only to find that it clashed with a pantomime rehearsal.



Unstoppable. Happy, wet walkers at Murray Scrub: Joy Smith, Judy Hales and Lyn Cameron

So leadership fell to our young, handsome, gung-ho, all-weather, vice president, Michael Smith, who will go bush-walking no matter what the weather. I admit that, had I been in charge, I would have chickened out on the mature survivalist's reasoning of "if in doubt, chicken out". So, here is Michael's account.

By the 25th of August it had rained quite a bit and it was no surprise that only four people turned up for the longish drive to the Richmond Range, to walk the Murray Scrub. It was a splashy drive and a sploshy walk, but thanks to gore-tex and other lesser fabrics, we kept our mamalian warmth in and God's jewels out. The rainforest, dripping with life, was alive with birds and macropods going about their bushy things in the rain. There had been a lot of wind the days before. Our 'wild-child', Judy, went barefoot as usual. The ground was littered with fallen leaves from the Stinging Tree. To be even more unfair, there

were ankle-high Stinging Tree seedlings on the track. Their fine hairs eventually penetrated Judy's feet and the stinging began. The pain would die down in time, but be activated again every time she walked through water. We resolved to put on a benefit concert to buy her some shoes. The Murray Scrub Walk is famous for a stand of huge, straight and magnificent, Red Cedar trees that escaped the axe. Michael, Joy, Lyn and Judy luncheoned at the Iron Pot Creek Picnic area and, for afters, knocked off the Iron Pot Creek Loop Walk. It turns out that four is the perfect number for a walk in the bush. *Thanks Michael.*

A number of us will be spending the first week of September camping and walking on Moreton Island, hence there are only two walks listed for September, the overnight Stinson Wreck walk being postponed to October.

However, one old bushwalker will also be taking some measured steps across a volcanic island in Nimbin Players' September pantomime *The Golden Claw*.

Let's get physical goes global: A postcard from Ireland



Dingle peninsula, County Kerry

by Sue Boardman
6688-1442 (Mon-Tues only)
or <Sue.Boardman@ncahs.health.nsw.gov.au>

Ireland is a beautiful and green land. Emerald green fields, divided by three metre hedgerows of fuschia, honeysuckle and montbretia and ancient stone walls either climbed the steep sides of windswept hills or else fell away to thunderous seas. Mist obscured the very tops of these big hills or small mountains (we could never decide which).

There was not all that much evidence of physical activity on the streets like in Shanghai and France. However in the pubs physical activity was on display on the big screen, or screens as the case may be.

One pub in Cork had three big screens playing at once (with sound) televising three different codes of football. There was Irish football on one big screen; soccer on another; and a warm up match for the Rugby World Cup between Ireland and Scotland on the third screen. And the locals watched all three swivelling in their chairs, drinks in hand, so as not to miss anything. It was a lot of fun.

We were very impressed with Irish football. This is a game that has a lot in common with Australian Rules. They play it with a

round ball like a soccer ball. It requires intense aerobic fitness and brilliant eye/hand coordination as the players have not only to kick the ball accurately but also bounce, throw and kick and catch the ball themselves. It is a game requiring great skill.

In another pub (this time in Dublin) we watched a game of Hurling. This is another fantastic sport which can be likened to a cross between hockey and soccer with a bit of basketball thrown in. It is played with hockey-like sticks that are broad across the base almost like a scoop. Fast, furious and intense we enjoyed it immensely.

Even at famous historic sites like Muckross House just out of Killarney people were to be found practising the game and passing on their skills (see picture). Definitely my favourite sport to watch in Ireland.

The other favourite physical activity we saw everywhere was walking. People, not only in Ireland but all over Europe, love to walk. And what great walks they have. It does not matter if it rains or shines they are into it. One family walked 11 kilometres in the rain and got saturated but it never occurred to them to stop because of the weather. If you waited for the right weather over in Europe you would never do anything!

It's great to be back.



Walks Program for September

Sunday 16th September

Cape Byron Coastal Walk and Whale-watch

Leader: Len Martin, 6689-0254

Grade 2: a 5.5km circular walk on beach and tracks. Start at Clark's Beach, walk past Wategos beach to Lighthouse on paved walkway and return on Rainforest track. Coastal heath, Littoral Rainforest and Banksia forest. Beautiful outlooks and Icecream available at lighthouse. The climb to Lighthouse is a bit steep. At this time of year, Humpback whales are heading south, so bring binoculars as we expect to spend some time looking for them.

Meet: Nimbin car-park 9am or Clark's Beach parking lot 10.15am.

Bring: Water, lunch, binoculars and a broad-brimmed hat.

Wednesday 26th September

Clarrie Hall Dam Fire-trail Walk

Leaders: Kay and Len Martin, 6689 0254

Grade 2: two to three hours walk on well-defined, mostly shaded, forestry trail through pleasant forest beside Clarrie Hall Dam – starts near dam wall.

Meet: 10am Nimbin car park or 10.30am Clarrie Hall Dam viewing shelter near dam wall.

Bring: lunch for after walk picnic – could stop off at Sphinx Rock Cafe for coffee on way back.

Please note:

• The Overnight walk from Border Ranges to the Stinson Wreck set down for Saturday 29th September has been postponed and will probably take place towards end of October

• We need walks for our October-November Program - please send suggestions to Len Martin <pteropus42@smartchat.net.au>

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		

This service runs Monday - Friday excluding public holidays
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