

Nimbin Bushwalkers Go International

by Len Martin

Is it our wonderful Club web-page? Is it the wonderful GoodTimes web page that is read internationally and features these ever-more-wonderful reports?

Whatever. The fact is our last bush walk, to Hell Hole Falls in Mt Jerusalem National Park, attracted two visitors from Israel, one from Denmark, one from Wagga Wagga, two from Doon Doon, some from Kungthur and a bloke who reckoned he came from some place called Gnugnurrignnn. Cripes! It was our biggest group for some time - 25 - a plurry sight more than our previous walk.

Perhaps it was because Hell Hole was listed as "easy, Grade 1". Little did they know that our intrepid leader, Don Durrant, skips effortlessly over rocks and up the steepest waterfalls and that it was a Durrant "Grade 1". So, some of us were puffing a bit on the hills.

But it was a great day, cool with clear blue sky, and the drive from Uki to the heights of Jerusalem was fascinating - and bumpy. People actually live up there! And the school bus calls! Cripes! But we made it to the locked gate, then sauntered gently down hill along the shady Middle Ridge and Sand Ridge forestry tracks to a final 100 metres off-road, beside water flowing into Rowlands creek - small cascades and pleasant pools. A teeny bit of rock scrambling got us to a broad expanse of interesting shaded rock above the falls, on which to sit and enjoy lunch - very curly lava flows.

After lunch, most returned the same way, but some adventurous souls descended for better views of the falls, though only two made it to the bottom, such was the severity of the descent. Needless to say, one was Don Durrant, and the other was Hilary. No, I am not



Happily heaving-to at Hell Hole

jealous! Well, perhaps just a little bit. Great walk and thanks Don, even if it was uphill all the way back.

The previous walk to waterfalls on Nimbin Rocks Co-op attracted only a small group. Perhaps because it was listed as "members only", perhaps because it was "Grade 4, 3 hours off-track walking with some rock-hopping". But the weather was fine and cool, ideal for the walk.

First, southerly, up moderate slopes and open woodland, then down into dense rainforest to the first fall, which still had a small flow. Then a clamber up out of that gully onto the southern plateau. The final ascent was over steep grassy slopes and open woodland to the base of the southern cliffs.

We then headed north west along the cliff base for a hundred metres or so to the second fall - and everybody made it, which was pleasing. I had not expected any flow, but there was a continuous shower of droplets over the cliff and water dribbling down the fig roots which stretched from the top of the cliff to the pool far below.

At the fall, the cliff is eroded to form a large overhang, and below the ledge on which we stood, a steep drop. Erosion has exposed a thick layer of foamy boulders spewed out by Wollumbin in ancient times. Down we scrambled to the plateau, the paddocks beside Goolmangar Creek and an easy walk back to our place for coffee, lunch and a chat on the verandah.



Waterfall above Nimbin Rocks

Many people have said they'd love to come on our walks but are too old, too decrepit, etc., - whatever. So we thought we would offer a trip that would offer a wide range of really easy walking, plus the opportunity for those who mightn't be up to that to sit and watch, and then for all of us to have

a good lunch together. The provisional plan is a mid-week (Wednesday) outing some time in July, to Cram's Farm parkland beside Clarrie Hall Dam - broad lawns, beautiful views, sheltered lunch spots, lovely trees, plentiful bird-watching. Watch out for our July Program in next month's *Nimbin GoodTimes*.

Walks Program for June

Saturday 14th June Glennies Chair (near Mt Lindsay)

Grade 3, 3hr return. Beautiful views, some steep grades along the border fence; walk from locked gate at border fence on Old Mt Lindsay Highway (may need 4WDs) Leader Don Durrant, 6633-3138, at night. Meet Nimbin car park 8am, or leader at Kyogle Park on Summerland Way, 1 1/4hr drive Bring food for picnic and water.

Wednesday 18th June Brummies Lookout

Grade 3, 30 minutes return. Moderately steep rocky walk to lookout, 600m above sea level. Spectacular views of Mt Warning, only 4km away, unforgettable

place. Magic flora. Leader Len Martin, 6689-0254. Meet 9am Nimbin car park, then drive in convoy about 3/4hr along dirt roads (Cadell Rd., past Mebbin camping area) to start of walk; 4WD or good clearance adventurous vehicles needed for final section to Brummies - will not go if roads are wet Bring food for picnic and water.

Saturday 28th June Mount Warning

Grade 4, 4 hr return. Mostly fairly good track but steeper and rocky near top where there is chain to help ascent. Great views from the top when not in cloud. Leader Len Martin, 6689-0254. Meet Nimbin car park 8.30am or Mt Warning car park 9.15am. Bring food for lunch on summit and water. (The local aboriginal people prefer that you don't climb this mountain.)

Wiki, Wacky, Woo!

by Rob Harle

Unfortunately not all information knowledge bases are created equal. This becomes an important thing to bear in mind the more we use the Internet to retrieve information. Last month I wrote about blogs and how they can be used for good or ill. Other closely related web phenomena are interactive sites known as wikis.

The Wikipedia (www.wikipedia.org) has grown rapidly over the last couple of years and now has over a million continually evolving entries in English and over four million in a hundred different languages. These blogs, wikis and even the Internet itself come under the title "emergent media ecologies".

Wikipedia is an easy to use, and a fast to access source of information for just about anything you can think of. For those who are wondering, wiki means "quick" in Hawaiian.

The reason for this article is to caution users not to blindly and uncritically accept as "gospel" everything they find on Wikipedia. As a first "port of call" it's absolutely brilliant. The operators have created certain basic safeguards to help keep information accurate but it is still very much a "buyer beware" situation.

The main problem, apart from simply and innocently adding incorrect information by well meaning individuals, is deliberate falsification and manipulation of entries to support hidden agendas.

The following quote should be sufficient warning to all addicted and casual Wikipedia users alike. "The anonymous propaganda and lies on Wikipedia aren't coming from basement dwellers at all - they're coming from Congress, the CIA, The New York Times, The Washington Post, and the American Civil Liberties Union. Somebody at Halliburton deleted key information from an entry on war crimes; Diebold, an electronic-voting machine manufacturer, deleted sections of entries about a lawsuit filed against it. Someone at Pepsi deleted information about health problems caused by the soft drink. Somebody at the New York Times deleted huge



chunks of information from the entry on the Wall Street Journal. And of course, the CIA has been editing the entry on the Iraq war".

When it became obvious that Wikipedia entries were being manipulated an email tracing program was developed to expose the identities of those doing the information laundering, these results were then available on a web site through Wikiscanner.

Obviously if inexperienced researchers, high school students for example, use Wikipedia as their sole source of information for a homework essay, they could quite easily be repeating the lies, which pass for factual information in certain Wikipedia entries.

As an interesting experience you may like to type "wikipedia Nimbin" in a search engine such as Google and then see, in your opinion, the entry reasonably and honestly provides accurate information about our little village in paradise. Yes, it is there in all it's glorious rainbow colours.

As an aside, there are many search engines on the Internet we can use to find things, not just Google. For example Alta Vista, www.altavista.com is a good, long standing and reliable one. It is surprising how each search engine returns quite different search results. This is worth keeping in mind if you can't find what you want first up.

One great thing about Wikipedia, as with any Athenian style democracy, is that if you don't agree with an entry because it is clearly wrong, you have a voice and a vote. Long live Open Source, together with freedom of speech and sharing of information.

Quotations in this article are from 'Small Tech: The Culture of Digital Tools' by Byron Hawk (ed).



Nimbin Bowlo

Sibley Street Nimbin, phone 6689-1250

What's On in June?

Sunday 8th - State of Origin Bowls starts 10am, Manifest play outdoors 1-3pm
 Sunday 22nd - Social Bowls 10am, Brian Watt 2-5pm
 Sunday 29th - Rainedance 2-5pm

- Happy Hours - Tues-Wed-Thurs 4-5pm, Sun 12-4pm



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Let's get Physical – Sue's last report

by Sue Boardman 6688-1442
(Monday and Tuesday only) or <sue.boardman@ncahs.health.nsw.gov.au>

Nimbin Building Active Communities Project

The Nimbin Building Active Communities Project has been running in Nimbin since August 2005.

The project has been a partnership between the NSW Department of Sport and Recreation, Lismore City Council, North Coast Area Health Service, Nimbin Health and Welfare Association, Nimbin Neighbourhood and Information Centre, Nimbin Bushwalkers Club, Nimbin Headers Sports Club, Nimbin Bowling Club and the Nimbin community. It ends on 30th June 2008.

In 2007/08 Nimbin Building Active Communities has:

- Developed the Nimbin Physical Activity Centre: average of 20 hours per week of classes in Tai Chi for Arthritis and Falls Prevention; Kickboxing; Circuit Training; Tai Chi Chen Style; Kids Fit; Fitball; Martial Arts; Girls Fitness Training; Qi Gong; weight training.
- Continued Social Netball: 8 sessions per school term
- Provided free community health and exercise information sessions including: Stay Active! Stay Independent! Tips for healthy aging and falls prevention; Out of the Blues – strategies for dealing with depression; and Men's Health Across the Lifespan.
- Organised the Women Keeping Moving Mocktail Party to introduce women and girls to the Physical Activity Centre, the instructors and the styles of classes being offered. Over 60 women and girls attended.
- Provided Accredited Training in Fitness: five people completed their Certificate 3; one person completed their Certificate 4 in Personal Training.
- Nimbin Bushwalkers Club continued with 3 walks a month and an average 12 participants.
- Provided more equipment for the Nimbin Physical Activity Centre and social netballers
- Supported Nimbin Headers Sports Club in developing a Netball Court at their sports fields so that the netballers can continue to play and develop their skills once this project winds up



BAC Co-ordinator Sue Boardman

- Negotiated the continued leasing of the A&I Hall so that the Nimbin Physical Activity Centre can continue under the new management of the Nimbin Health and Welfare Association.

Nimbin is incredibly lucky to have a facility like the Physical Activity Centre available to them with their own local accredited fitness trainers. All research suggests that keeping physically active is good for you. It can have a positive effect on every part of your life.

Nimbin Building Active Communities hope the community will support the new Health and Welfare Association management team in their efforts to maintain and improve the Centre in the coming years.

Nimbin is also lucky to have Headers Sports Club (soccer, netball and cricket facilities), Nimbin Bowling Club, Nimbin tennis courts, Demons AFC, Nimbin pool, Nimbin Bushwalkers Club, Nimbin Garden Club, the Dance Studio and Nimbin Pony Club. We also have fantastic walking trails within easy reach. For a village of our size we have an abundance of opportunities to participate in some form of physical activity.

As Project Coordinator of Nimbin Building Active Communities I want

to thank the numerous people and organisations who have supported the project over the last three years including: the Steering Committee who have displayed grace under fire, warmth, humour and perspicacity in dealing with innumerable issues; the many volunteers who have helped at various events; the staff at Nimbin Hospital whose tea room chat I will sorely miss and whose support over the last three years has been appreciated; the various sporting associations in Nimbin; the instructors who have contributed to the success of the Physical Activity Centre; Sally the Cleaner; the A&I Society; Nimbin GoodTimes; Nim-FM; the NCDA; Nimbin Central School; and all the others who I have not the space to name. Thank you all very much.

Nimbin Building Active Communities Project completes their project with the hope that the community will make full use of the facility they have developed over the last three years. We hope that those who participate enjoy the benefits, both physically and emotionally, of being physically active. All the best to all those who remain involved with the Centre.

More thanks, to everyone who helped make the Men's Health across the Lifespan event successful, especially Dave Hughes, the Mobile Men's Shed, Darmin Cameron, Bob Maxwell, Lindy Bentley, Lyn Ellison, Daniel Keszler, Rocky and Cass Jefferys for their contributions to the information session.



PAC Instructor Cassandra Jefferys



Nimbin Garden Club Notes

Garden Club members in the new Bamboo Oasis display garden. Photos by Sue Adler

by Gil Schilling

The May meeting of the Nimbin garden club was held at the Bamboo Oasis, Barkers Vale. A keen crew of about 30 members came out on a somewhat sunny, but increasingly cloudy afternoon to learn about the fascinating world of bamboo.

Our visit was hosted by Orion Hill, the Plantation/Nursery Manager, who first led us through his display garden, identifying and describing key features of the many mature species of bamboo grown on the property. Large, mature stands of clumping bamboo from China, South-East Asia and South America were noted.

Some members were particularly interested in finding frost-hardy species, and Orion pointed out Bambusa oldhamii as being well suited for such conditions.

Later in the production house, Orion explained how new bamboo shoots are harvested and processed and packed before being sent off to the Sydney and Melbourne markets.

Time was also spent in the propagation nursery, with some members purchasing specimens for their gardens, before we adjourned to Fay and Orion's house to enjoy the view and take afternoon tea.

The club would like to thank to Fay and Orion for being so generous with their time and hospitality.

Next Meeting

The next meeting of the club will be held at 2pm on Saturday 21st June at Denise Braidwood's garden, 413 Koonorigan Rd, Koonorigan – watch for the NGC sign. If you think you would like to join us or find out more, why not contact either Gil (6689-0581) or Caroline (6689-1945).

Members are reminded that 2008 subscriptions are now due and should be paid before the Annual General Meeting in July at Ossie Osborne's in Falls Road. Further details will be published in the next edition of the *Nimbin GoodTimes*.



Physical Activity Centre under new management

As the Nimbin Building Active Communities project and funding draws to a close on 30th June 2008, Nimbin Health and Welfare Association Inc. (NHWA) is proud to announce that it has accepted the job of managing the Physical Activity Centre (PAC) for the Nimbin community.

NHWA see this facility as an important part of its brief to enhance and support the well-being of our community in whatever way it can.

The PAC will remain in the pavilion of the Nimbin Agricultural and Industrial Society (A&I), and has their enthusiastic support.

NHWA has formed a PAC management sub-committee comprised of Len Martin (NHWA rep), Nigel Hayes (Community Sports rep), Cass Jefferys (Physical Instructors rep), Teena Ann (Nimbin Neighbourhood Centre rep) and Neville Plush (A&I rep).

The Management Committee wishes the community to know that they are always seeking professionally accredited and insured fitness instructors to conduct classes at the Centre.

For all inquiries please ring Len Martin on 6689-0254 or Neville Plush on 6689-1173.

Crossword Solution

See page 21.



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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
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Headers hold their own



Go team! The Headers 14s playing the Tintenbar/East Ballina Tornados on 23rd May (left to right): Claire, Indica and Jake show the style that took them to a 4-2 win. Photos: Kathleen Longmuir by Nigel Hayes

The 2008 football season is turning out to be a big one for the Nimbin Headers.

With 10 junior and four senior teams, the fields are often crowded with happy and healthy enthusiasts. On match days the players have been encouraged by an appreciative audience of parents and supporters to display all the spirit and sporting prowess that the Headers are renowned for.

While participation is the club mantra and the junior non-competitive teams are perhaps the most representative of our aspirations and ideals, some of our competitive teams deserve special mention.

Our Women's team, for example, is currently undefeated and leading their competition, though they are bound to miss



their star sweeper Jemma Bayles who is out for the season after breaking her leg at the last home game. We of course wish her the speediest recovery possible.

We also acknowledge that our Men's 4th Division and 5th Division teams are also undefeated. Our Grade 13 team is doing well while the 10's, 14's and 15's display potential and signs of having a very good year.

The Grade 16's have started very slowly as have the 12's. The Men's 6th Division team are simply trusting that their bodies hold together and that their first win is just around the corner.

The overall winner of the Headers logo competition was Orianna Laurie, and her stylish design (pictured) can now be seen on all the adult shirts and, after the June long weekend, on the junior uniforms as well.

The Club would like to acknowledge all the competition winners, Connor, Lisa and Orianna and thank everybody else who submitted their entry. We would also like to thank Lavina from Sew Cool for doing the embroidery.

Hope to see you at the Headers Fields some time soon... **Go Headers!**

Demons' new direction: up



If a week is a long time in politics, then two months is a very long time in a football club.

Since the progress of the Demons was last reported in the *Nimbin GoodTimes*, the club has ended its latest experiment with an 'outsider' as coach; changed President and Treasurer/Secretary, and inducted a near-totally new revamped Committee.

After having several non-Nimbin residents as coaches over the last few seasons, the club has concluded that it is best to stick with locals who have a better understanding of this unique culture. In his seventh season as a Nimbin Demon, the Committee has appointed James Alexander as coach for the season. This appointment has been well received by the team, and enthusiasm levels have remained very high.

Mick Martin has resigned as President due to work commitments after many years of excellent service; and Tony Burton has resigned as Treasurer/Secretary – the club's thanks go out to both of these men for their many efforts over the years. In a show of solidarity and commitment, seven new people have joined the Committee to fill the vacancies created and are approaching their new roles with gusto.

On the field, the Demons have put up spirited performances in all but the first game. They are yet to score a win, but each game has seen an increase in fitness, skill and determination as well as more respectable score lines. There is a great mix of older, more experienced campaigners as well as young, new players with fifty percent of the team now being under 20 years of age. Young people worthy of mention are Rowan and Morgan Hindry; Joey, Andy, Alex and Billy Walker; Will Alexander; Roy Shaffer-Gardner; Sam Herd; Angus Graeme (*injured*).

A healthy generational change is happening both on the field and in the Committee. All at the club feel that success in the form of victory is not far away. Success in the form of a building team spirit, great attendances at training, 22 players available for each match, and enthusiasm is already evident.

A special event game is scheduled for Saturday 28th June. The Demons will be hosting the inaugural Reconciliation Match against the Lismore Swans at Demon Park, Nimbin. Australian Rules football has always been an excellent vehicle of reconciliation as it originated from a combination of an indigenous ball game called Marn Gook and rugby. The AFL have been leaders in recognising the contributions of indigenous people to this great game, and with around 10 indigenous players the Nimbin Demons are very aware of the fine skills and commitment which these players bring with them.

The Demons are asking that all Nimbin residents attend this special event and enjoy the pre-match entertainment and festivities that are planned, as well as the best theatre in town – Aussie Rules football.

Sponsorship

The Demons are proud to announce that the Nimbin Village Pharmacy has become a major sponsor, offering much-needed financial assistance to the club. The Demons are very pleased to welcome the pharmacy to the team and look forward to a long and happy association.

In addition, a charitable organisation in Melbourne, the Holland Foundation, have kindly donated \$500 to the Nimbin Demons to assist with positive grassroots community sport. The club is extremely grateful for this wonderful gesture.

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June Gig Guide

Friday 6th	Ghost Mountain
Sunday 8th	Thrill Billy Stomp
Friday 13th	Glory B
Sunday 15th	Mona Lizard Market Sunday 1.30-5pm
Friday 20th	The Diana Anaid Band
Friday 27th	Thora Zoo

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