

# ASTRO FORECASTS FEBRURY

YOUR MONTHLY REVIEW OF WHAT'S HAPPENING IN THE HEAVENS

BY TINA MEWS



**The Sun** is traveling through innovative and humanitarian Aquarius until the 19th when it enters imaginative Pisces. We can use the energies of the time to practise detachment guided by kindness and tolerance for diversity. As time seems to speed up, it is increasingly difficult to remain balanced in the here and now. We are again dealing with the intensity of the ongoing Saturn/Pluto square. Their first rendezvous was last November. Whatever the issues were then, they are back here now and will not magically disappear until we have addressed them courageously. Pluto's energy field is urging us to purify our motives, while Saturn demands that we take on responsibility for any imbalances that run our lives. The work of changing our reality has to be done from the inside out and the outside in. The New Moon in Aquarius on the 14th closely conjoins Neptune and Chiron, which symbolise the principles of healing and unity. This could be favorable for meditating on the interconnectedness and sacredness of all life. Then, during the last night of this month, the Full Moon in Virgo is in exact opposition to Jupiter and of course the Sun in Pisces. During this time we might harness the stimulating energies of the moment by being extra practical about our ideals and beliefs.

## Aries:

You might feel inspired by the projects that you are involved in at the moment. Keep on working out the details and refining them. Mars, the energy field symbolizing dynamic action, is still retrograde until March 11. Energy invested into your community will bring fulfillment. Balance your goals with other people's needs.

## Taurus:

You are in a position where you can get a lot of support for your plans. Involvement in group or community projects will be influential in changing your beliefs or even your life direction. The Venus/Jupiter conjunctions (16/17 Feb) could bring very enjoyable moments, especially in the romantic or artistic domain.

## Gemini:

With lots of Aquarian energy around it seems to be possible to remain in a breezy and cool mental space. Use your imagination for focusing on goals that

appeal to your head and your heart.

## Cancer:

The lessons in 'let go' that you might have to deal with in the earlier part of this month could turn out as blessings in disguise later. Have faith in the magical workings of the universe. It is essential to keep an open mind.

## Leo:

Apparently we project onto others what we cannot accept in ourselves. This includes denied weaknesses as well as unrecognized potentials. At the moment, important lessons and insights come from your relationships. Be aware of ego power, it could get in the way of things.

## Virgo:

It is essential to become clear about which obligations and responsibilities are yours and which belong to others. Your energies could scatter too widely, leaving you pulled in at least two

directions at the same time by the end of the month.

## Libra:

Saturn, the Lord of Karma and 'planet of necessity' entered your sun sign in late October 2009. If your life has experienced some fundamental changes during these last few months, be assured that it will continue to do so, for a while at least. The process has started and you are moving into a new phase of becoming who you truly meant to be.

## Scorpio:

Mars, the warrior, is still retrograde and gives you some extra time for sitting back while observing the movements of the time. It is a great month for enjoying your home life and sharing some pleasant moments with family and friends. What about a party? The 17th ought to be a great day for socializing and having fun.

## Sagittarius:

With so many options to choose from, it is important to pause for a moment and reflect upon the true value of things, events and people. A great sense of belonging comes from your innermost being. The beneficial rays of Jupiter in Pisces encourage nurturing family relationships.

## Capricorn:

Have those areas of your life, which you used to feel particularly responsible for, just changed course at a fundamental level? Be

assured, you have entered or are about to enter another phase on your evolutionary journey. Allow yourself sufficient space and time. New creative impulses are about to revolutionise your world. Get ready!

## Aquarius:

Neptune and Chiron are again conjoined in your sun sign. A good time for dreaming, being creative or involved in humanitarian projects. You probably feel quite selfless and generous towards others at the moment. This is a good thing. Nevertheless, try to remain as realistic as possible concerning money matters.

## Pisces:

Jupiter, the Cosmic Teacher, entered your sun sign just a few weeks ago and will stay up to June. This could signify a major phase of growth in your life. Open up and embrace the new opportunities that are coming your way. On the 12th, social and affectionate Venus will also enter dreamy and watery Pisces. Enjoy the moment and watch out for any tendencies towards overindulgence or extravagance.

*Tina is available for private readings or astrological counselling sessions. Workshops will start again on 17th February. Topic: the Astrological Houses and Angles. For bookings or info please phone 6689-7413.*

# Mates and the Law

or, what do you do with a drunken sailor?

by Jim Moylan,  
Nimbin Justice Action Group

The problem with mates is they will get you into trouble. They'll get drunk and throw up on a policeman. They'll pass the joint on to (Undercover Officer) Senior Constable Reg Redneck. They'll mention casually, just as you are being pulled over, that there is a kilo of buds in the boot. They'll pick a fight and suggest that you join in. They'll ring you up in the middle of the night and ask if you can post bail. etc etc etc

So what do you do? How do you help when a friend is deep in the legal doo-doo and trying to pull you in too?

There are no right or wrong answers when it comes to mates and the law, just some...

## Common Sense Principles

**1. Look after yourself first:** This is not meant to suggest that you abandon a mate – but you won't be much help if you are locked into an adjoining cell!

If there are more than four of you remember that the coppers don't like to be mobbed. If you are one of a group and a mate gets into trouble with the police – move aside (as a group) and have only one of the group approach the Police – but only if it is necessary (to calm your mate down or to take his belongings home for him etc etc).

• Only stick your nose in if it is likely to assist.

• If the Police tell you to 'move on' do so instantly (or risk arrest for 'hindering police').

• Never intervene if you have pot (or other drugs) in your possession.

• When the coppers hassle a mate, stand aside politely and move away casually (don't bolt).

**2. Avoid and/or politely intervene – then shut up!**

There is only so much that you can do to help an idiot mate (and most of that will be in assisting them to pick up the pieces in the morning). A good rule of thumb is, when the coppers are hassling a mate (or about to hassle a mate) try first to **avoid the coppers**.

If you can steer your mate away from the coppers. If you are in a group – keep a good lookout for the coppers. If you see the coppers then alert everyone in the group.

Avoiding coppers is always the best answer!

If you can't avoid an encounter, or your mate is engaged in getting himself deeper and deeper in the shit... **politely intervene.**

Don't talk to the coppers: Tell your mate to pull his head in! Show concern for your friend but be respectful because the coppers are as likely as not going to turn on you. If asked to leave – leave instantly and shut up. **If you argue with coppers they will arrest you.**

**3. Never go to a Cop Shop (or a Court) drunk or carry drugs inside.** Don't go in large company (no more than two to a Cop Shop or four to a Court).

**4. Never play pass-the-parcel when the coppers arrive.** Under NSW law 'momentary possession' is still possession. In a game of 'pass-the-parcel' it is not just the person who has the package 'last' who gets busted – everyone in the line of possession will be charged. (*The best idea is to drop the drugs on the ground in a discrete location. Even if a bag containing 'Green Vegetable Matter' is on the ground right next to you the police have to prove that it is 'under your exclusive or partial control or influence'. Just say it 'isn't mine'.*)

**5. Don't try and intervene if a policeman is frisking down or searching a friend unless they are under 16 years of age.** If they are younger than 16 then politely inform the police of this fact. (If told to 'move on' – then move on.)

**6. Never go onto a friends property if it is being searched.** You will be searched and you may be named as being complicit in an offence your friend is charged with.

**7. If a mate is arrested (as a general rule) – do whatever the coppers say quickly and politely, get the hell out of there, get legal advice.** You won't help your friend by getting the cops further riled up. You can't fight the coppers on the street or in a Police Station – only in a court. If your friend is charged with a serious offence then you might want to assist them by helping them to obtain legal counsel. Ring your local Community Legal Centre or Aboriginal Legal Aid or Commonwealth or State Legal Aid office.

This is a difficult topic – there are as many correct answers as there are species of idiot mates. Enquiries HEMP Embassy, 6689-1842.

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# Film Review: Bran Nue Dae

Reviewed by Stephen Wright

The great thing about musicals, when they work, is that they can subvert a whole range of narrative conventions, and get away with it.

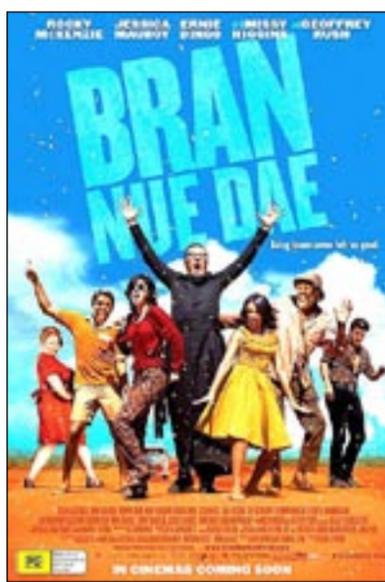
Singing chimney-sweeps, cheesy love affairs, two dimensional characters defined by one emotion – The Good Girl, The Bad Girl, The Cruel Landowner – and plotlines that make ‘Romeo and Juliet’ look good, are all encompassed by the musical’s promiscuous embrace. And the bad thing about musicals when they don’t work, is all of the above; singing chimney-sweeps etc. By all accounts Australians love musicals, and we dutifully queue up in our thousands for such preposterous transnational corporate epics as ‘Cats’, ‘The Phantom of the Opera’ and so on.

‘Bran Nue Dae’, written by Jimmy Chi and his band Kuckles, has been around for 20 years as a stage show, but has only now made it to

the screen. It tells the story of Willie (Rocky Mackenzie) an Aboriginal teen from Broome who runs away from his Perth boarding school – run by the draconian German priest, Father Benedictus (Geoffrey Rush) – where he has been training to become a priest himself. On his road-trip home to confront his intimidating mother (Ningali Lawford, one of the original BND cast members) and claim the love of his girlfriend (Jessica Mauboy), Willie picks up the rascally Uncle Tadpole (Ernie Dingo), two airhead hippies (Tom Budge and Missy Higgins) and good-time girl, Roxanne (Deborah Mailman). Rocky Mackenzie carries off the role of Willie with just about the right amount of diffidence and naivety, and is lucky enough to be most of the time playing opposite either Geoffrey Rush or Ernie Dingo. Rush seems to be able to turn his hand to just about anything, but it’s Ernie Dingo’s stellar performance as Uncle Tadpole that

steals the movie. As the drunken and unscrupulous Uncle Tadpole, Dingo carries the whole film and enables everyone else – with the possible exception of Missy Higgins – to stand up a bit taller and deliver fresh and lively performances.

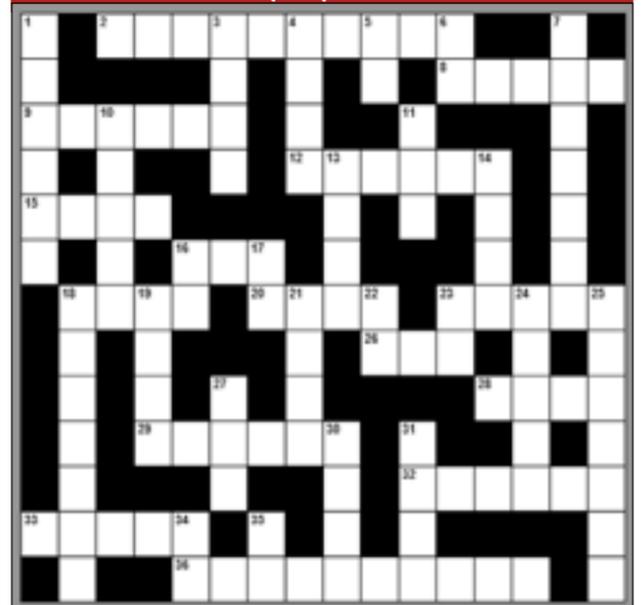
‘Bran Nue Dae’ has a great charm, terrific energy and has the essence of musical conventions down pat, from the high-kicking showstopper (‘Nothing I Would Rather Be’) to the poignant highlight, Uncle Tadpole’s ‘Listen to the News’ sung as part of a dream Willie is having while he and Tadpole are in the lockup for the night. ‘Listen To The News’ is a great Australian cinema moment I think, and was definitely the punch the whole film had been building to. ‘Bran Nue Dae’’s willingness to engage with its message of Aboriginal dispossession but also with humorous side-



glances at white perceptions of Aboriginality and, Aboriginal perceptions of themselves, is what gives the film its pace and verve and power. Normally, I’d walk a long way to avoid seeing a musical, but ‘Bran Nue Dae’ is something out of the ordinary, in a category of its own, and if you want to award yourself an Australia/ Invasion Day present, ‘Bran Nue Dae’ is a pretty good way to celebrate. Beats sticking the national flag on your car and singing ‘C’mon Aussie, C’mon’.

# Nimbin Crossword

2010-02  
by 5ynic



### Across

2. Treaty city for the battle against global warming
8. Between hail and snow?
9. 3 months? Add spice
12. See 18 down.
15. (Greek God of) physical love
16. Mythical giant bird
18. Arrived
20. Sand-bar or coral-reef islands, as off Florida or Bermuda
23. See 3 down.
26. Confucian philosophy. The way.
28. (Im)polite request to refrain from further comment (esp. in online forum)
29. Jamaican gang
32. Waterfall between Argentina, Brazil and Paraguay
33. Dismount involuntarily (as from surfboard or skateboard)?
36. In the normal course of affairs

### Down

1. Not a worshipper of Haile Selassie, but a computer graphic made up of coloured pixels.
3. (and 23 across, 19 down, 23 down) Children’s counting rhyme
4. Bank, based in Hong Kong and
5. Chinese boardgame
6. Nova Scotia (init.)
7. Nomadic people of North Africa
10. Marketplace (of ancient Athens)
11. Genetic code
13. Worthy of veneration? In need of mending
14. The Republic of Ireland
16. With regard to
17. Engine size? Include in an email’s recipients
18. (and 12 across) macro alterations to global weather patterns brought about by industrial emissions
19. See 3 down.
21. “Opposed to”
22. Camera/MP3 player memory card
23. See 3 down.
24. Actor with no lines to speak
25. Google’s video-upload subsidiary – also blocked in China
27. \_\_\_\_-Boys: Eastern suburbs surfies?
30. Biblical garden (before the fall)
31. Jetty
34. Knock Out (init.)
35. Overdose (init.)

Solution Page 7

## Reviews from the Crypt

by Stephen Wright

### Kylie Minogue: Impossible Princess (1997)

It was probably *The Beatles* who started the go-on-an-odyssey-explore-your inner-self-and-write-an album trip, when they went to India to hang out with Sexy Sadie and wrote the *White* album.

In 1996, Kylie Minogue, at something of a crossroads in her career, went a-odysseying across the US and China and wrote the lyrics for what would become ‘Impossible Princess’, an album named after a book of poems by the British punk poet/artist Billy Childish.

Because her record company’s A&R man was sick when she came to record the album, suddenly Minogue found herself with creative control she hadn’t had before, and she went for it. The result is something unexpected, refreshing and more eclectic than anyone had a right to expect from a pop princess of Minogue’s lineage. The lyrics are personal and solidly constructed and out of left-field. A year earlier, at Nick Cave’s suggestion, Minogue



had read the lyrics of her song ‘I Should Be So Lucky’ at a poetry festival and perhaps it opened an avenue for her in thinking about what a lyric could be.

The music of ‘Impossible Princess’, written in collaboration with various people, has a verve and imagination to it that look even better 12 years down the track. Songs like ‘Cowboy Style’, ‘Breathe’ and ‘Some Kind Of Bliss’ are worth the entry price alone.

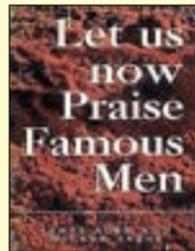
‘Impossible Princess’ sold terribly, probably because it was not the bubblegum-pop-Kylie anyone was used to hearing, but it presaged the ascent to mega-stardom of Australia’s premier rock goddess.

### James Agee and Walker Evans: Let Us Now Praise Famous Men (1941)

In 1936 the 27 year-old poet and sometime journalist James Agee trekked off to the backwoods of Alabama with photographer Walker Evans, to live with, and record the lives of, poor white tenant farmers.

Tenant farmers were those who had no land of their own but leased it from richer landowners. Their lives were desperate, without hope and in 1936, as the Great Depression stumbled on and on, a hair’s breadth from starvation.

Agee and Evans spent two months living with three families, and Agee documented their lives in a remarkable, luminous prose that not only restores a dignity to the lives of those regarded as little more than cretins by the rest of the country, but somehow manages to describe a completely unexplored space where he and Evans are not intruders, but collaborators, collaborators with an unusual degree of empathy, intelligence and



compassion. Walker Evans’ sixty-four photos of the adults and children of the Woods, Ricketts and Gudger families are both amazingly candid and constructed with a great tenderness and

acuity of observation, matching in a profound way, Agee’s prose.

‘Famous Men’ sold a paltry 600 copies on its release before being remaindered, and its ground-breaking style was only recognised much, much later. Evan’s photos have since become iconic images of the Depression.

Agee went on to write the screenplays for the films ‘The African Queen’ and ‘The Night of The Hunter’ before dying of a heart attack, brought on by years of heavy drinking and chain-smoking, at age 45. His influence from this one poorly-received book can be traced right through the twentieth century and into this one, through the writing of William Faulkner, Jack Kerouac, Hunter S. Thompson and Cormac McCarthy.

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# Nimbin Bushwalkers start new decade with sadness and the Celebration of a Life



© On Tooloom Creek in 2007.

by Len Martin

Our first activity of the year was to partake in the memorial celebration of the life of our much-loved Vice-President, Don Schell, who died unexpectedly in December. The ceremony was held on 24th January on Don's beloved farm 'Chiwaticam' up on Mountain Top.

As it turned out, the Nimbin Bushwalkers contingent was just a small part of a very large gathering - such was the great love and regard felt for Don by his many friends and neighbours. We were blessed with a fine sunny day in paradise (as Don described this neck of the woods), with balmy winds

and fine views over the sacred sites of Nimbin Rocks and the Nimbin valley.

Don's long-time friend, Peter Henson was MC, and we heard from him and from Don's elder brother Al about some of a younger Don's adventures and exploits - and they were many and often awe-inspiring. Don's daughter, Sarana gave a moving account of her childhood with Don and Ann in that little log cabin in Alaska with its wonderful vegie garden, and some fabulous childhood adventures. She described Don as a Renaissance man - thus pre-empting my use of the term when my turn came to give some remembrances. Michael Smith shared fond

memories of Don on behalf of the club, and Joy Smith made a point of thanking all of Don and Linda's neighbours who had done so much to help Linda get through this trying time, not least of which was a fantastic spread of food and drink which we enjoyed after the formal proceedings finished with a beautiful poem by Don and Linda's close friend, neighbour and poet, Barbara Taylor.

Linda gave me, and I quote, "a list of folks who worked so hard to make Don's service so great and memorable. It's quite a long list... Dennis & Diane Whitney, Jack & Veronica Doyle, Alison Caperon, Beverley & Peter Henson, Liz Caperon, Kirsty Spence, Anne

Stead, Chrissy & Eddie Laws, Maxine & Rob Cunningham, Joyce & Andrew Pittaway, Carolyn & Ian McDonald, Kim & Cal Benbow." And I add my thanks.

We enjoyed, and I use the term advisedly, looking through photographs and other accounts of Don's life, talking about him fondly with his brother Al, first wife Ann, daughter Sarana, grandson Kai and so many different people.

Don had certainly led a full and adventurous life, a distinguished academic, a man who loved nature, a man of great compassion, a man of great wit and intelligence, a great bush walker and one who enjoyed adventuring on rocks and scaring the socks off us. On one such occasion Don had said that his daughter would have probably gone further than him - when I challenged Sarana on this, she agreed that she was a pretty good rock-climber - so I have organised a short Don Schell Memorial Bushwalk for Sarana, Kai and club members, which will take in one of the rock-faces that Don scrambled up with such enthusiasm and vigour not that long ago.

What better way to finish than with Barbara Taylor's poem of remembrance of Don (at right).

## an empty space

two forest red gums, three seats, a table, and one black old dog  
the best of wines, with dames by his side, and some butcherbirds  
a wallaby mob still nibbling on jeweled grass, as flocks  
of sulphur-crested cockatoos scavenge through ripe pecans

screeching ...

rain clouds will not stay away, a wonga keeps on, and on,  
frozen, the frogmouth glares in solemn silence ...  
wee joey skips into mother's pouch, then peeps, pops out  
to say g'day, whilst kookaburras call our attention to this:

an empty space

where peace doves' coos are distant voices spooking pathways  
chattering lorikeets, high-pitched cicada tones slice this quietness  
and high above, a pair of wedge-tails soar, scouting for their prey  
greedy for grain, galahs wheel across these lush green lawns

waiting

for this silver haired gent, the fearless yank in his big Aussie bat  
with his big golden smile ... he'd slash the yards, often threatening more!  
a helping hand on every occasion, his wish to make everyone happy -  
death adders, tree snakes and pythons, all became his friend

gratitude

he offered his love and wisdom to us, even to Edith, so she'd never retort -  
we're the lucky ones, to have shared with Don, his precious Aussie time  
drives through moonlit orchard glades of macas drenched with nuts  
in the sky the track of a burning star - a cherished friend departs

compassionate

there's a tame little wallaby at the door, a new bird sings on the rails  
every where his mark's left here... "life is short", he said -  
so quiet these days, only speckled hens mulching dried leaves  
in this special place there's an empty space deep within our hearts

yet in harmony with nature, regeneration,

new lives will continue to grow

- two forest red gums, three seats, a table and one black old dog

- Barbara Taylor

## Walks Program February-March 2010

Sunday 7th February

Eastern Fire Trail,  
Nightcap National Park

Leader Michael Smith  
(6689-9291), 6 km return, 3 hr.

Grade 2 Easy walking on  
fire trails (Eastern Fire Trail  
& Perlite Road) to a lookout at  
top of a waterfall overlooking  
Wanganui Gorge. Plenty of  
hills and shade.

Meet 8am Nimbin car park,  
or Channon Pub 8.30am.  
Walk starts at 9.15am at  
Rummery Park Campground  
a few km north of Minyon  
Falls. Bring lunch and water.

Wednesday 17th February  
Mt. Matheson Circuit

Leader Michael Smith  
(6689-9291) 3 km return, 1hr.

Grade 2 Easy walking on a  
formed track. Plenty of birds,  
rainforest shade and leeches.  
This was the Club's first walk.

**We are always looking for new walks and new leaders!**

Meet 8.30am Nimbin car  
park or 9am Mt Nardi. Bring  
morning snacks and water.  
Could take more than 1hr  
as we enjoy the beauties of  
nature.

Saturday 27th February  
Bar Mountain Circuit

Leader Ron Ronan (6633-  
7207, after dark) , 3.5 km  
return, 3 hr.

Grade 3 Walk starts in  
cool temperate forest, passes  
through warm temperate  
forest and ends at a lookout in  
wet eucalypt forest, with views  
west to Mt. Lindsay & Mt.  
Barney, before returning to  
picnic area.

Meet 9am Nimbin car park  
or 10am at Bar Mountain  
picnic area, Border Ranges  
National Park, Tweed Range  
Scenic Drive. NB NP entry  
fees will apply. Bring lunch and  
water.

Saturday 13th March

Billinudgel Nature  
Reserve - Crabbes Creek  
Beach

Leader David Holston  
(6672-5071) 4-5Hr

Grade 2 Wooyung Caravan  
Park to Ocean Shores via  
Billinudgel Nature Reserve,  
circuit walk by 4WD track  
and beach.

Meet Nimbin car park  
8.30am or 9.45am opposite  
Wooyung Caravan Park  
cnr Coast Rd & Wooyung  
Rd. Bring Lunch, water and  
swimmers (optional)

Unless otherwise specified,  
visitors (non members) welcome,  
but will be required to pay a fee  
of \$5 per walk - deducted from  
membership fee when they join  
Club. Membership \$15/head to  
Treasurer Kay Martin PO Box  
61 Nimbin, 2480  
(Phone 6689-0254).

## 13 reasons why exercise will save your life

by David Hoffman,  
David's Health & Lifestyle Studios

Many of us look at exercise  
as another chore that we  
have to do. If we remember the  
majority of us are not as physically  
active as our past generations. This  
means we tend to have problems  
keeping active for our health.

Let's remind ourselves about why  
regular exercise is not a chore but  
has proven benefits:

- An increased fighting benefit  
against mental illness especially  
depression. This is because of  
improved feelings of confidence  
and well being, and self worth.
- Keeps your heart and  
cardiovascular system healthy  
by improving blood flow and  
keeping the blood vessels clear  
and clean.
- It will lower your cholesterol levels  
by using some of those fatty acids  
that build up as an energy source.
- It prevents and lowers the risk of  
diabetes because the sugars are  
used as energy and so the body

becomes more sensitive to Insulin  
to break down those sugars as  
energy.

- The development of brain  
cells, cognitive behaviour and  
improved memory and decision  
making ability because of regular  
oxygenated blood flow to the  
brain.
- A higher libido and satisfaction  
with our sexual activities because  
of increase strength, stamina and  
sensitivity to hormones that are  
produced.
- Exercise has the benefit of  
lowering blood pressure both  
long and short term by again  
keeping the cardiovascular  
system working efficiently, as well  
as opening up arteries and veins  
during the exercise routine.
- Having a regular exercise routine  
will reduce the possibility of  
falling victim to a stroke during  
your life by again keeping the  
cardiovascular system working  
well, reducing cholesterol levels  
and keeping other risk factors to a  
minimum.
- A twenty year follow up study  
found that people who exercise  
regularly live longer than people  
who were sedentary because  
of a reduction in health risks  
associated with diseases.
- Exercise keeps your metabolism  
high, which means you burn off  
more calories which in turn will  
help with weight control and loss.
- Exercise (particularly resistance or  
impact forms) will maintain, and  
even improve the bone density we  
have by placing pressures on the  
bone masses and forcing the body  
to lay down elements to make  
them stronger.
- People will have better sleep  
patterns when they exercise  
regularly.
- In women and men you will have  
a greater rate of survival post  
cancer if you exercise rather than  
people who stay sedentary.  
With so many valuable life saving  
events - why don't we exercise  
regularly to reap the benefits? Get  
more out of your life with regular  
exercise!

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# Discover Fitness celebrates its second year of success this month

Situated in the Nimbin Physical Activities Centre at the Showground in Cecil Street, Discover Fitness offers a range of group fitness classes and personal training sessions.

Qualified Instructor Cassandra Jefferys says the community's commitment and dedication to lead a healthier more physically active lifestyle has attributed to the success of her business.

A huge number of community members, both men and women, ranging from early teens into their 70's are now able to enjoy affordable weekly physical activity in a group fitness, small group or a one-on-one environment without



extensive travel.

Cassandra says, "Due to the large age range and fitness levels I may have in any single class, I have designed my group fitness classes to continue to challenge my fittest clients and at the same time, allow me, whenever necessary to work closely with new members, modifying exercises to suit their fitness level, assist in correct exercise application or accommodate for injuries."

She says, "Clients are encouraged and reminded to work within their own fitness range until they feel ready to challenge themselves. I prefer individuals to compete with themselves rather than try to keep up with others, that way there is less chance of injury and a greater chance of sticking to an exercise



Cassandra Jefferys at work

**DISCOVER FITNESS** Present this token and receive your first Group Fitness week FREE

Offer valid until 30th Feb '10 Available to new members only.

program. Working outside your fitness level can have a huge impact on whether or not you keep coming to class."

Whether you decide to attend before work, during the day or in the evening there will be a class to suit you. Take the opportunity to make use of this service, regularly, or drop in whenever you can. If you have a young child and you think they can sit and entertain themselves during the class there is a play area and some toys to amuse them.

Cassandra says, "It's great to have my regulars. To watch them achieve their goals, become stronger and more positive, but I love it when someone comes in who hasn't been for a while, I feel like my business is part of the community, People know I am here and come when they can. I am elated with the community's response and, with their continued support, I will be here for many years to come."

Discover Fitness offers eight group fitness classes throughout the week, or alternatively, you can always make use of the personal training programs.

Personal training is great for those who need to start out really slowly, desire a challenge, have short term goals, specifically weight loss or just have trouble

fitting into the group fitness timetable.

Cassandra says, "I have had a couple of sports specific clients preparing for big competitions, Clients in rehabilitation who have begun to trust their bodies again but mostly clients with short term weight loss goals.

"I have had remarkable success with my clients who have weight loss goals, especially those that have integrated their weight loss goal into their everyday lives, combining their training session with nutritional advice and additional training on their own."

When asked about her future goals, Cassandra replies, "At the moment I am not reaching those individuals who just want to go to a regular gym, be provided with a program and work towards their goals. So that is my goal, to cater for everyone's fitness desires, as a regular gym, a group fitness leader and quality personal training provider."

This will be achieved with continued community support, fundraising, and government grants to improve the Physical Activity Centre's facilities.

Discover Fitness would like you to join in the second birthday celebrations. Just present one of the tokens on this page and enjoy!

**DISCOVER FITNESS** Present this token and receive your initial PT consultation for just \$40. Save \$20.

Offer valid until 30th Feb '10 Available to new members only.

## NIMBIN AUTO CENTRE

20 Sibley Street Nimbin • 6689-1028



Proprietor Dave Basten

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**LARGE RANGE OF GROCERIES**  
Locals welcome to bring produce  
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Plugs, bulbs, springs, O-rings, oils  
**CYCLE PUNCTURE KITS**

Open Monday to Friday 7am-6pm  
Saturday 8am-4pm, Sunday 8am-4pm

## Nimbin Garden Club Notes



The first meeting of the Nimbin Garden Club for 2010 will be held at 2pm on Saturday 20th February. The venue will be the rose garden of Dawn and Terry Burr, at 117 Link Road, Wadeville.

This new garden, not previously visited by the club, contains roses of many colours and fragrances, including some old-fashioned species, in all around 100 examples of blooming roses - definitely a garden not to be missed.

The Burr garden is the first property past 'Wadeville Woolies' on the same side of the gravel road as the shop, heading towards the Hanging Rock swimming hole. See you there.

As the first get together for the year, the meeting will largely be a social occasion and a chance for people to catch up

with each other after the holiday break. As always please bring a plate to share, a chair to sit on and your cup. And also don't forget the club swap table. If you have some surplus garden material (seedlings, cuttings, fruit and vegies etc), please bring them along.

Members' guests, visitors and prospective new members are always most welcome. For more information about the club, please contact either Ossie (6689-1726) or Denise (6689-9324).

I am assured by the club committee that more interesting garden venues are in the pipeline, so if you want to keep up-to-date with garden club happenings, just keep an eye out for future editions of *The Nimbin GoodTimes*, at the beginning of each month.



## DISCOVER FITNESS SESSION TIMES

Day	Mon	Tues	Wed	Thurs	Fri
<b>Discover Body &amp; Mind</b>		6.15 - 7.15am		9.45 - 10.45am	
<b>Discover Body Circuit</b>	9.15 - 10.15am				
<b>Discover Body Blitz</b>	5.30 - 6.30pm		9.15 - 10.15am		
<b>Discover Body &amp; Mind / Circuit Combo</b>			5.40 - 6.40pm		6.15 - 7.15am
<b>Discover Cardio &amp; Endurance</b>					9.15 - 10.15am

### DISCOVER BODY CIRCUIT

A series of exercise stations designed to give a total body workout. Improves strength, endurance, and aerobic capacity. Great for beginners of any age.

### DISCOVER BODY BLITZ

A high energy total body work out. A great fat burner. Intermediate level.

### DISCOVER BODY AND MIND

A sequence of poses guided by the breath. (yoga and pilates influenced). Fantastic for building strength, toning and body /breath connection.

### DISCOVER BODY AND MIND / CIRCUIT COMBO

A combination of traditional and modern exercise philosophies that target the whole body and core strength. Great for beginners of all ages.

### DISCOVER CARDIO AND ENDURANCE

A combination of Thai boxing, resistance and weight training targeting the whole body. Intermediate.

### NIMBIN SHOWGROUND, CECIL ST NIMBIN

Casual session \$9

Two sessions per week \$15

Three sessions per week \$20

Four sessions per week \$24

### PERSONAL TRAINING ALSO AVAILABLE

Ph Cassandra 6689-1405 for further assistance

## Fashionating!

Cullen Street Nimbin

WALLERS BUS COMPANY					
Timetable as at 01/05/09 NIMBIN - LISMORE - NIMBIN ROUTE 650					
Normal Depart Times		Pick-Up Points		School Holiday Times	
Bus AM	Bus AM	Mon & Tues	Thurs PM	Town Bus AM	Town Bus PM
7.50	8.55		3.22		
7.52	9.00	12.45	3.25	Nimbin CBD, Main St.	9.00* 3.25*
8.03	9.10	12.55	3.35	Coffee Camp School	9.10* 3.30*
8.10	9.15	1.00	3.40	Goomangar School	9.15* 3.40*
8.14	9.18	1.03	3.44	Goomangar Store	9.18* 3.44*
8.20	9.20	1.05	3.50	Blakebrook, Cnr of Rosehill Rd.	9.20* 3.50*
8.30	9.30	1.15	4.00	Lismore, Cnr of Terania & Bridge St.	9.30* 3.50*
8.40	9.32	1.17	4.05	Lismore Transit Centre - Arrive	9.32* 4.00*
3.15	8.00	12.00	2.35	Lismore Transit Centre - Depart	8.00* 2.30*
3.35	8.03	12.03	2.40	Lismore, Cnr of Terania & Bridge St.	8.03* 2.40*
3.45	8.15	12.10	2.45	Blakebrook, Cnr of Rosehill Rd.	8.15* 2.40*
3.55	8.23	12.12	2.48	Goomangar Store	8.18* 2.48*
4.00	8.25	12.15	2.55	Goomangar School	8.20* 2.50*
4.05	8.35	12.25	3.00	Coffee Camp School	8.25* 3.00*
4.15	8.45	12.35	3.10	Nimbin CBD, Main St.	8.30* 3.10*
4.20	8.50		3.15	Nimbin Central School	

S/S - School Bus T/S - Town Bus M/S - Mon & Thurs ONLY  
This service operates Monday to Friday ONLY NO public holidays.  
Buses connect in Nimbin to & from Murrumbidgee - See Route 630 Timetable.  
\*School Holiday differ from normal, please check.  
\*24hr notice required for wheelchair accessibility

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# UKI REAL ESTATE

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Shop 4, The Old Butter Factory  
1454 Kyogle Road, Uki Village

**02 66 794 115**

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www.ukirealestate.com.au

## UKI \$420,000



Village life is grand in Uki. From this brick and tile 4 bedroom, open lounge kitchen, family home you can walk to the shops, café, market, hotel and all the activities Uki has to offer.

There is an amazing view of Mt Warning, The Sisters and Mt Uki and you can keep cool in your own salt water pool. Main bedroom is extra large with walk in robe.

Low maintenance block and priced well to sell makes this home very appealing.

Ref.#1261



## UKI Real Estate - The Team



**JYOTI**  
0438264382



**PAUL**  
0448191351



**MARTA**  
0448191351



**CHRIS**  
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Unbeatable commission rates!

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## NIMBIN \$305,000



Views, breezes and locality! That's the beauty of this one. Three bedrooms and kitchen open onto timber deck.

Kitchen with views north to Sphinx Rock, Blue Knob and east over a pretty rural district view. Mixed hardwood flooring, main bedroom has A/C.

Over 1500m2 block lends to further development of extra dwellings. (STCA). Stroll into the village and the wonderful amenities Nimbin has to offer.

Sit on this one and watch it hatch!

Ref.#1260



## LILLIAN ROCK \$579,000



Approximately 12 acres of fertile land with valley views in beautiful Lillian Rock on the edge of the caldera complete with a character filled open plan entertainers home with stone and timber features throughout.

Light and airy with gorgeous gardens and an ambience which relays peace and tranquility.

Separate 1 bedroom studio with its own power means you could also realise a good passive rental income. Huge powered workshop/shed for the handy-person of the house and plenty of room for expansion.

Fruit trees abound and a super spring fed lily-filled dam complete this idyllic lifestyle picture.

Minutes drive to local schools and shops this is a must for the young family or investor looking to get into the small acreage market. Inspection strictly by appointment only.

Ref.#1244



## NIMBIN \$299,000



This is a great opportunity to buy in the thriving world-renowned tourist town of Nimbin. This 3 bedroom plus sunroom house has commercial possibilities, being positioned on a battleaxe block off the main street.

This Queenslander would make a lovely little café with relaxing rural views for diners to enjoy al fresco from the 1199m2 yard, or the perfect family home with plenty of room for kids and pets to run around. Polished floorboards, tongue and groove timbered walls, 12ft ornate ceilings, provide a charming atmosphere.

The kitchen has been totally refurbished, just waiting for a new cook to come in!!!! Walking distance to shops, doctors, schools!!!! What are you waiting for??? Do yourself a favour and arrange an inspection today!!!!

Ref.#1245



## MIDGINBIL \$539,000



Looking for small flat, useable 3.5 acres with permanent creek and swimming holes, rural and mountain views, charming 2 bedroom cottage complete with French Doors, and huge shed with its own power and water for extra accommodation?

Then put this property at the top of your list! Built in wardrobes in both bedrooms.

The Spotted Gum wall paneling featured in the living room, Camphor bench tops and Silky Oak / Cedar doors all add to the lovely country atmosphere.

Sit outside under the wrap around verandah and relax! Hurry and arrange an inspection, this property with sell quickly!

Ref.#1259



## KUNGHUR \$499,000



This 5 acre family property in the village of Kunghur would be the ideal entry into the small rural acreage market at this very realistic price.

With a cosy 2 bedroom home, 2 car garage and great tool/machinery shed this is a super start for the young family or couple who can see the potential in this land with magic views to Mount Warning and over the back to Nightcap range. 2 dams and ample rainwater storage together with horse stables, chook run and established veggie garden completes this family farm. Close to schools and the Mount Burrell service centre just minutes away for all your day to day needs. Grab a rural bargain today and secure your future now, before the market begins its climb back up the price tree.

Ref.#1242



## BLUE KNOB \$599,000



Situated in beautiful Blue Knob is this 75.5acre parcel of land with 2 council approved dwellings currently rented out for \$200 each per week.

Two bedrooms, electricity and septic toilet in both dwellings.

Excellent fertile land with dam and breathtaking views over Nimbin Valley and Lillian Rock. Only 5 minute drive to Nimbin for all your shopping needs.

Live in one dwelling and rent out the other, or take advantage of the tourist flow and set up eco-tourist cabins (STCA) or set up a community living arrangement for yourself and like minded friends. Inspection a must!!!

Ref.#1240



## UKI \$499,000



This huge 11 year old brick home is located in a quiet cul-de-sac, 5 minutes from the highly sought after happening village of Uki. Open plan living with lots of space for the whole family and friends.

There are four good sized bedrooms, a large rumpus room and 2 bathrooms. There is also the potential to earn extra income by renting out the back section of the house with its own kitchenette already in place.

Set on a very private 1 acre forested block, you can sit back and enjoy the birdlife from the paved backyard entertainment area. Remote controlled double garage for your convenience. Town water.

INSPECT NOW: Ref.#1256



## UKI 390,000



At last!

Everyone wants flat, usable land and here it is!

This lovely parcel of land is 4.4 acres, located just 2km to Uki heritage village and all of its amenities.

It also has an 8m x 6m colorbond shed and is bordered by the lovely Smiths Creek.

Do not hesitate. Ring now to view!

Ref.#1254



## NIMBIN \$370,000



You'll fall in love as soon as you enter this very contemporary home that has been designed to bring the outdoors in, using glass, timber and colourbond, it is truly delightful.

Central are the living areas, ultra modern kitchen/dining, bathroom, and lounge, and both wings have a bedroom, walk in robe and own bathroom.

Separate office, A/C, walking distance to the unique village of Nimbin, there is so much more to tell!

Ref.#1252



## BYRILL CREEK \$355,000



This rock and timber pole home is set on 2 acres which is part of a well established 200 acre multiple occupancy in Byrill Creek.

Unique in its design, the timber and rock in the house have all been gathered from the property apart from its beautiful oregon ceiling. A huge deck looks out over rainforest and an array of birdlife. Many rooms to convert to your needs on two levels with two major living spaces.

An updated solar system supplies your power and a fresh spring feeds your water supply.

Complete with compost toilet, veggie garden and a creek to swim in, come and live the Byrill Creek lifestyle in style!

Ref.#1246

