

Do we really have anything to worry about?

The Politics of Fear

by Ron Stevens

On the Saturday evening of Mardi Grass I went along to the Soapbox forum to hear what visitors to Nimbin this year had to say about the future of cannabis.

Not much was said that hadn't been said before. I did become aware, though, that there was something wrong. Everyone spoke as though that was somehow going to mean something – enough, that then someone else would actually do something.

I felt shocked to realise these speakers had the same problem I did – we were all under the same pressure of not being able to effectively change things so we could do what we wanted. We were all persecuted. We were all, all over the world – persecuted, no matter who we were.

We were groups, all preventing other groups from just relaxing and getting-on with whatever lives we'd chosen to lead. There was no satisfactory system for any of us to get our rights functioning properly. Our ways of achieving our aims were all out of date and ineffective. What hindered us hindered the world.

Days later, I realised that "over-population" (supposedly) has us all fighting for "diminishing resources," and so, we are put under pressure from Media disinforming us about everything so that we have all become fearful, as though there were a real shortage (I don't think we really have a problem, but for deliberate attempts to make us panic and pay more, through profit-directed withholding of supply).

But, we do have fear. Fear (and its greed and apathy), I am sure, is the reason we have such expectation in our behaviour now – and, in the long run, why there are such things as cannabis-prohibition. Any persecution contributes to the pressure we collectively suffer. Cannabis is a relaxant and probably goes against those who profit from the constantly increasing belief in fear and being afraid.

Our behaviour becomes increasingly self-protective and seemingly "anti-social" when we are given more reasons to feel insecure, threatened, and in danger. We react inappropriately; take risks that create problems; and frighten others (who also have their own behaviour to deal with).

This is a natural consequence, when we are pushed, under threat. Especially, the sense of increasing endangerment compounds when others are affected by similar circumstances. The idea that we are facing extinction is quite destabilising for us all – and so, the effect of our stressed behaviour can escalate.

We may all get so frightened, especially with the Media pushing

us, that we all tumble over the evolutionary cliff – driven by our fear of other people's behaviour. The only way out might be the survival of our remnants, some few of our once-mighty civilisation – or, the few (million?) who manage to get a job on one of our new "bubble cities" or hastily-built "off-planet" slave-stations.

The speakers at the soapbox didn't mention anything about slaves; cyborgs or space-stations; or world events. They were only interested in the job at hand. This, I felt, was a huge mistake.

Of course, it's easy to see why we don't look further about us, but it is a mistake. We are at the mercy of world events, for one thing. And, another – people don't include the laws of behaviour in their wants and desires and askances.

"Behaviour" is the big problem. We react the way we do because it is built into us. We shouldn't ignore it but we do. That's a part of why we have a problem with fear, and all of that. It is why prohibition is a problem; why there will be no satisfactory answer forthcoming.

People can't do anything for cannabis, or clean water, fulfilling life, or any of the things all the world's groups are trying to "have attended to", not readily; not respectfully. The "others," may get what they want only sometimes, momentarily (just to keep the rest of us trying, as we have been taught to); but then, they are not so happy for so long, either. Few are ever really satisfied.

Our problem, with extinction, fear, and being dissatisfied, etcetera, is deep-rooted, which brings me to what I feel I must speak: It all won't go away without behaviour being healed. Rough treatment doesn't help. Our problems are because of behaviour and behaviour needs attention – or, it gets worse. If it keeps getting worse, then all these suggested problems really will eventuate, but we really don't have to have anything like that.

Few people want to pay any notice to the need for behaviour to be healed. We are taught to overlook it. Instead, over the millennia, we have been taught to accommodate it (with other behaviour) and even to use it, as a sort of pretend-satisfaction, where it is "rewarded," and where we have learned to gain things.

This has all come about as a replacement for our behaviour's deep need for re-balancing, for healing. This healing is extremely important. As one heals (and we rarely allow this to happen) one allows oneself to regain their own mental wholeness.

Fear, accentuates the (universal) feeling of being separated from ones "deeper-self." It is why "denial," and "rejection," and "isolation," and "division," have become amongst

the strongest of social tools. We manipulate each other by increasing each other's feeling of self-separation. Healing, makes us whole.

As we each contribute, in our own fearfulness, to the world's fear, we increase the probability that we humanity will mainly perish, suffer, or become more slave than we are now – in a world (of some sort), that has become "private property" to someone who has utilised incredible manipulative force over a very long period of time. The danger, then, is that as a "safety precaution" this said "someone" (a consummate manipulator of fellow people) will take the opportunity to safeguard themselves by taking control of everyone's mind. And everyone will have the opportunity to comply, if they want to go on living in this world. The day's technology would ensure it, to prevent "disorder and chaos," to guarantee compliance, stability and good service.

The problem with this scenario, regardless of how it turns out, is that it would only go this way if we continue not paying attention to our behaviour. Already, it is common to hear "authorities" boasting that they don't need heart, or have no need for feeling or to use any commonsense, and that they will not "tolerate any behaviour" they don't like. This is the wedge we don't want. It is the edge of oblivion.

Without listening to behaviour we won't allow our minds to heal (healing from self-separation). We won't allow ourselves our own spiritual wholeness – for, a clear healing whole-mind allows us to know our own awareness of ourselves as "whole."

As a whole being, we have all the glorious qualities that make life feel as we'd all naturally like it to be. Whole, we have contact with our spiritual selves, and can see the truth of our life.

A big part of healing ourselves is making good decisions. We can do this, too, if we go the way of love (connectedness), instead of fear (separation). Go the way of self acceptance, instead of condemnation.

Healing doesn't have to happen overnight, but we have to get it going if we want any reply to our calls for the things we want. Many of us have realised that the right thing to do now is to make ourselves gently stronger against fear, and to help others to be less fearful in a simple way, in simple contact.

Building healing, and increasing contact with our spiritual selves, we will get the answers we want (all of us); we just want to let ourselves, and each other, to heal. At the forum I don't think anyone said anything about this but I wished I had – so, now, I've said it, here.

Let's Get Physical

by Len Martin, Chairman, Nimbin PAC Management Committee Phone: 0266 890 254 Email: pteropus42@smartchat.net.au

The Nimbin Physical Activities Centre in the A&I pavilion was emptied of gym equipment on the Tuesday before the Show. Thanks to all of those who helped. And wasn't it a great Show?

Anyway, all the gym equipment had to be moved back in on the Tuesday after the Show, so that classes could continue. Kay and Grant and I turned up to help, only to find that Neville Plush and Phillip Williams had already moved the whole lot back themselves.

Thanks chaps - that is a good indication of the magnificent support that Nimbin's A&I Society gives to the Physical Activities Centre.

Term 3 Program

Classes for the next term are as follows - why not try one or two yourself?

Monday

Cass 9-10am, 5.30-6.30pm

Tuesday

Cass 6.15-7.15am

Sue 9-10am, 10.15-11.15am

Wednesday

Cass 9-10am

Daniel 4pm - Kid's Kung Fu

Cass 5.30-6.30pm

Thursday

Cass 9.45-10.45am

Friday

Cass 9-10am



It's Official. Mayor Jenny Dowell with the Memorandum of Understanding that transferred the operation of the Physical Activity Centre to the Nimbin Health & Welfare Committee in a welter of acronyms last July.

Please contact the instructors for further information. Cass Jefferys 6689-1405 Discover Fitness, Sue Boardman 6689-1731 Tai Chi, Daniel Keszler 6689-9249 Kung Fu for Kids. Detailed class timetables are posted in the PAC noticeboard beside the Nimbin Butchers. We are still looking for insured, accredited instructors.

Social Netball season starting soon



Netball is a great game – just ask anyone who has played it.

Nimbin social netball re-commences Tuesdays 5-6.30pm from 21st October to 9th December, at the Headers Sports Club, Cecil Street Nimbin.

All players must become members of Headers Sports Club. Adults \$10 per annum; juniors \$5 per annum. Membership forms can be filled out at the first session.

There will be an additional cost of \$2 per session per person to cover costs of equipment, end of year BBQ etc.

Proper sports shoes must be worn. Please bring water, hat and sunscreen with you.

For more information please contact Sue Boardman on 6689-1731 or email sue.boardman@hotmail.com

Play the game. Laura Kovac shoots into the net at a social netball session last year. Insurance issues have forced the change of venue from the Nimbin Central School courts to the Headers field.

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A Gentle Spring in Step with the Nimbin Bushwalkers

by Len Martin

On a cool and overcast Saturday 30th August, the intrepid Ron Ronan led 24 of us into the trackless World Heritage rainforest of Mebbin Lagoons in Mebbin National Park, immediately below the spur of Hanging Rock on the Border Ranges. No steep grades, just a matter of not getting lost. Thankfully Ron had reconnoitred thoroughly, and all returned safely to Cadell Road. The initial bit of the walk, an old forestry track, actually shows up on Google Earth. Past that, we went through some relatively open forest before reaching allegedly unlogged rainforest and the lagoons, of which, if memory serves me correctly, there were three. They were dry, but one at least sported some wonderful Melaleuca paperbarks. These small openings in the heart of forest enabled one to see just how high the mature canopy is. The rain forest had great emergent gums, huge figs, fabulous fungi, beautiful buttresses, rich palm groves and an abundance of epiphytes. Needless to say, Don Durrant managed to find some minute orchids. Needless to say, we want to return in different seasons. Thanks Ron.



starting point for the Goanna Headland walk. Fortunately for we leaderless lot some Northern Rivers Bushwalking Club members were also doing Goanna Headland, so we tagged along at the start - notably to the point where the track goes up over the first headland. Very interesting this section, where native bush is progressively being cleared of Bl**dy Bitou Bush. Once more onto the beach dear friends and thence Goanna Headland proper - balmy breezes, a good swell breaking on the rocks and Gannets (or Boobies) fishing a little way off shore. Many interesting flowers among the stunted, wind-swept vegetation tempting the photographers, such that one, head-down bum-up

completely missed the Osprey drifting so close overhead. Return to a car park lunch and then to the nearby, gentle, Gummi Garra nature circuit walk in Bundjalung National Park. Alas, still showing the scars of bushfires, it comprises a wonderfully varied, largely open, woodland with many wildflowers including iris and sun orchids, some rainforest remnants, but no open heathland. It climaxes at a huge aboriginal midden beside the Evans River - what a campsite that must have been - then returns beside the river, skirting mangroves, with one notable floral feature for the photographers - mistletoe in flower at head height. And guess who we met up with soon after we arrived - our intrepid leader Michael, Joy and Ron. I won't recount the ensuing conversation! A great day despite the administrative hiccup.

Only seven of us braved a cool overcast, is-it-going-to-rain?-sort-of-day on Wednesday 17th September, to scale the relative heights of the Lone Fig Circuit at the Midginbil Hill Farm Resort. Because this is private property we restrict the walk to members only - a mark of thanks to the generosity of the landowners. We went remarkably slowly, largely because of the various trees and plants in bloom and the superb views. At the Lone Fig one enjoys a superb northern panorama of the whole Mount Warning Caldera, with Brummies Lookout silhouetted on the left. To the south, close up views of the northern face of the Nightcap range, with the Sphinx looming to the right. On this face of the range there is a large waterfall immediately behind Mount Neville, apparently a three hour walk up the creek - something we intend to explore in the near future - again the walk crosses private land, so this has to be negotiated. Also visible, is a route up the north face which apparently brings one onto the top track from Mount Nardi, not to far from the fabled flying-fox - another intriguing possibility for the future. Our heartfelt thanks to that most beautiful of "resorts" Midginbil Hill Farm. Oh yes, and we saw some scarlet honeyeaters.



Sharing. Garden Club members at various recent monthly meetings (above and below).

by Gil Schilling

Spring is in the air and the recent equinox has banished the risk of frosts. A new planting season has begun, and the time is right to get back into the garden with new plantings, digging in compost and mulching etc. With a little forethought and planning the next month or two really can be the best time of the gardening year. For many of us in and around Nimbin there really isn't a moment to waste before the oppressive heat of summer makes its presence felt in the garden. So what are you waiting for?

Guest Speakers at October Meeting

Two members of the Northern Rivers Environmental Defender's Office (Lismore) will be guest speakers at the club's next meeting. Legal eagle, Sue Higginson and education officer, Mark Byrne will talk about the work of the EDO and native vegetation and threatened species legislation. They will also answer questions about their role and activities in the local area. More info on the EDO can be found at www.edo.org.au/edonsw/site/default.php (the EDO Northern Rivers link is on the LHS of the page).

The meeting will be held at 2pm on Saturday 18th October at Vickie and Mark Williams garden, 47 Basil Road, Nimbin. Members and their guests as well as visitors are welcome to attend. Members are reminded to bring a chair, mug and something to share for afternoon tea. If you think you would like to join us or find out more, why not contact either Gil (6689-0581) or Jan (6689-0393), or just turn up on the day.

Club Christmas Lunch

This years club Christmas lunch will be held on Saturday 15th November at the re-vitalised Klassic Lodge Country Retreat. More details of cost, menus etc will be available at the next meeting. The plan is for the club to part subsidise meal costs for financial members, thereby keeping costs down for members.



Walks Program for October

Tuesday 7th October Through the Burringbar Range Tunnel

Grade 2, 7km 2.5hr return along old Casino - Murwillumbah railway line. Track has bush on each side for most of way and a 500m tunnel. Leader Ron Ronan (6633-7207, at night). Meet 8.30am Nimbin car-park or meet leader 9.20am Stokers Siding rail crossing. Bring food, water and a torch! It could be hot on the track so a good hat is advisable.

vine. Interesting Grade 1 walk(s) on Saturday; Meet - Saturday 9am Nimbin Car-park or 10.30am Tooloom picnic area; Sunday 7.30am Nimbin car-park or 9am Tooloom picnic area. A long drive: Kyogle, Woodenbong, Urbenville, hence camping option. Bring camping gear/ supplies (Saturday), picnic food (Sunday).

Sat/Sun 25th/26th October Camp/ Day walks Jerusalem Creek/ Black Rock, Bundjalung National Park

Grade 2 walks of 2-3hrs. Leader Judy Hales 6689-0254. Members can make their own way to Black Rock camp site Friday/ Saturday (1.5h drive from Nimbin). Could come Saturday for 3h day walk starting 9.30am; could stay on after Sunday - good push-bike rides too. Meet Saturday 8am Nimbin car-park, then 1.5hr drive. Bring lunch, water, swimmers.

NB. We need new leaders and new walks!

Sat/Sun 11th/12th October Rockhill Falls, Tooloom National Park

Grade 4, 6 hr Leader Don Durrant (6633-3138 at night). Camp at Tooloom Falls Saturday night, then drive 15 min to walk Sunday morning. Walk through beautiful rainforest to 45.2m high falls with amazing lava flow designs on cliff face. Good swimming, no lawyer

Crossword Solution

See page 21.



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Leaving Lismore through to Murwillumbah

| Normal Depart Times | | School Holiday Times | |
|---------------------|------|----------------------|----------------------|
| 8:00 | 2:35 | 3:20 | Lismore Transit 8:00 |
| 8:10 | 2:45 | 4:00 | Goolmangar 8:10 |
| 8:20 | 3:00 | 4:15 | Coffee Camp 8:20 |
| 8:45 | 3:20 | 4:30 | Nimbin Ave 8:35 |
| 9:30 | 3:30 | | Nimbin depart 9:00 |
| 9:40 | 3:40 | | Blue Knob 9:10 |
| 9:50 | 3:55 | | Twin Bridges 9:15 |
| 9:53 | 4:00 | | Mt Burrell 9:20 |
| 10:10 | 4:20 | | Uki 9:40 |
| 10:15 | 4:25 | | Mt Warning turn 9:45 |
| 10:30 | 4:40 | | Murwillumbah 10:00 |

Leaving Murwillumbah through to Lismore

| Normal Depart Times | | School Holiday Times | |
|---------------------|------|----------------------|----------------------|
| 7:10 | 1:50 | | Murwillumbah 7:30 |
| 7:20 | 2:03 | | Mt Warning turn 7:42 |
| 7:30 | 2:08 | | Uki 7:55 |
| 7:55 | 2:30 | | Mt Burrell 8:10 |
| 8:00 | 2:35 | | Twin Bridges 8:20 |
| 8:32 | 2:40 | | Blue Knob 8:30 |
| 8:45 | 2:50 | | Nimbin arrive 8:40 |
| 7:50 | 9:00 | 3:30 | Nimbin depart 9:00 |
| 8:05 | 9:10 | 3:45 | Coffee Camp 9:10 |
| 8:15 | 9:20 | 3:55 | Goolmangar 9:20 |
| 8:50 | 9:35 | 4:10 | Lismore Transit 9:35 |
| 8:55 | 9:40 | 4:15 | Lismore Depot 4:00 |

This service runs Monday - Friday excluding public holidays
Enquiries phone 6622 6266 Mobile 0428-255-284

Nimbin's Junior Rugby League Star

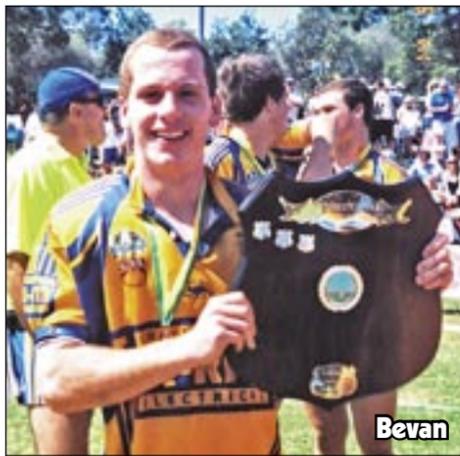
Nimbin local Bevan Cuthbertson, captain and hooker for the Mullumbimby Giants, has some great reasons to smile.

Carrying the shield (at right), after the Giants defeated the Tweed Coast Raiders 22-4 to become the Northern Rivers Regional Rugby League Under-18 Premiers, is only one reason.

Watching the match were scouts for the Brisbane Broncos, and Bevan has scored an invitation to join their development squad, the Bears.

But now he is faced with a quandary: to play footy or follow his second love, playing guitar?

Decisions, decisions!



Bevan

The Best & Fairest Demon

On Saturday 13th September, the Nimbin Demons celebrated their 2008 season with a well-attended presentation night at the pub back veranda.

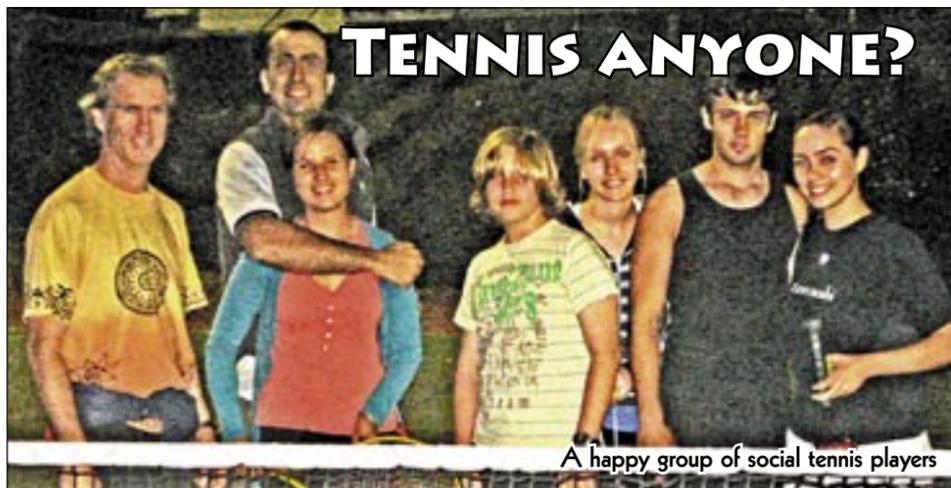
A relative newcomer to Aussie Rules, Ruben Garcia (pictured) won the club's Best and Fairest Award in only his second outstanding season in the game. Experienced in other codes, Ruben clearly demonstrates the latent AFL abilities which lie hidden



Ruben

within many soccer and league players – hopefully his success will inspire other newcomers to the Demons next season.

Indigenous star Alex Walker, after playing only half the season, won the Runner-up Best and Fairest, while veteran iron-man Zen Novak won the Most Courageous Award, and 18-year old Will Alexander was the popular choice for the Player's Player Award. A range of other people were awarded medallions and trophies for their special contributions over the season and their dedication to the club.



TENNIS ANYONE?

A happy group of social tennis players

With the warmer months now on us, a surge of interest in tennis has recently been seen at the Nimbin Tennis Club. People can play during the week or weekend days, or play under lights any night of the week. Several groups of people are having enjoyable social hits on a regular basis, and more are always welcome.

If interested in playing tennis, you can either pay a court rental fee (\$7 per hour per person daytime; or \$10 per hour per person under the lights), or you can become a member at the bargain cost of \$40 per person annually, or \$80 per family, and use the court as much as you

like with nothing more to pay for a full year.

The membership entitles you to play at any time, so it is great value for money. A key for the court can be obtained from Pixie (house next door to the court) – this can be arranged by phoning him during the evening.

If interested in becoming a member, contact either Pixie on 6689-1728; Andy on 6689-1014; or James on 6689-1017.

Keeping the club afloat financially is very important, so anyone using the courts are asked to do the right thing and pay the appropriate fee or just become a member.

Headers end season on a high

While the Women's team excelled in this year's FFNC competition, they were not the only team to make the finals.

The men's 4th division team was unfortunately defeated by penalty shoot-out in their Elimination Final after failing to play at their best. While this was disappointing, the signs for next year are good with a team of 16-year olds all 'blooded' and eager to play senior football.

The Grade 10 team also lost their Elimination Final although they did not lose the game. Junior rules meant that despite the 2-2 final scoreline the higher placed Thistles team moved to the next stage. Special mention here of the great efforts of first-time supercoach Simone.

The next Headers event is the Senior End-of-Year gathering and celebration. This will be held at the



Capping a great year. The headers womens team celebrate at the Presentation ceremony, after their 5-1 Grand Final win.

Headers Fields on Saturday 11th October. The afternoon commences at 3pm with the the annual game against Phoenix United from Sydney.

Social games will also be arranged and every player (male and female) over the age

of 14 is welcome to participate.

A free BBQ will follow, and the drinks will be cold and sold at cost price. All players, supporters and friends of the Club are encouraged to join us at the Fields for an afternoon of fun and friendship.

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real estate www.nimbinrealestate.com.au

After hours contact: John 6628 2182, Peter 0428 890 373, Lis Denmead 0447 891 004 66 Cullen St. Nimbin

FOREST GLADE \$165,000

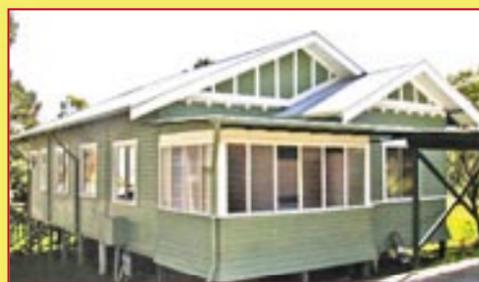


Set in a beautiful forested community is this delightful country cottage. Mebbin Rocks community is set on 150 acres with 17 shares, this property is set on 3 acres guaranteeing

seclusion and peace. There is an abundance of water and great soil so you can grow your own veggies. The home has been designed to be light and airy with high ceilings and large windows providing cross ventilation

through the open plan construction. Constructed using a variety of materials; sawment, timber framing, poles and flooring the home creates a unique feeling and as a bonus has excellent insulation. The home also has a solar system, carport and a great front verandah for relaxing.

COUNTRY HOME IN TOWN \$320,000



This rambling country style home has been recently renovated in a sympathetic heritage colour scheme. It has 3 bedrooms plus a sleep out, and a massive living area.

The home is set back from the main street with farm land at the rear ensuring peace and quiet with all the convenience of living close to town.

THE QUEENSLANDER \$365,000



This wonderful Queenslander is a real Nimbin classic. Close to town and set on a huge 2500m2 block with its own creek; the property has loads of features to suit the entertainer or the growing family. Inside there are 3 large

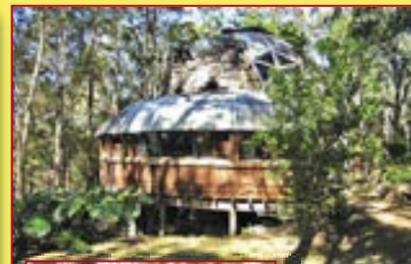
bedrooms, a new clean kitchen and a large dining room that opens onto a magnificent deck that has sweeping views of the grounds and to the Border Ranges. The home also has quality features that you would expect of a home from this era, high ceilings, pressed metal ceiling, stained glass windows and a grand entrance.

TENANT OF THE MONTH



Each month we will be giving our tenants the opportunity to win a gift voucher from the Rainbow Café. All you have to do to win is make sure that your rent is in on time! This month our fantastic tenant is Luke Kearney, who wins a \$100 gift voucher from the Rainbow Café.

SEEING IS BELIEVING \$199,900



Hidden away in one of the best communities in the Tweed Valley is this amazing 3 storey eco friendly geodesic dome. This home is truly one of a kind, it is big and spacious with unusual shaped rooms and a variety of interesting

building materials used throughout. The dome is set on 2 acres comprised of open land, lush rainforest and mature fruit trees. This is only 1 of 14 shares on a magnificent 200 acre community. The common land includes, old growth rainforest, accessible waterfalls and deep cool swimming holes. This is community living at its best.

SERENDIPITY \$330,000



This is an immaculately presented property located in one of the best strata titled communities in the Nimbin region. The home has 2 bedrooms both with feature stained glass windows that look out into beautiful bush land, both with French doors leading onto the sweeping verandahs. The

home has high raked ceilings and lots of big windows that create a feeling of space and light. The kitchen is an entertainers delight, clean and fresh with a gas cooktop and a Rayburn wood burning stove that provides back up hot water to the solar hot water system. This home is situated in a Brush box grove at the end of the road, guaranteeing seclusion.