

Live and let live

by Daniel Kestzler

Happy greetings dear readers,

I hope you have had an exciting month and have been enjoying the sunny days of our late winter. These sunny days remind me of the summers in Switzerland when we used to go to the lake for a swim and to hang out with friends. I realise that Australia will never be home for me and I chose to live here none-the-less, I don't want to decide where I want to die now.

To live in a country where I haven't grown up means that my environment doesn't feel as familiar to me as the place does, where I was born and grew up. That gap is there also when I relate to people around me. Snow in December, summer nights in July, a different language on many levels.

I become aware of the subjectivity of our perception, how each one of us builds up our own interpretation of the world and life. We build up our own value system according to the ways we grow up and out of that we form preferences. We want to live in a world that supports our preferred way of life, but somehow we struggle to get it right.

There seem to be elements coming and going within our field/environment, which trigger reactions. What is happening then is crucial. Are we going to direct this reaction to the object that triggered us (a person, an idea, a picture, a noise, etc.), or can we examine the reaction as it arises within ourselves, become response-able towards our self, and turn it into an action, creative,



appropriate, peaceful(as opposed to harmful).

What I think, feel, say and do is mine, I am responsible for those actions, I own them. My awareness continuously explores the field/ environment within and around me that I have chosen – not with the mind, but with the soul. What others think, say, feel and do is theirs, they may own it or not, it's their choice, but I happily shed all responsibility for them.

With this in mind, or even better, in our awareness, we can learn to interact in the world with increasing respect, care and clarity. Our way of being in the world becomes meaningful, if we know that whatever is happening in our thinking and feeling is intrinsically ours. The way we perceive the world is unique to each individual. What I am driving at, is that for me, no one makes me think, feel, say, do or act in any way but me, so I can let go of any such claims. I see this as a way to increase awareness, which allows me to life peacefully in a world of increasing complexity. Evolution?

C u next time

Daniel Kestzler, Centre for Balance and Empowerment, 6689-9249.

Vegan Love Bites

by Nettie LoveJoy

Today I would like to talk about our daily bread. Later on I will impart some of my secrets for a great loaf. But how about the biblical bread, you know what I mean? The daily input into our minds, bodies and souls. It makes such a difference if awareness of the outcome is in our choices. Really look before you leap.

Now, especially after seeing how chaos is quite literally ruling this world with greed, unnecessary killings, starvation, extinctions of innocent animals, earthly disasters and the raping of beautiful land and sea, really, what has the human evolution achieved in its time? Can we be proud of ourselves? Sure we have achieved, invented and discovered some amazing, awesome, interesting and powerful things. There have been many peace efforts. There are generous, loving and helping individuals and organisations. There are brave saviours to our land and sea creatures. But somehow there has to be more done and quick, to help save our ailing planet and us sentient beings, otherwise evolution is to no avail. It will have been all for nought. A dreadful thought for our children and their future.

It seems to me every individual that exists on this amazing planet should ask the question "What can I do to help". We all bleed red, animal and human alike. Love is the life force of the universe. How much did you donate today? Did you love yourself enough to make the wisest choice every time? I know it's difficult to take notice every moment, but it is not impossible. Many achieved, enlightened masters teach this. Sometimes we get mired in moments and forget this one simple truth. We were born perfect souls and then become moulded from thoughts, choices, actions and reactions.

One small choice from everyone can result in a big leap in our evolution as a human race. That choice is to love it all. No killing. That means humans and animals. The vegan diet is the first single greatest choice and act of compassion,



and also in this modern day of consumerism, an environmental saviour as well. We have many examples of uplifting human beings who were vegan or vegetarian – Jesus, Plato, Socrates, Pythagoras, Ralph Waldo Emerson, Einstein, Tolstoy, Mark Twain, Isaac Newton, Leonardo da Vinci and Gandhi to name a few. There are better social systems we have yet to discover, but first we each have to help save our planet and ourselves.

Homemade bread

Some more bread, but of a tasty kind. I use laucke, gluten free, meals and grains bread mix. You can find this in the health section of Coles, Woolworths and most healthfood shops.

Put singular bread packet mix in bowl, add 1 cup of extra G/F flour; 1½ cups of mixed sunflower, sesame, mustard seeds, pepitos; 1 heaped tbslp each of cumin, Moroccan or Cajun blend, Italian herbs; 2 heaped tbsp savoury yeast flakes; 1 cup mashed pumpkin; 1 cup vege water from pumpkin; ½ cup olive oil. Stir all together with wooden spoon. Will want a cake like mixture. If not, add more water or flour.

Oil bread tin, put in ½ cup of sesame seeds and spread around to cover base and sides. Pour in bread mixture leaving at least 3 inches for rising. Put sunflower seeds or pepitos on top, press into mixture. Sit bread in warm spot for at least 1 hour. Put in preheated oven 180C for approx. ½ hr. Check if cooked by skewer. When taken out of oven, sit in tin for about 5 mins. Loosen sides of bread, tip out on cooling tray.

For variety, add leftover fried/boiled rice, parsley, olives, dried tomatoes. For sweet bread, add dried fruits, macadamia nuts, fresh mandarin, lemon, orange rind or chunks of fresh fruit eg. apple, apricot.

Be veg, go green, save the planet.

Oceans of love – Nettie.

Homeopathics, trees and thinking too much

by Tarang Bates

Tarang wasn't able to send a column this month, so for all her avid readers, here is her column from August 2009.



An advert for chainsaws beat the dexterity of my finger to the mute button the other night. The sales pitch, their most outstanding quality was "50 years in the forest". At the risk of sounding like a hypocrite here – we own a chainsaw and live in a timber home – to be responsible for 50 years of tree destruction and forest degradation, are rather passé claims to fame in the current climate.

I guess there is a sector of society to whom this pitch would still be attractive. There are people who still view trees as a merely money-making resource, others view humans as superior beings for whom all others species have been created – to use without a thought for the consequences. For it is said, that they will be provided with a new world when the old one is all used up... scary stuff... Anyway, they would probably warm to the chainsaw pitch! I didn't.

I do understand of course, there are times when trees need to be cut down but there does exist a type of "ism", which sits alongside racism, sexism and ageism – which is treeism. Some people genuinely fear trees, just as they fear people of other races, religious or sexual persuasions. Unfortunately trees are defenseless against this bigotry. Of course trees do fall on houses, catch on fire, drop leaves and branches but there are many wonderful qualities about trees that are worth respecting and honouring.

There is quite a bit to be said for where you choose to direct your thoughts and

energy, in order to find the right balance. Rampant out of control thought patterns often focus on the negative and the longer they are allowed to run amok, the wilder they become and the harder they are to rein in. Soon you have a pack of wild dogs straining on their leads, snapping at the heel of every tree, homosexual or Muslim in sight.

In Nimbin we are surrounded by trees under which people of all persuasions, ages, colour, spiritual and philosophical leaning like to rest and play. I give thanks for the wonderful trees and their life-giving shade.

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Contact Tarang at Nimbin Homeopathics 6689-1452 or email: tarangbates@yahoo.com.au for online consultations and orders.



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Cook's corner with Carolayne

Gluten free apple tart

A lovely tart, not only for when those with special dietary needs are coming for afternoon tea, but a delicious treat for any occasion.

Ingredients

- 1 egg, separated
- ¼ cup almond meal
- 400g peeled thinly sliced apples
- 2 tbsp caster sugar
- 1½ cups of gluten free plain flour
- ½ cup of icing sugar, sifted
- 125g cubed chilled butter
- 3 tbsp cold water

Method

1. Combine flour, icing sugar and butter in a food processor. Add the cold water and process until pastry just comes together in a rough ball.
2. Flatten pastry into a disc on a lightly floured bench. Wrap in baking paper and refrigerate for at least 20 minutes.
3. Preheat oven to 180c. Dust a new sheet of baking paper with flour. Roll out to a 30cm circle. Transfer pastry (still on



4. baking paper) to a large baking tray. Brush pastry with whisked egg yolk, leaving a small border around edges. Sprinkle almond meal and apple slices, leaving the border to sprinkle with caster sugar.
5. Fold pastry border up and slightly over apples. Brush border with whisked egg white.
6. Bake for 25 minutes or until golden. Serve immediately.

Call Carolayne at the Coffee House Nimbin, phone 6689-0590.

My mother is a Crazy Dog Lady

by Beau, as told to Caroline Ladewig

After we'd been rejected as a foster family by NRAS due to Jackson's aggression, Mumma C sought the help of Sharon. Sharon is an animal communicator. Mumma C called Sharon to discuss the problems with Jackson. She was on the phone for quite some time then she said that Sharon would telepathically communicate with Jackson and then let Mumma C know what the problem was and how we could resolve it.

Life had been so much easier and quieter without Jackson. I was starting to wonder whether Mumma C's birthday present was a dud. I had never caused any problems like this for my mums!

A couple of days after the phone call Mumma C received an email from Sharon. Both my mums were pretty impressed with some of the things Sharon had said. She told them where Jackson was sore and why he had a funny bark. She explained about



Beau



Mumma C with Jackson

his insecurities and what we could all do to help him feel more at home.

The most devastating news from Sharon, for Mumma C that is, was that we should no longer foster dogs! Sharon said that it wasn't good for Jackson's wellbeing.

Mumma C was most upset by this news. I think she regretted seeking Sharon's advice. She did her best to do everything else that Sharon suggested – regular acupuncture, Chinese herbs, Reiki... but as soon as Barbara from ARRГ called, Mumma C just couldn't say no.

Mumma A realised that her wife had a serious problem- she was a fostering addict!

Animal Rights and Rescue Group is a registered charity formed to help unwanted, injured and neglected animals. They are at 135 Three Chain Road Lismore, phone 6622-1881 or on-line: www.animalrights.org.au



Me? A bully?



The Fashion Guru!

by jaz who

Winter is Nature's way of saying "Up Yours!" but, no matter how long the Winter, Spring is sure to follow. The sun is finally peeking out, and with it, body parts that haven't seen the light of day in quite some time.

So luckily this Spring is not about skimpy skin revealing outfits, but splashes of colourfulness and embracing the lace. And I highly doubt that the (cat attack!) animal print trend will be vanishing that fast.



Out of the Box

Now that it is getting warmer, get off your butts and come support the Nimbin Fashion Australia Fashion and Performance Spectacular show in Byron on Saturday 13th August. There's a matinee at 3.30pm and the evening show starts at 7.30pm

Book your tickets now from Byron Bay Community Centre on 6685-6807.

Designer Feature: POL

Pol started designing in the mid 60's in the punk era, and says he is inspired by everyday people and shapes, art and music.

He lived in Japan for 10 years, working his way up the fashion food chain, until he had his own company. Being fascinated about how the Japanese put together their clothing developed him to be experimental and artistic with patterns and designs, attempting different ways of putting patterns together, taking them apart and putting them back together again, a bit like the punk movement itself.

That is what makes POL so engaging.

Shop Talk

Well they say it is always the badly-dressed people that are the most interesting, but just around the corner in every woman's mind is a lovely dress, a funky pair of pants, or an entire costume which will make an enchanting new creature of her.

The newest and coolest fashion shop in town *Who cares what you wear?* was created by Judy Who, a

Photos from the 2010 Nimbin Fashion Show. Above: Judy's designs Below: Pol's designs



creative genius (one of our many in Nimbin), who has been designing locally for the past 20 years.

This alternative shop stocks all things big and small, local and international clothing from recycled vintage boots to little fluffy purses.

The heartening creative roots coming from this community are phenomenal.

Remember: fashions fade, style is eternal.

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Bhakti Yoga



by Sam

Change is upon me within every moment, personally, globally, spiritually, physically, emotionally, and an opportunity for self healing is always present. How do I respond/react to the experiences presented to me – do I resist or do I embrace? Suffering and pain occurs when there is resistance to change. This suffering occurs in my mind and if 'held' eventually makes its way down in to the body for storage. The mind indulges in the past and future experiences of life – when I choose to live and exist wholeheartedly in the present moment, there is no emotional pain and no suffering.

When I feel emotional – sad, angry, frustrated, alone, neglected, abandoned, hopeless – I turn my attention to the top of a large and beautiful tree nearby (if a gentle breeze is present in the treetops, it tends to make the experience more profound and sweet.) I sit and wholeheartedly dedicate myself to being present with the tree, breathe, if my mind wavers in the relation to my current situation, I compassionately bring myself back to the tree, breathe. Is there suffering here? Is there emotional pain here? If my answer is yes, where did my mind just go – past or future? I compassionately bring my

full wholehearted awareness back to the tree, breathe.

This process is about being intimately human, I am an emotional being and it is important to feel, but let's face it, I don't need to put it in my saddle bags for future enjoyment, I can feel it and then let it go. Again, the question arises, is there emotional pain here? With practice and complete presence, free from thought, the answer is no and will always be no, the present is 'as it is', open, unprotected and free.

This is where it gets juicy, can I create a life experience that is supportive, nourishing and wholehearted? Can I make peace with myself, my mind, my scars and my stories? If yes, then life's experience – either pleasant or unpleasant – will just be that 'an experience', not something I need to hold on to and store in my body, it can simply be an experience that moves through me. When I give these emotional experiences the full presence they deserve, feeling and acknowledging them fully, they tend to continue on their way without resistance – emotion (energy in motion)!

The key and main ingredient as usual is 'acceptance', observing with a gentle inward smile, the yummy stuff and the murky stuff and understanding that this is simply an expression of energy moving through my body to be felt, expressed and released, because in truth... they are not who we are!!!
"Chidananda Rupa Shivoham Shivoham" You are not the body, the speech or the mind, you are eternal knowing, bliss and pure consciousness.

Om Shanti... Peace

Sam is a certified Yoga teacher running regular classes at Living Arts Sanctuary, Blue Knob. Phone 0414-373-856 or visit www.anuraktiyoga.net

ASTRO FORECASTS BY TINA MEWS

YOUR MONTHLY REVIEW OF WHAT'S HAPPENING IN THE HEAVENS

August



When the Sun is in Leo, it passes through its own sign. Those who are born during this time of the year can experience the ultimate power of solar energy running through them. Leo is the sign of the performers and entertainers, of those who spend their life on stage to be seen and admired by others. Leo rules the heart and the back; individuals born under its influence have to stand in their own power, shine and inspire the world. On the downside, they need to be careful not to be consumed by the Sun's demanding rays and burn themselves dry. Undoubtedly, there is a wild side to Lions and Lionesses who can lash out with their claws to make sure that their kingdom stays intact!

The messenger planet Mercury slows down and turns retrograde on August 3. As always, we can expect delays with travel plans, have to be extra cautious when signing contracts or experience difficulties with computers. Misunderstandings become more likely as things appear extra confusing and it is harder to communicate clearly. However, it is a great period for introspection and review.

Mars enters the emotional sign of Cancer on the same day. The red planet representing energetic output operates indirectly here and might create a lot of steam rather than leading to upfront and well-planned actions. Between August 8 and 12 we have to be extra vigilant, as quick-tempered Mars aligns with the stressful Pluto/Uranus square, possibly activating survival fears that have accumulated in our collective psyche over the recent years. On the positive, we might feel urged to rapidly move forward with necessary changes and reforms; on the downside our deepest worries could be activated and we might subconsciously tune into the low frequency of collective paranoia.

This month's Full Moon falls in the sign of Aquarius, on August 14. We might feel inspired to spend the day with friends and like-minded souls who pulsate on the same wavelength. The task is to collaborate with others and find ways of expressing our individuality while remaining part of a greater network. When everybody feels understood and recognized in his or her own unique way, the need for competition ceases. Venus, the planetary archetype representing the striving for peace and harmony, will be conjoined with the Sun between the 13th and 23rd, sending her rays of love and beauty towards planet Earth. We have to take advantage of this favourable cosmic influence and put aside special time for play, artistic expression and for just having 'some fun in the sun'!

Aries

Consider that during August 8-13 the stressful energies of the moment could be dangerously intensified. It might cause your blood to boil and trigger the daredevil within you towards instant action. Know your goals, focus on your good intentions and be aware of your motivations. Then set the sails and travel towards uncharted lands.

Taurus

Jupiter, the planet associated with good fortune, passes through your sun sign until June 2012. This is your time for expansion, growth and spiritual exploration. Enjoy the good times with your loved ones and be generous towards others. Try not to over-indulge and stay in tune with your highest principles and ideals.

Gemini

The intense energies of the moment require careful handling. Reflect on what is essential for your journey right now. A recipe for greater clarity might be to use your head for collection of facts – the pros as well as the cons, and then reconcile by connecting with your heart space. Remain focused on your feelings and beware of that annoying hair in the soup!

Cancer

Mars journeys through your sun sign between August 3 and September 19. Your defenses will be triggered more readily and your reactions might be quite intense. Eat grounding food and keep your system balanced. On the other hand you might feel strongly about starting new projects. Just be mindful of Mercury retrograde.

Leo

Venus and the Sun travel together through your sign until August 21. Dare to shine brightly right now and imagine the world as a stage with yourself as the main actor. Nevertheless, it is essential that you remain aware of the dynamics surrounding creative self-expression: how does my work relate to others? Am I as willing to receive, as I love to create and give?

Virgo

Virgos are known for their analytical understanding and their ability to fix what is broken. They often have the job of bringing order back to chaotic situations. However, you might find that it is difficult for you right now to think and communicate clearly. Take some time out rather than falling into the trap of playing the willing victim.

Libra

During this month, you might oscillate between getting ahead in your life following your own way – or involving yourself in creative group projects. The first option serves your

personal ambition and career path while the second one nurtures your soul. Find a balance between what seems right and what feels right!

Scorpio

Your sensitivity and psychic awareness might be highlighted right now. Your depth of understanding enables you to tune into the reactions of others intuitively. Use your insights wisely and responsibly; lead the way so others can follow. However, allow everybody involved to make his or her own decisions – even if you know better!

Sagittarius

Trust that whatever you are doing right now is part of the great plan! Watch out for holding onto inflexible opinions. Remember that wisdom emerges from your own inner self when you manage to keep the receptive channels open. Be generous with your truth and find others who speak the same.

Capricorn

Unexpected events in the home or in your one-to-one relationships might trigger your need to take charge of a controversial situation. Make sure that you know all the details and remain aware of your own motivations before developing a plan of action. Thus you make sure that outcomes will be positive for everybody involved, including yourself.

Aquarius

Encounters with others are exciting and enjoyable right now. You are open to meet people from diverse cultural and social backgrounds that widen your perception. Between August 8 and 13, it is essential that you also make space for yourself and do your own thing as well. In this way you can avoid misunderstandings.

Pisces

Right now you have a strong need to shine in your work. Nevertheless, you have to deal with the 'real' world and not only with your fantasies. Use this Mercury retrograde period to re-examine your written and unwritten contracts. Attend to details. Putting love into the 'little things' will lead to positive outcomes.

You can book in for Personal Readings. Contact me on 6689-7413, mobile 0457-903-957, email star-loom@hotmail.com or visit my web page <http://nimbin-starloom.com.au>

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Oranges and Sunshine

Reviewed by Stephen Wright

For a moment there I thought I was doomed to see *Harry Potter Part VIII*, but at the last minute along came a film by Jim Loach (son of Ken), *Oranges and Sunshine*, for which I will be eternally grateful.

I kiss your honest English boots Jim Loach for saving me from three hours of Rowling narrative.

Oranges and Sunshine (O&S) is the story of the children who have become known as the Forgotten Generations. That's the 130,000 children who were deported from the UK between the 50s and the 70s, for the most part because they were considered to be children of "degenerate" parents: single mothers, families living in poverty and similar villains.

It was a conspiracy cooked up between successive UK and Australian governments. The parents were told that their sons and daughters would be adopted by affluent families. In fact they were all shipped out to the colonies where they were placed in children's homes. These were little more than camps for indentured labour, where the children were worked like pack animals, beaten, starved and abused.



Emily Watson plays Margaret Humphreys, the English social worker who uncovered the crime in the 1980s and spent years tracing children's histories, listening to their stories and making those stories very public. David Wenham and Hugo Weaving play two of those children now grown to adulthood, both seeking their mothers.

Emily Watson has a tough job as Margaret Humphreys. She has to smile maternally a lot, often cry and look very concerned and worried. It doesn't look easy, but she does well enough that things hold together. There are some genuinely moving moments in O&S, and Wenham and Weaving really do star turns as the tormented and lost men who have never really known who they are. I have now forgiven them both for their jaw-droppingly absurd Masterclasses in Ham Acting in *300* and *Lord of the Rings* respectively.

The script, for all its really good moments, looks suspiciously as if it's been tampered with by someone, perhaps some committee or film executive, or maybe even the director. There's a gratuitous sex scene, a gratuitous diagnosis of PTSD for Emily Watson by her GP (GPs can do that in cinema-land apparently) and a few other clunky plot devices.

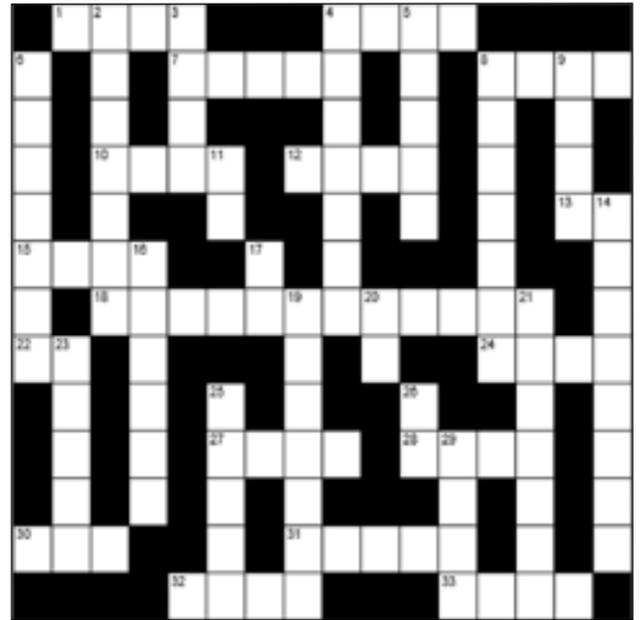
Because Watson's character is based in the UK, and her clients in Australia, she is constantly zipping backwards and forwards between Oz and the Old Dart. She runs up more frequent flyer miles than the Pope and it's not always clear which hemisphere of the planet she's in. On top of that, some of her clients come to her, which just adds to the confusion.

But I'm being a bit churlish. O&S brings to the cultural foreground a significant moment in Australian history, when it was considered quite acceptable to treat children of the poor like slaves. The film doesn't fudge the politics of the issue either or make excuses for the treatment of the deported children, and that's to be applauded.

And finally, O&S has a great look. Somehow they've captured the essence of Australia in the 1980s. You can almost smell the vinyl in the interior in the Kingswood.

Nimbin Crossword

2011-08
by 5ynic



Across

1. Wound
4. Where (30 across) is headed
7. Skip town to wed
8. Private detective
10. Precious metal
12. Rheumatic pain
13. Example
15. Development arm of World Bank
18. (6,6) Reduces workload
22. Japanese boardgame
24. Wet
27. See 6 down.
28. Form of carbon. May fuck the planet.
30. Car fuel
31. Slight push
32. Masculine energy?
33. Fairground attraction?

4. Drawing implements filled with a form of carbon
5. English snake
6. (And 27 across, 9 down) (7,4,4) Nimbin cafe over the water
8. Form of carbon - expensive
9. See 6 down
11. Electronic bank transfer? Cup size
14. New form of carbon
16. Of Beagle fame? NT Capital
17. 9 across (9 across and green?)
19. Stirring? Waking up
20. 240v
21. Fracking movie
23. African grazing animal - striped legs
25. African virus - almost invariably fatal
26. Engine capacity? Include in reply
28. Six balls

Down

2. Jillarow
3. Not imaginary?

Solution Page 27

Reviews from the Crypt

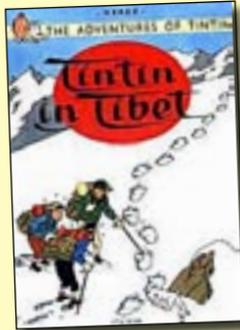
by Stephen Wright

Tintin in Tibet Hergé (1960)

If you've never read a *Tintin* book, now's the time. Before too long the only images you'll be able to imagine of Tintin will be the computer-generated ones of Steven Spielberg, when his blockbuster *Tintin* movie is released at Christmas.

Tintin in Tibet was the twentieth in the *Tintin* series, a series that would eventually number 23 books. Tintin is a boy reporter, who accompanied by his terrier Snowy and his faithful alcoholic sidekick Captain Haddock, travels the world solving crimes and busting criminal masterminds and so forth. I can't remember Tintin doing any actual reporting in any *Tintin* book. Like Peter Parker and Clark Kent, 'reporting' was just a means to get Tintin into as many weird situations as possible.

Tintin in Tibet is the only *Tintin* book to send Tintin on a quest that doesn't involve any number of arch enemies. With only Haddock and Snowy in tow, Tintin sets off into Tibet to find a crashed airliner that contains his friend Chang, who Tintin is convinced is still alive. On the way, they encounter a yeti and a monastery of Buddhist monks and Tintin has to ask some serious questions of himself.



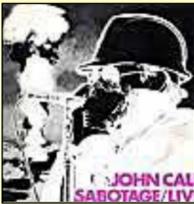
The *Tintin* books are remarkable for their almost total absence of women. It's not that they are misogynist, it's just that women don't seem to exist. It's impossible to imagine Tintin having a mother, or even any sexual interest in anyone. He's gender neutral. The only woman to make an appearance in a *Tintin* book is an opera singer Bianca Castafiore, who turns up for comic interactions with Haddock, and is more like a man in

drag. How Hollywood will deal with this remains to be seen. Hollywood is not especially friendly to women but a tearful useless maiden is pretty mandatory for an action movie.

Most of the images of Tintin's Tibet and of Tibetan Buddhism Hergé took from National Geographic and the books of the fake Buddhist lama, Tuesday Lobsang Rampa (actually an English plumber named Cyril Hoskin). From these two unlikely sources Hergé created some spectacular drawings, and a narrative that focused more on Tintin's inner qualities as a person (loyal, determined etc) than his status as an action hero.

Sabotage/Live John Cale (1979)

John Cale was a founding member of Velvet Underground, a multi-instrumentalist (viola, guitar, piano) and as a solo performer has written a lot of angsty songs and music, music notable for its unambiguous assurance of its own genius. Cale was also a conductor and conducted some of the first UK performances of John Cage. Born in Wales, the son of a coal miner, Cale was something of a music prodigy and as a young man went to the US to study under the patronage of Aaron Copland, the grand master of American classical music.



Since his split from the Velvet, Cale has worked with everyone from Eno to Siouxsie Sioux. In 1979 he released *Sabotage*, a live album of noisy, apocalyptic, grungy punk-influenced songs that even sound loud when the volume's turned down.

The stand-out track of *Sabotage/Live* is the single *Mercenaries* (*Ready for War*). In the era of Ronald Reagan and Margaret Thatcher when it seemed as if Reagan might launch a nuclear war just for fun, and the racist South African government was sending its mercenaries into Namibia to kill anything that moved, mercenaries seemed to capture both the terror and the menace of the political climate. It seemed as though the thugs were in power and would be

in power forever and there was nothing anyone could do.

These days the lyrics of *Mercenaries*, claiming that mercenaries "have nothing more to keep them in a battle/Other than a meagre wage," might seem slightly dated when the US's mercenary Blackwater corporation was paid millions by the Bush administration for policing Iraq. But if we think of any wage paid for killing people with impunity as meagre, then the sentiment still holds.

Either way, *Mercenaries'* closing lines with Cale savagely chanting "5000 feet and closing/Target visibility one nine/4000 feet and closing... 3000 feet and closing" over a berserk and heavily distorted guitar, is unforgettable, and still chilling in the era of the never-ending war on terror.



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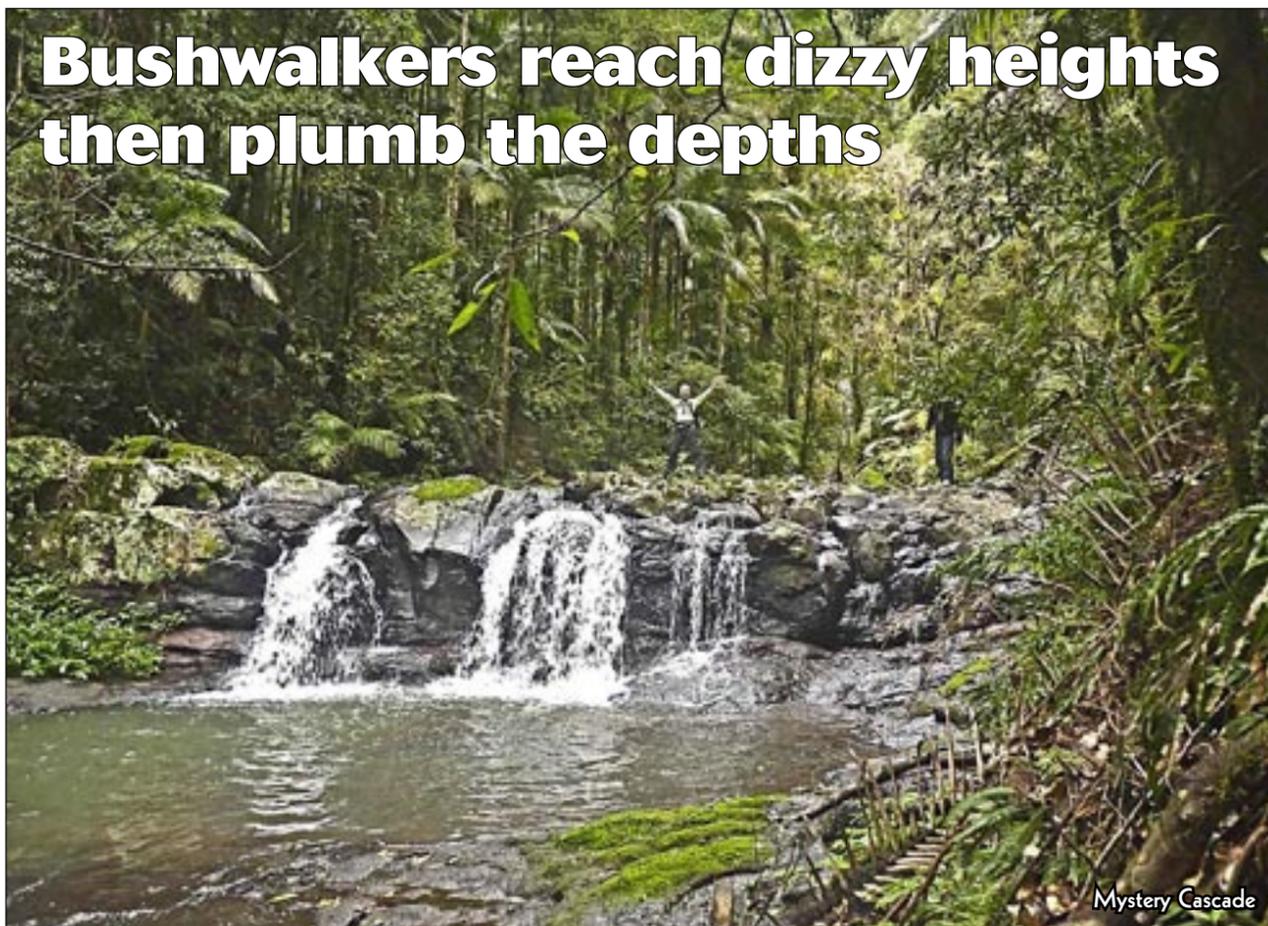
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Bushwalkers reach dizzy heights then plumb the depths



Mystery Cascade

by Len Martin, Secretary, Nimbin Bushwalkers Club Inc.

Remarkably, despite a mid-week 8am start on a bitter winter's morning, ten stalwarts decided to brave the even colder heights of the Border Ranges for the Bar Mountain Circuit. For the less capable among us, the circuit is best done anti-clockwise. Thus one descends the steeper, step-rich parts early in the walk, while one is fresh, ascending via gentler inclines when one is "less fresh". A moment of worry when I realised I had forgotten the location of the anti-clockwise entrance. Fortunately Ron Ronan pointed me to it – well to the right of the sign-posted track. We wandered slowly through magnificent rainforest, descending beside wet cliffs festooned with Native Spinach, Torrent Lilies, a rich diversity of ferns, lichens, mosses, but, if memory does not deceive me – no orchids! Huge trees, bizarrely twisted lianes, tall tree-ferns, epiphytes galore, and then, just as one thought the descent would never end, huge Eucalypts signalled the lowest point of the circuit and the lookout with its magnificent views to the valley below and across the ranges to Mt Lindesay, Mt Barney and beyond.

Memory had not deceived me. The ascent was relatively gentle and easily achieved by one and all. Mind you, there were frequent pauses to admire and photograph the many venerable, massive, multi-stemmed, moss-festooned, Antarctic Beeches on this section of the circuit. They radiate a sense of great age, of ancientness. I expect them to speak to me like Tolkien's Great Ents – and they do – but silently. For those not inclined

to complete the circuit, there is an impressive collection close to the picnic area, which we enjoyed after lunch.

The day for plumbing the depths of Gorge 38-38 dawned wet and cold, with heavy cloud on the ranges, and weather radar promising substantial rain. I knew the walk was going ahead, but the conditions were not for this ancient body. Nevertheless, I did the 8am Nimbin car-park meet for any braver souls who might turn up: just one, the intrepid Ron Ronan. I am therefore, as always, grateful to Michael Smith for the following (slightly edited) account.



On Mystery Creek

"There were no campers at Rummery Park on the damp Sunday we chose to wander the Whian Whian wilderness. Only four managed to get out of bed to assemble at the locked gates. David, our leader, arrived without the map. As we had all been to 38-38 Gorge before, we combined knowledge and navigated by committee. Secretly I had both a map and GPS (trust nobody). I hoped my torch, and matches would not be needed. As it had been raining for the past two days

we all had the best Goretex. I even had waterproof socks. Not a spit of rain the whole day. We sauntered down the Eastern Fire Break, photographing Greenhood orchids. We see orchids on every walk. Like me, there are club members who, after years of searching, have sought-after orchid shapes burned in our brains. We can spot them from thirty paces. Our memory cards, and computer albums burst with photos of this fascinating macro world. Fungi, lichens, mosses, spider webs, insects, flowers, orchids – all the bizarre creations of the Aussie bush. Come with us some time and we will show you.



View from Bar Mountain

Walks Program for August

Saturday 13th August

East Koonyum Range, Mt Jerusalem NP

Leader Ron Ronan (6633-7207, at night)

Grade 3, 4hr, most walking on fire trails, some steep
Features heath vegetation and rain forest, waterfall, lookouts to the coast

Meet 8am Nimbin carpark or 9.25am intersection of Wilsons Creek Rd and Coolamon Scenic Drive near Mullumbimby
Bring lunch and water.

Sunday 21st August

Goonengerry NP

Leader David Holston (6672 -5071, after dark)

Grade 3, 5-6hr, 5-6km; circuit walk through areas of different vegetation on used and gated-off roads and fire trails with easy off-track scrambling sections and views over Coopers Creek and beyond to Nightcap N.P.

Meet Nimbin Carpark 8.30am or 9.45am at Goonengerry School in Goonengerry Road. Walk starts 10am at end of Mill Road (not to be confused with The Mill Road at Huonbrook).
Bring lunch and water.

Tuesday 30th August

Mebbin Lagoons, Mebbin NP

Leader Ron Ronan (6633-7207, at night)

Grade 2-3, 2.5hr return. Short off-track walk with easy grades to excellent piece of World Heritage listed rainforest with huge fig and gum trees.

Meet Nimbin car-park 9.40am or meet leader at 10am at junction of Kyogle and Cadell roads
Bring food and water.

Membership \$15/head to

Treasurer Kay Martin, PO Box 61 Nimbin, 2480
(phone 6689-0254).

Secretary, Len Martin (pteropus42@smartchat.net.au)

Nimbin Bushwalkers Club Inc website:
<http://nimbinbushwalker.byethost7.com>

We found the Gorge and walked through this cool, darkened rent. A mossy, boulder-filled, tilted floor between unscalable cliffs, with roots of unseen forest giants slithering down them. Here and there, caves, fissures, and sudden bogey-holes probed even deeper. Waterfalls tumbled in, exiting in places unknown. Moss and lichen covered everything. My Canon stored as much of it as it was capable, photos, movies, sounds and stereo pairs. But only human senses and brain can truly 'see' it as it was – the sight, the sounds, the smells, the dank. How privileged to be able to spend some time there."

Another cold 8am start for eight intrepids setting out to brave a trackless Mystery Walk which plumbed the depths of one of the jewels of our local World Heritage rainforest – a deep, narrow valley – almost a gorge. Indeed on each outer curve of the creek the valley sides are so steep one has to cross the creek to make progress. But oh what progress. The rainforest here is superb. Massive trees, including Red Cedar, a remarkable diversity of ferns, extensive palm groves and, apart from occasional friendly Lawyer Vines, relatively clear walking under the complete canopy, but remarkably – no orchids! At one point a massive tree, still living, bridges the valley overhead. The creek itself has many spectacular cascades and fascinating rock formations – alas on this day all too damp and slippery which led to two of us (yes, I was one!) walking in water-filled boots. But what the heck, it was well worth it. Then the crowning glories of the walk - three spectacular waterfalls in quick succession. The first a 10-15m vertical cascade entering from the right. The creek then swings left to reveal a similar vertical cascade directly ahead as the creek curves right to its own more generous cascade of similar height.

It is possible to negotiate the steep valley face to reach ever higher and more spectacular regions of the valley, but this we left for another day.

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Nimbin Garden Club Notes



Text & photos by Gil Schilling

Club AGM

The meeting was held at Gil Schilling's house on a wet and dismal afternoon. The main topic on the agenda was the election of the committee for the coming year. Michael was re-elected president, and with Hendrik stepping down as Secretary, Gillian Jones volunteered her services. Denise Braidwood remains treasurer for the time being and Stephanie continues in the role of refreshments officer. Janet Carthew, Fay Scherf, Peter Brooker and Pauline Ahearn make up the remaining committee.



In reviewing the year, Michael thanked all the volunteers who have helped in the running of the club over the past year, particularly the outgoing treasurer, Hendrik. The new committee people were also welcomed by Michael and all present.

Treasurer Denise mentioned that following a small 'profit' on the bus trip to Murwillumbah, and together with the sale of tickets for shopping vouchers at the Nimbin Emporium and the raffle of the

gardening book 'From the Ground Up', the club remains in a financially healthy situation. The draw of the raffle saw the prize go to a lady from outside Nimbin, who bought her winning ticket on the bus trip. Congratulations to 'Betty'. Members were also reminded that annual subs of \$15 per person are now due.

Guest speaker Miranda (Amanda) Williamson spoke with much enthusiasm and passion about the work of her organisation, the Long Forest Association, to conserve, maintain and link many of the Lands department 'paper' roads known as Crown Road Reserves that provide local communities with safe non-vehicular cross-country access corridors away from busy main roads, for use by walkers and horse riders. Miranda mentioned the possibility of organising a walk along some of the Crown Reserve that are already being maintained by volunteers supported by the Lismore Council.

With the formalities out of the way, the meeting concluded with members enjoying afternoon tea and a rummage through the swap table, before heading home to seek shelter and warmth on this bleak winter's day.

Next Meeting

The next meeting of the garden club will be held at Denise Braidwood's garden, 413 Koonorigan Road, Koonorigan (otherwise known as 'paradise plateau' by locals), at 2pm on Saturday 20th August.

Den's place is located about halfway along Koonorigan Road, which runs from the Nimbin - Lismore Road to The Channon. The property is on the right coming from Nimbin, and will be signposted. There's plenty of safe



parking if angle parking, on opposite side of road but also some parking inside.

Den tells us that her garden has no particular theme but includes many easy-care broms and day lilies, with perhaps over-enthusiastic plantings of palms and some trees lending it a lush sub-tropical feel. Den has also dabbled in artistic mosaics, many examples of which are to be found throughout the garden. And don't forget to ask Den about her 'coco craze' gardening companions.

Visitors and prospective new members are most welcome to just turn up on the day. As usual, members are requested to bring a folding chair, a mug, and a plate of something to share for afternoon tea. The swap table will also be in place for members to share seedlings, bulbs, cuttings and excess produce from their own gardens.

For further information, please contact Den Braidwood (6689-9324) or Michael Vaughan (6689-7193).



QUICK QUIZ

trivia@bowlo

Devised by The Nimbin Bowlo Quizmaster,
Martin Gill

Questions

1. Which movie, based on true facts about cheque counterfeiter and master forger, Frank Abagnale Jr starred Christopher Walken and Leonardo DiCaprio?
2. Which Italian city provided William Shakespeare with the setting for "Romeo and Juliet"?
3. Albert Einstein is perhaps most famous for the equation $E = mc^2$. Most people know that E is energy and m is mass, but c represents ?
4. Earlier known as 'Blue Ribbon Sports', which company now shares its name with the Greek Goddess of victory?
5. Where in the human body would you find the stirrup, a bone measuring 5mm long?
6. Which German word, adopted into the English language, means "the spirit of the age"?
7. Which language is predominantly used to author webpages on all platforms?
8. Where would you go to visit The Big Merino?
9. In what country was Tony Abbot born?
10. What is a gaucho?

These questions are all taken from a round of questions posed at the Bowling Club Trivia Night held each Saturday at 7pm.

Entry is free, and cash prizes are paid of \$50 for first, \$20 for second and \$10 for third.

The winners get a chance at the jackpot question which increases by \$50 each week until it goes off.

As at the start of August, the jackpot stands at \$500. And there's a Courtesy Bus...

- Answers**
1. Catch Me If You Can
 2. Verona
 3. The speed of light in a vacuum
 4. Nike
 5. The ear
 6. Zeigrist
 7. TTM
 8. Goulburn
 9. UK (to Australian parents)
 10. South American cowboy

Gym meets grant

Nimbin Health and Welfare Association (NHWA) reports the successful installation of "cutting-edge" gymnasium equipment in the Nimbin

Physical Activities Centre at the Nimbin Showground.

The equipment was bought with funds from two grants to NHWA.

"We are very grateful for the support of our local member of parliament, Thomas George, and Lismore City Council in our gaining a State Government Community Building Partnership Program grant of \$29,927," said an NHWA spokesperson. "We are also very grateful to Nimbin Workers Club and Lismore City Council for our CDSE grant of \$3000."

Cass Jefferys was thanked for her advice on the equipment and help in its successful installation, as



The new gym equipment being delivered

well as her contributions to the centre.

Nimbin Physical Activities Centre is auspiced by NHWA under a Memorandum of Understanding with Lismore City Council. The centre is managed by a committee of community representatives, under the chairmanship of Neville Plush.

Horse show.. this time?

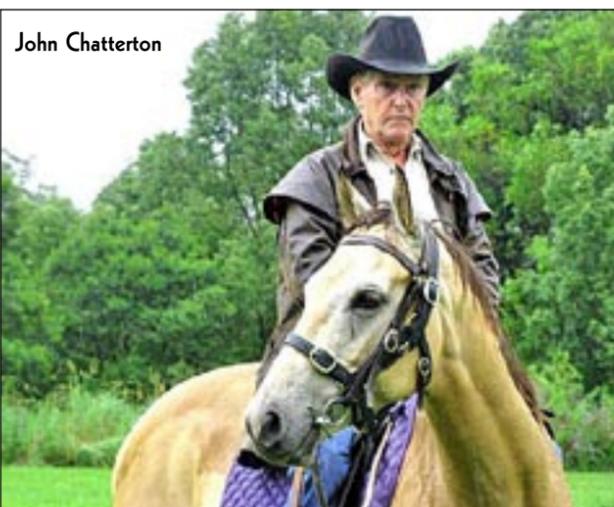
The John Chatterton Natural Horsemanship Clinic, postponed twice because of bad weather, will now be held at the Nimbin Showgrounds on the 20th and 21st August.

Organisers are hoping the grounds will be dry and there will be beautiful weather to make up for all the rain - third time lucky...

Please call Laurelli on 0447-891-119 or 6689-1119 by Thursday 18th August to confirm that the clinic will be on, if there is any doubt about weather.

Camping is available and all horses must be stalled when not in the clinic.

Fence sitters \$30/day or \$50/weekend.



John Chatterton

Nimbin Crossword Solution

See Page 25



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7.00am	7.45am	7.00am	7.25am
8.00am	8.45am	8.00am	8.25am
12.00pm	12.35pm *	3.25pm	4.00pm
2.35pm	3.10pm	4.25pm	6.00pm
3.20pm	4.15pm		
5.30pm	6.00pm		
Leaving	Arriving	Leaving	Arriving
Nimbin - Main St, (Park)	Lismore Transit Centre	Nimbin - Main St, (Park)	Lismore Transit Centre
7.52am	8.50am	7.30am	8.00am
9.00am	9.35am	9.00am	9.35am
12.45pm	1.15pm *	4.25pm	5.00pm
3.25pm	4.10pm	6.05pm	6.35pm
4.25pm	5.00pm		
6.05pm	6.35pm		

No Public Holiday Service

Town Service - Wheelchair access available upon request, 24 Hour notice required

Some Buses connect in Nimbin for Operators to Murwillumbah

* Mondays & Thursdays Only

Run, jog, walk... win, Fun Run 2011

by Cassandra Jefferys

Discover Fitness invites men, women and children 12 years and over to join in a 5km fun run to help raise money to purchase new gym equipment.

The run starts and finishes at the Nimbin A&I Showground, Cecil Street, on Sunday 28th August. Activities start at 11am, with the run due to begin at 2pm. Entrants may run, jog or walk.

There will be food and drinks (meat and vegetarian

options), and prizes for the best-dressed entrants.

Runners must complete an entry form. This can be handed in at Nimbin Post Office or mailed to Discover Fitness Fun Run, c/o Nimbin post Office by Friday 26th August, or handed in on the day, no later than 12.30pm, at the venue.

Entry costs \$15 for adults, \$15 for children aged 12-16 yrs. Gold coin entry for other events and activities.

There are prizes of up to \$250 for adults and \$100



for children. Lismore Mayor Jenny Dowell will start the race.

Activities include races over 400, 800 and 100 metres, tiny tots races for 3-year olds and under, plus strategy games and team events. The fun starts at 11am. Some games will be competitive with prizes, and some will be non-competitive.

Volunteers will be needed to assist on the day. Gatekeepers, track managers, marshalls, MCs, raffle sellers, prize organiser, drink station manger, activities assistants, senior first aid and floating volunteers are all required. Donations of cakes, slices and salads are also wanted.

If anyone can help, contact Cassandra Jefferys on 6689-1405 or 0428-439-526.

Acknowledgements

Major Sponsors: Nimbin Hotel and Backpackers, Mount Franklin Spring Water.

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Special Thanks: Lismore City Council, Nimbin Headers, Nimbin Fire Brigade.



Last year's race, raffle ticket sellers, Healing and Fitness

Discover Fitness Fun Run 2011 Entry Form

Sunday 28th August, 11am at A&I Showground, Cecil Street Nimbin. Entry fee: adults \$20, 12-16yrs \$15

First Name: _____

Surname: _____

Age: _____ Phone: _____

Declaration

1. I the undersigned, in consideration of and as a condition of my entry in this event for myself, my heirs, executors and administrators, hereby waive all and any claim, right or course of action which I or they might otherwise have for or arising out of loss of my life or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon the entry or participation in the event.
2. This waiver release or discharge shall be and operate in favour of all persons sponsors, volunteers and bodies involved in promoting or staging the event and so shall operate whether the damage or cause is due to any act or neglect of any of them. The Rce organisers reserve the right to alter the course and/or race format due to unforeseen circumstances and under the direction of sponsors, council, police and other organisers that are associated with the event.
3. I agree to receive and pay for medical treatment including transport by ambulance, which is considered by organisers to be advisable and which is provided to me at the request or direction of the organisers before, during or after the event.
4. I have read the declaration and agree to abide by all the race rules and directions as stated in the declaration and upon literature and other material distributed in connection with the event.

Entrant Name: _____

Entrant Signature: _____ Date: ___/___/11

If under 18, parent or guardian to sign.

Return form to Nimbin Post Office by 26th August 2011, or on the day, no later than 12.30pm at the venue.

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NEW LISTING

This property is placed in a great position, only minutes to Nimbin on a sealed road. There is a lovely tropical garden surrounding this 2 bedroom dwelling which is placed on a fantastic 3 1/2 acre block. The dwelling is light and airy with a wonderful North-facing verandah to take in the distant mountain scenery. Top bathroom, modern kitchen, large lounge-dining combination. Lots of space underneath for cars and workshop.

HIDDEN AWAY \$280,000



PRICE REDUCED

Set on a quiet road is this truly unique 3 storey home. The property has 4 acres of rolling land with a balance of elegant trees and open pasture. A really private place, with gorgeous creek running through. All set in the beautiful Lillian Rock area. The price has been reduced. A chance to live in a great area at a reasonable price.

CHANNON CHARMER \$480,000

Set close to the historic rural village of the Channon is this lifestyle farm. With approximately 80 acres of rolling hills, pasture and scattered timber. You can run cattle or grow timber. The home is a classic style farmhouse with lots of room 4 bedrooms and verandahs. A large shed for cars and machinery. The property has potential because of its position for development in the future.



HAPPY LIFE \$118,000



NEW LISTING

2 great acre share in a beautiful M/O just 10 minutes to Nimbin on a sealed road. The views are amazing of Blue Knob and the surrounding area. Great soil and mountain creek.

SHANGRI LA \$415,000



PRICE REDUCED

Not only an imaginary "paradise on earth" but also a secluded established 60 acres of sub tropical forest and fields on mountain ridge and creek flats, located on the top of Black Road, off Terania Creek Road. 5 minutes to the Channon, 21 km to Lismore CBD. The dwelling is unique in its design and has all the basic facilities, nicely complemented by polished floorboards, water tanks, combustion heater, bath, compost toilet. A carport, large spring fed dam and fruit trees and a separate caravan and awning. This is a place where the rural and simple lifestyle is largely influenced by and in harmony with nature. The overwhelming views across Terania creek valley and the unspoilt rainforest around it has a very special tranquil atmosphere, a profound silence, special opportunities for a lifestyle toward the spiritual.



FOR ENQUIRIES CONTACT:

John Wilcox
0428 282 182

john@nimbinrealestate.com.au