

CENTRE FOR Balance AND Empowerment

by Daniel Kestzler

Greetings dear Reader, I am back with a column this month after having had a quiet time in May.

For me, this year seems to bring powerful shifts into completion and a real action oriented energy reveals itself in the form that I and many others are prompted to get into the full spring-clean mode in terms of unresolved issues, specifically on the internal emotional level which translates into relationships as a result.

Independence, clarity and strengthening of my own boundaries, and redirecting of energy into new directions, taking with me from my story and skills what truly serves me, is the main course of this year for me.

In this column I will mainly inform you of where I am at with the work I do and what is to be expected Practice-wise from the second half of the year onwards.

As some of you may have noticed, am I now only available on Wednesdays in Nimbin. This is due to my having started studying Gestalt Therapy, a psychotherapy form, which is of great interest and priority at present in my further development as a Therapist, as well as a human being.

As a result of my study, my way of working with clients will change, evolve, deepen and most of all, improve greatly, I believe. I have always regarded clients as complex beings like myself, with many aspects to be tended to and to be aware of. I



want to bring the Gestalt approach increasingly into the Therapy Session, be that with massage or my other modalities. This means I will work more organically, relate more wholesomely and try to keep the Therapist/Client relationship on an equal level, asking for responsibility and authenticity.

From July 2011 onwards, I will work with 75-minute sessions, so as to allow more time to establish a good dialogue and trust between me and my clients. I will charge \$60 per 75-minute session. I am still available for 30-minute sessions, although they will have significantly less depth in terms of dialogue and relation. And yet that may be all that is needed. 30 minute sessions will cost \$35.

I am available at Coffee Camp through my home number 6689-9249 on all days except Wednesday. Or you can leave a message on 0419-182-989.

I wish all of you good balance and empowerment resulting in responsible, harmonious action on all levels.

Vegan Love Bites

by Nettie LoveJoy

This month I have been to Canberra to help set up a part-time, and hopefully permanent, Animal Rights Embassy in front of the new Parliament House.

The aim of the Embassy is to raise awareness and stop the cruelty in animal livestock farming. It is being run in conjunction with a "Walk for Freedom" from Canberra to Sydney currently undertaken by Jodie Ruckley, animal rights activist, vegan and author.

Also, with the help of five amazing chefs, we held a Vegan Outreach food stall in Canberra Civic Centre, where we gave away delectable food samples to highlight the proven detrimental effects of livestock farming to our climate, our environment and most importantly, the needless loss of innocent animal lives. To complete the Canberra trio of events, I donned a fetching cow costume to join many others in the RSCPA's annual "Million Paws Walk".

We had a great response from the public to all events. It was really heart-warming to hear from strangers, young and old, how they were also concerned about the sad state of the earth, and all sentient beings. I was inspired by their willingness to listen and understand that the change to the vegan diet was one of the most helpful options. Obviously there are many options, but why not try the easiest one first? It couldn't hurt to change our own way of thinking about what we need to put on our plate. We are all on a learning and teaching journey together where our every thought, action and reaction, on all different levels at different times, in the momentum of change and evolution, affects all others. Where are you now? Ask the question every now and then and notice the difference since last you asked. It's inevitable none of us remain the same. Change is a constant.

Anyway, back to food glorious food. This month



I have learnt and shared some tasty and varied new ways of cooking Vietnamese, Chinese, Italian and good old make-them-up-as-you-go recipes. Let me share one of them now.



Spanakopita

Ingredients:

Vegan filo pastry or vegan puff pastry (1 packet), olive oil, 1 bunch each of spinach, silverbeet, dill, parsley (Rosemary, basil, coriander and shallots can also be added, to taste), 2 x 375 grams organic silken tofu, and seasoning (sea salt, pepper, cayenne pepper, and sweet paprika).

Method:

Chop spinach and silverbeet into medium sized pieces. Cut dill, parsley and other greens very finely. Heat 1 tablespoon of olive oil in a saucepan then add two good shakes of sweet paprika. Add the spinach and silverbeet and mix. Sprinkle salt, pepper, sweet paprika, cayenne pepper according to your taste.

Cut up the tofu in chunks, and stir into the spinach and silverbeet mix. It will get mashed up because it's soft and will absorb more flavours. Once semi-cooked, turn off the heat, add the chopped dill, parsley and other greens and gently mix. Tilt the saucepan on an angle in order to drain the juices so the filling is not too wet.

Spread out the pastry and lightly apply the oil with a brush to each sheet. Use about 3 sheets. Spread a layer of the filling on ¼ of the area then roll the filo tucking in the edges. If you like, you could also roll into small triangle pastries.

Place onto baking tray and apply oil on top of pastry for colour then place in oven for 25-30 mins.

Walk on the light side of life, Love Nettie.

From NZ with love

by Tarang Bates

This seaside settlement – it can't be called a town and I am doubtful whether it fits the description of a village – is surrounded by hills which could really be described as mountains, and thousands of hectares of national park. The sun sets over the ocean in dramatic style, slashing the waves and darkening sky with orange and gold, the surfers silhouetted against this backdrop until the last light.

Usually I am watching my son out there in the twilight zone, but this time he walks beside me, his baby girl in his arms.

It's only over the ditch as they say but the flavour is different. It could be the coastal living or it could be the western landmass jaggeding its way up north – my view out the window. I am one of the inland hill tribe these days; however the ocean is in my blood.

Here the sand is volcanic – black and tan like a tabby cat, with sparkling silver flecks. The foaming lip of water ebbs and flows along the beach, creating a dramatic contrast as it wipes out the foot and paw prints, leaving behind a sparkling corrugation of light and reflection.

The recent full moon has dragged the kelp way past the normal high tide mark, forming cliff faces from the gentle rolling dunes.

The next day I walk to the far north end, past the strategically placed tsunami evacuation signs – "If you feel a strong earthquake" etc – wondering if I could reach the higher ground in the distance, on time. I am wearing sunnies, hat and long sleeves which I strip off as I walk; the sun is high – but no match for the headland looking out over



the waves at the end of the beach, where the mist rolls off the ocean up through the trees and into the caves. There is virtually a line in the sand; it's like stepping into a freezer. The shade is so dense, it's mysterious, dark and very beautiful – I am alone. Huge ancient rocks have fallen, they lie tumbled atop one another, trees wrap their roots around them, sturdy windswept trees. At the base, inserted into a flat rock is a small rusty metal sign on a short pole – No dogs/wildlife. It's at dog height but they don't seem to take much notice, in fact it's the perfect pissing post.

Makuini Tai – a Maori Healer:

"Nature holds the answer to so many of our problems. We have become so far removed from nature in the modern world. We have lost the ability to listen to ourselves our instincts and our natural surroundings."

A body has been formed to support traditional Maori healing – Te Paepae Matua Mo Rongoa – which has been funded by the New Zealand government. Home birth is supported and encouraged and this is a nuclear free zone... methinks our government could learn a thing or two from our cousins across the ditch!

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

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Keep the dream alive, follow the Rainbow Serpent
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fashionfocus



launch of the website www.NimbinFashion.com

The elegantly decorated Nimbin Town Hall was a pleasant backdrop for a fantastic presentation of the designers' work. Jenny Dowell (Mayor) and Wendy Powitt (fashion-broker for the Northern Rivers) enjoyed the local talent and the opportunities for a Nimbin fashion industry to grow into a sustainable income for local designers and connected businesses.

Congratulations to the group and great success for the future. I am happy for my vision being carried on by a creative, fresh group of talented designers.

For my own fashion business, I am ready for a change. CC-Design Studio, 39 Cullen Street, Nimbin, is closing with a big closing Sale 'til 20th June, with all my garments reduced up to 50%.

I will be operating from my home studio and will still be available for custom made, alterations, costume making and hire, etc.

Also some of my collection can be purchased at Judy Who's new shop, *Who cares what you wear?*

It's all moving and changing in Nimbin, but it always seems to work out well.

For more info or appointments, please contact christina@cdesign.biz or phone 0427-326-790.

Big changes in the Nimbin Fashion world

by Christina Chester

Winter has started with a few interesting events in Nimbin's fashion scene. On 19th May, together

with a good crowd of enthusiastic and well dressed stakeholders, I attended the long awaited launch of the Nimbin Fashion Australia Inc., an association of local designers and also the

Cook's corner

Recipe of the Month

by Carolyne



Add the onion, celery and carrot, and cook for 4 to 5 minutes or until softened.

2. Add the flat mushrooms, garlic and porcini mushrooms to the pan, and cook, stirring occasionally, for 10 minutes, or until the mushrooms have softened. Add the stock, 2 cups (500ml) water, porcini mushroom liquid and barley. Cook for 1 hour, or until the barley is cooked and the soup has thickened slightly. Stir in the parsley and season.

Preparation Time: 20 minutes + 15 minutes soaking
Total cooking time: 1 hour 15 minutes

Serves: 6 to 8

'Til next month, enjoy!
For info, call 6689-0590.

Mushroom and Barley Soup

Ingredients

10g porcini mushrooms, broken up
1 tablespoon of olive oil
1 large brown onion, finely chopped
1 large stick of celery, finely chopped
1 large carrot, finely chopped
500g flat mushrooms, finely chopped

4 cloves of garlic, crushed
1 litre vegetable stock
¾ cup (140g) barley,
½ cup (15g) finely chopped fresh flat-leaved parsley, extra to garnish
Sour cream dollop (optional)

Method

1. Soak the porcini mushrooms in 1 cup (250ml) boiling water for 15 minutes, then strain, reserving the porcini mushrooms and liquid. Heat the oil in a large saucepan over medium heat.

Bowen Therapy and sciatic pain

by Tonia Haynes Bowen Therapy, Spinal Realignment, Pranic Healing, E.F.T.

Hello to all who live in this most beautiful area of Oz.

For those of you who don't get out much, from Grafton to Tweed Heads, we are blessed with a plethora of published and self published writers, fashion designers of Paris standard, musicians that make you want to dance, voices of song that lift the heart and some of the best scientists of invention, poetry writers, artists, potters, and sculptors in the Southern Hemisphere.

Add to this list, fabulous local gourmet foods and a strong feeling of community and environmental awareness, and we can proudly say that Northern Rivers is a great place to be.

So what has all this to do with sciatic pain and what I can do to assist in alleviating the problem with Bowen Therapy, Pranic Healing, spinal realignment and Emotional Field Therapy?

Well unfortunately, even in a potential paradise, people still get crook. I secretly think one of the reasons might be, we like to make life complicated, so that we have a challenge to solve. As a fourteen year old girl once told me, "A perfect life in Paradise would be boring."

My sad heart, which yearns for peace and love in all factions of existence attempts to deny this, while my observations of life up to now, are forced to cynically agree with her.

I suppose the world might be a boring jigsaw if it were always in the pink, seen through rose coloured glasses. And adding or replacing bits could become a real hassle if it were all the same colour.

So let's add a bit more red to this already colourful world. The red haze that potentially hovers before one's eyes from the painful symptoms of sciatica. If the devil ever slips through your veil of perfect love and ya jus wanna get em, stick the pins in the doll just above the crack in the buns and to the left or right of the v-shaped,

sacral bone.

Sacral bone means sacred bone, but when it's nerves, tendons, ligaments, muscles and associated vertebrae are compromised and the pain is knifing from hip to the ankle, plus the pain never, ever stops, even when one is resting and the pain killers just aren't doing it. It's bloody sacred alright.

Because no one and nothing in the world could possibly feel as bad as you do, right then.

I experienced sciatica, once. Two days was enough for me. I stumbled screaming to a very clever Bowen Therapist in Brisbane and walked out pain free. Why? Because I am a wooz and I knew it wouldn't just go away, so I had it attended to, very quickly.

The longer sciatica is left, the longer it takes to heal, coz those poor old nerves are sitting in a vice of muscle and if they are left for a long time, they end up wounded like a knee with a chunk missing.

Generally, sciatic pain does not go away without help to realign and release the bones, muscles and tendons that normally support the lower back and leg. Then, if one has also been a grin and bear it warrior, the scabs on the nerves take time to heal.

I must add that the pain may not go right to the ankle, it may finish at the knee, or in the buttock. The experts say that this is not true sciatica.

Ha, ha, tell that to someone who cares, because the pain can be just as consistent and debilitating and often stems from similar problems with the sacral bone and



its associated muscles, vertebrae and tendons.

Bowen Therapy, the releasing of tight, reactive muscles and gentle spinal realignment are a very efficient team and can work wonders in returning your body back to a state of pain free and sacred.

These techniques are less invasive than chiropractic or massage and often improve long term flexibility, in the muscles and their associated tendons and vertebrae.

Enough said. In the meantime keep shining and keep smiling. If you are in the miseries, because you want to keep paradise interesting, try something else, where the effects are potentially even more interesting.

It's called "I am grateful for ----" For example. I am grateful for my groovy, purple gumboots that keep my feet and legs dry in this inclement weather.

I am grateful for the great grocers shop where I always see someone who says hello.

I am grateful for my warm bed and the blankets and sheets that cover it.

"I am grateful for ----" is an exercise that can take some time to finish, when you are on a roll, but I guarantee it will put brighter colour in your day.

Love Light and Laughter

Phone, for an appointment now.

02 6689-0240

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Astrodrama!

Astrology Alive at Lillifield Community Centre

Maggie Kerr (pictured) is one of Australia's best-known astrologers. She will be facilitating a one-day Astrodrama workshop at Lillifield Community Centre on 22nd June.

For Maggie, Astrodrama is more than just a fun way of meeting the various characters that make up our inner 'planetary family'. It's also a very powerful therapeutic tool for resolving dilemmas between different "voices", as we witness them and their relationships with each other as actors play them out for you!!

Participation is not compulsory, but you'll be surprised how your urge to get involved will motivate you to "play along" with the rest of us! Some hats, masks, capes and other props are provided, so bring some fun props of your own as well as your charts, as several will be enacted during the workshop.

Maggie is recognised for her unique blend of Astrology



and Psychotherapy. She is a distinguished teacher and an entertaining and highly motivational public speaker.

The workshop will be held on Wednesday, 22nd June (Winter Solstice), 9.30am – 5pm at Lillifield Community Centre, 4505 Kyogle Rd, next to Barkers Vale School

For bookings, information and directions contact Tina on 6689-7413 or 0457-903-957, email: star-loom@hotmail.com Booking is essential as places are limited.

Cost: Full price \$70, concession \$60. Bring your own lunch, Chai provided.

ASTRO FORECASTS BY TINA MEWS

YOUR MONTHLY REVIEW OF WHAT'S HAPPENING IN THE HEAVENS

June

By now we have entered the lofty space of Gemini. Gemini's task is to move what has become stuck and generate a breeze of fresh air by remaining lighthearted and mentally alert. However, on the downside, Twins can be too changeable, restless and scattered. After times of manifesting and holding on, we are urged to act with flexibility and reassess rules and roles, which over time have grown too rigid and unyielding. After all, Gemini reminds us that reality is not fixed but fluid and open to influence.

Prepare for a busy month, because we have entered the 2nd eclipse season of the year. Normally, we have 2 solar and 2 lunar eclipses within a 12-month period. This year, we have 2 solar eclipses more. June started with a Solar Partial Eclipse on June 2; then there is a Total Lunar Eclipse on June 16 and another Solar Partial Eclipse on July 1. Solar eclipses are powerful New Moons either activating or depleting our vitality, while lunar eclipses are powerful Full Moons that affect us on an emotional level. The June eclipses operate on the Gemini-Sagittarius axis, air and fire. The mental, communicative realms of our lives are triggered and our powers of understanding enhanced; we are asked to make our wisdom practical and balance logic with intuition and inspiration. Whatever does not work in our lives has to go now! So, it is good timing for a physical and emotional clean up.

Since 2008 the three outer planets Pluto, Neptune and Uranus have changed signs, signaling important leaps in consciousness. In the last 2 years we have experienced an increasing number of powerful oppositions and conjunctions of planets that take decades to align. Just recently, we had the amazing opportunity to observe the rare alignment of Jupiter, Venus, Mercury and Mars in our morning sky. What's more, our own planet is going through tremendous changes itself; e.g., we are currently living in a time when earthquake frequency and volcanic activity have increased significantly. Humanity has now to do its work and adapt to the changed conditions by building a reality that is based on sensitivity and good judgment versus ignorance and denial of the truth. Saturn, the planet of necessity that reminds us of our limitations and responsibilities, turns direct on June 13; it is easier now to work constructively with issues that emerged five months ago (end of January); we might tie up loose ends and patiently build the structures that will bring successful outcomes later on.

Then, on June 22nd we can come together to celebrate the winter solstice on the southern hemisphere, when the Sun enters the water sign of Cancer. It is a perfect day for nourishing body, mind and soul and to enjoy the gentle energies of the moment for creative imagination and play.



Aries

This month eclipses could activate your desires for learning new things. It is essential to get out-of-the-rut and start searching for new meaning in your everyday life. It is a good time for re-evaluating the things that you take for granted and to improve your communication skills.

Taurus

Benevolent Jupiter enters your sun sign on June 4 and will remain there until June 2012. Your capacity to create or attract abundance will be enhanced; so manifest what you require without becoming too attached. Make sure that your urge to make money does not take priority over altruistic concerns.

Gemini

This is your time to explore new aspects of yourself. Avoid scattering your energies in many directions; instead focus on whatever needs to be given creative expression in your life right now. A helpful exercise might be to contemplate on what happened about 19 years ago. Something that started then has ended now or will be reborn on a more advanced level.

Cancer

At the moment, it is essential for your soul's well-being to spend time alone and establish some kind of spiritual practice. The current cosmic energies could affect your subconscious, so you will be more sensitive than usual. Remember that self-doubts are part of the growth process; soon you could experience a renewed expansion of your personal potential.

Leo

Your focus might have shifted towards group interests and humanitarian concerns. Old friendships might end while new ones could begin; or your current relationships might be raised to a new level. You will feel enriched when you can apply your creativity for the common good. Aim for being a team player!

Virgo

You are asked to balance the demands of your social and public life with the needs of your family and home. Be clear about your most important goals and expect some honest rewards for your efforts. If in doubt, align yourself with your deepest truth.

Libra

Consider the bigger picture right now. How do you want

to grow and expand? Focus on developing your philosophy of life by challenging your beliefs of what is right and wrong, fair or unjust. Explore different cultural contexts to further your understanding

Scorpio

It might be helpful to focus on your psychological responses right now. Be realistic about your emotional and physical responsibilities in your partnerships and joint projects. Own what is yours and be prepared to release what belongs to others.

Sagittarius

The changes that you are experiencing right now are part of your own evolutionary journey. You are searching for a new level of meaningful co-operation in your relationships with others. Healthy alliances will be strengthened, while difficult ones could be put to the test.

Capricorn

At the moment, your daily routine might undergo some changes. Take extra care of your health and emotional needs. Work out new techniques of living that resonates with your desire for improvement and sense of social responsibility.

Aquarius

You might find that your need for creative expression and enjoyment is stirred up right now. Feeling content will help in developing self-esteem. Balance taking with giving and remember that too much of one or the other could hinder your potential for growth.

Pisces

At the moment your family and home might be the focus of your concern. Reflect on your needs for comfort and how you can establish emotional security. You might feel like improving your current family relationships or even your physical home.

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>

Astrology Classes:
Wednesdays 10 am-1pm, Lillifield Community Centre: 'Astrology of Family Dynamics', starts May 4;
Thursdays 11 am-12.30pm, Nimbin Community School: 'Astrology of Transits and Life Cycles', starts in May



Mary Lou, Deborah, Pauline and Manuela

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Inquiries: Manuela 6689-7457, email manuela@yaboo.com.au



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Class Schedule

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Byron Bay (19th June)

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visit <http://hamsa-yoga.org/schedule-australia> for more details

Hamsa Yoga Sangh is an International Organisation from India furthering human awareness through the teaching of Kriya Yoga

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FILM REVIEW: SOURCE CODE

Reviewed by Stephen Wright

Source Code is director Duncan Jones second film after the excellent *Moon*, a low-budget-ish sci-fi thriller with a cast of one.

Like *Moon*, the more lavish *Source Code* again goes for the theme of man-in-a-box trying to make sense of the world. Jake Gyllenhaal is Captain Coulter Stevens who first awakes on a Chicago-bound train opposite a woman who seems to know him but who he has never seen before. When the train is destroyed in a terrorist attack, Stevens wakes again this time strapped inside a metal capsule, being asked questions via video by a US military officer (Vera Farmiga), who is herself being prompted by a mad scientist, a Strangelove-type character with a crutch (Jeffrey Wright). The capsule is as much of a puzzle to Stevens as the train was, because the last thing he remembers for sure is being caught in a fire-fight in Afghanistan.

Inception and *Source Code* together probably constitute something of a genre of parallel-reality thrillers. It would be easy to think of *Source Code* as *Inception*-lite, but while that's a little unfair, it's probably not completely inaccurate

either. What both *Inception* and *Source Code* have in common, apart from the multiple-realities thing, is the setting up of a premise that went beyond the ability of the script-writer to deliver. Apart from its enormous plot-holes, *Inception* fell over trying to convince us that 'inception' was actually possible. *Source Code* probably



hangs together in this regard better than *Inception*, but still the narrative could have done with some attention. One of the plots of *Source Code* is the hero's search for the terrorist who bombed the train. I guessed the terrorist's identity about 30 seconds after he first appeared, which was very early in the film, so I'd bet most other people would too. *Source Code* also has a half-hearted jab at the War on Terror, but seems to get lost having to think about the consequences of it and so after flagging it, limps away

from the topic hoping we won't notice.

Still making films where people sit inside boxes for long periods, or stay cooped up inside a train compartment probably takes a lot of thought and attention. Duncan Jones hangs off for as long as possible in telling us what is going on for Gyllenhaal's character, and that's what makes *Source Code* so effective. *Moon* used a similar device and it worked even better there.

Once we know what Gyllenhaal is up to, the film settles down into trusty race-against-the-clock territory, as Gyllenhaal's action hero tries to save the world, his girl, his life and permanently change the fabric of space-time all at once. Gyllenhaal has come a long way since Donnie Darko. He's now a bona fide action hero and he makes a pretty good fist of it, mostly because he's not as bad-assed as Bruce Willis. This means he can afford to fall in love, screw up, cry a bit and so on. *Source Code* with Bruce Willis would have been a very different film.

If you enjoy *Source Code* – and there's no reason why you shouldn't – check out *Moon*. It does all the things *Source Code* does, and does them better and more stylishly.

Reviews from the Crypt

by Stephen Wright

The Colour of Magic Terry Pratchett (1983)

The Colour of Magic is by no means Pratchett's best book in his still continuing Discworld series, but it's where it all started. We're now up to book thirty-something, and the only reason Pratchett shows signs of stopping is that he has been diagnosed with Alzheimer's Disease, which threatens to put a substantial hole in his ability to string words together.

Before Pratchett what fantasy fiction definitely lacked was a sense of humour and a sense of politics. There aren't a lot of jokes in Tolkien, and Tolkien-esque politics translates as being offered your democratic choice of monarchies. The world of elves and magic swords

and warrior maids in steel bikinis was ripe for someone with a feel for irony and Pratchett was the man.

The Discworld, a flat planet carried on the backs of four giant elephants themselves standing on the back of a giant flying space-turtle, is inhabited by the usual suspects of the world of sword-and-sorcery; witches, warriors, dwarves, elves with zombies and vampires thrown in for good measure. Starting out as a straight parody of that S&S genre, the Discworld gradually became a parody of our own world, as Pratchett set his sights on racism (even the Undead have rights), power politics,



crime, and anything else he could think of. Even our version of democracy gets a bit of sledging as a system "where everyone gets a vote except children, slaves, idiots and people who aren't really our kind of people."

Along the way, Pratchett has invented an enormous cast of amazing characters

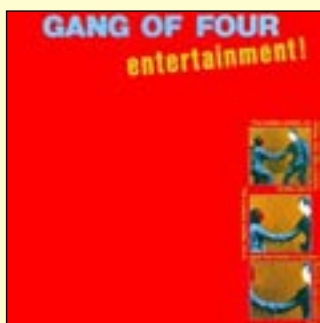
and littered his pages with jokes. Pratchett has turned out about a book a year, which is a pretty impressive feat for anyone. Not everything he has written is a masterpiece, but what is good is very unique indeed. Before Pratchett came along, the funniest character in S&S lit was Sam Gamgee. It wasn't a good look.

Entertainment!

The Gang of Four (1979)

The Gang of Four were almost too punk for punk. They were punks who took their Marxist stance seriously. It was as though Johnny Rotten had gotten a PhD. Their only pose was that pop music was a pose and that neoliberal capitalism in all its forms sucked and was committed to as many forms of exploitation as it could invent.

The Gang of Four's music was raw, unadorned, brutal, edgy and made the Clash sound like power pop and their lyrics made Bob Dylan sound like a whining teenager. The song 'Love like Anthrax' opens with a couple of minutes of implacable ear-burning guitar feedback that obliterates whatever conception you might have had about punk music. Then the drums and bass kick in and the guitar disappears



entirely and a voice starts chanting parched and deadly, "Woke up this morning desperation a.m." before embarking on a demolition of the whole reason for existence of love songs.

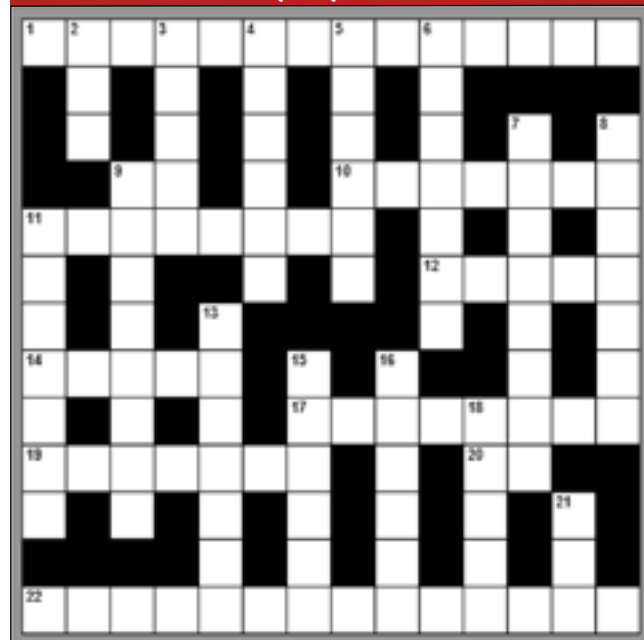
If Albert Camus had been a punk he would have been in the Gang of Four. His exhausted but menacing attitude and his cold and piercing style would have matched with the Gang of Four perfectly. There was something about the Gang of Four's approach, or rather attack, that made one think of radical writers, writers hard to domesticate, writers full of outrage and political intelligence.

Entertainment! was a frighteningly brilliant album and set a bar so high that no-one else could reach. Even thirty years later *Entertainment!* still stands alone. It's hard to believe that people so young could produce something so enduring and so infinitely sure of itself. But that was punk music all over.

Nimbin Crossword

2011-06

by 5ynic



Across

- Breakthrough? Start of construction ceremony (6,8)
- Calendar years (Since 1BC) (Init.)
- Decider (esp. In dispute resolution)
- Flows (in a river or sea)
- Damp
- More than sufficiently
- Deviant? Exceptional
- Not artificial
- (Yiddish) expression of dismay
- Shortest day (6,8)

Down

- Regret? Herb of grace
- Beneath
- Car of a train where food is served
- Dope again? Go over
- State between Georgia and Mississippi
- Pianomaker
- Make an objection
- Not tarts. Thick leavened pancake cooked in a ring
- Bolivian marching powder
- Chemical compound including water? Add water
- Flagship Commodore
- Distilled Agave nectar
- Cook (e.g. coffee beans)
- Disposable pen brand

Solution Page 24



WALLERS BUS COMPANY										
Timetable										
Pickup Points	Nimbin Central	Nimbin Main St.	Coffee Camp	Goolmangar School	Goolmangar Store	Blakebrook Interchange	RRHS	Lismore Transit		
Nimbin - Lismore	7.50	7.52	8.03	8.10	8.14	8.20	8.35	8.50		
Mon - Fri	8.55	9.00	9.10	9.15	9.18			9.35		
	3.22	3.25	3.35	3.40	3.45			4.10		
		4.30	4.40	4.45	4.49			5.00		
Mon. & Thu. Only		12.45	12.55	1.00	1.05	1.15	1.17			
School Holidays		9.00	9.10	9.15	9.18			9.35		
		3.25	3.30	3.40	3.44			4.00		
Pickup Points	Lismore Transit	RRHS	Blakebrook Interchange	Goolmangar School	Goolmangar Store	Coffee Camp	Nimbin Main St.	Nimbin Central		
Lismore - Nimbin	7.00			7.10	7.14	7.25	7.30	4.20		
Mon - Fri	8.00			8.23	8.25	8.35	8.45	8.50		
	2.35	2.40	2.45	2.48	2.55	3.00	3.10	3.15		
	3.20	3.35	3.50	3.55	4.00	4.05	4.15	4.20		
Mon. & Thu. Only	12.00	12.03	12.10	12.12	12.15	12.25	12.35			
School Holidays	2.35			2.48	2.55	3.00	3.10			
	3.25			3.44	3.50	3.57	4.00			
Pickup Points	Gwynne Road	Mitchell Road	Oakey Creek Interchange	Blakebrook Interchange	RRHS	Trinity Bay 2 Interchange		Lismore Transit		
School days only	7.43	7.51	8.00	8.20	8.35	8.40		8.52		
Georgia - Lismore										
Pickup Points	Lismore Transit		Trinity Bay 2 Interchange	RRHS	Blakebrook Interchange	Oakey Creek Interchange	Mitchell Road	Gwynne Road		
School days only	3.25		3.35	3.43	3.50	4.19	4.28	4.36		
Lismore - Georgia										

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Dihydrogen Oxide (H₂O)... or... Holy Water

by Brendon Hanley

This edition of *GoodTimes* is bound to be full of facts, figures, fallacies, fears, fantasies, forums and other fine forwardings about the suddenly-in-our-faces subject of fracking.

I'm not the expert, so I'm not going to talk about fracking itself... relevant information is available everywhere at the moment. Rather I want to talk about the idea that multinational corporations have been stealing people's land all over the world for over twenty years to collect and sell "natural gas" to a post peak-oil global market and where that leads to.

The very name "natural gas" is a dead give-away of the sneaky tactics that have been employed to set up a massive army-like assault that has spread itself across the planet insidiously, leaving behind it desolation and destruction of previously pristine environments that rival war zones for destructive impact on the countryside and robs us of our most precious and vital blessing... our holy water!

It is inconceivable that supposedly intelligent people voted by us into positions of power, can sell off rights enabling the utter destruction of our island continent, thereby setting a course for a post-holocaust sludge pit incapable of supporting life for thousands of years into the future... starting with the poisoning of all our underground water systems which keep everything... everything without

exception... alive and functioning!

In fact there is a current school of thought that emanated from Dr. Masaru Emoto that water, being the sustainer of all Earthly life, is in fact Godlike... rather than just something we make a cup of tea, flush our poo or wash our bums with.

Dr. Emoto has produced evidence that water has consciousness, a sense of humour, communication skills, compassion... and a lot more. In the immediate wake of the Fukushima disaster he appealed to people everywhere to ask the ocean around Japan for forgiveness. Forgiveness for pouring untold quantities of deadly radioactivity into the sea (still happening) in the knowledge that water can change what takes place within it. Some of his earliest experiments where he put "LOVE" on one jar of water and "HATE" on the other showed that water "took on" these meanings... the "hate" water turning black and nasty and the "love" water remaining pure and potable. At his lecture in Byron many years back he explained that as we humans are composed mainly of water... what we say to each affects our internal water the same way as in those jars... so we harm or help each other by what we say and how we treat each other.

A recent DVD I saw involving several Russian, German and American scientists took the Emoto theories and ran with them all the way to absolutely incredible lengths... and amazing results and discoveries. One scientist theorised that our Earth was once waterless and was hit by a comet...



which is made of ice, not fire... and that when it melted it formed the oceans rivers and lakes... giving birth and sustenance to life forms and evolution. This "water-as-creator" idea flies in the face of the old bearded patriarch in the sky with a triangle on his head waving his hands for seven days and making everything out of nothing. This puts water in the "God" category, worthy of reverence, respect, even worship... as no doubt lots of our more intelligent "native" predecessors were into. Silly primitive pagans!

Water is undoubtedly the key to our salvation... not only do we need it to survive day-to-day... but it seems that somehow Holy Water is capable of cleaning up messes like the Gulf of Mexico and Fukushima if it wants to, and if we ask nicely... or it can get pissed off and tox us out of existence if we continue to abuse it and treat it as car-wash, poo-flush and industrial collateral damage.

My mother is a Crazy Dog Lady

by Beau, as told to Caroline Ladewig

Merlin

Barbara from ARRG called Mumma C to ask if she could look after a special needs dog called Merlin.

Merlin had been very badly neglected and abused so he needed lots of TLC. Under normal circumstances this would not have been a problem, but with Jackson now being a permanent part of the family, and suffering from small dog syndrome, she needed to make sure that Merlin would not suffer more abuse in our home from Jackson.

Mumma C drove down to ARRG with Jackson to introduce him to Merlin. Merlin was a Kelpie X so was a taller dog than Jackson, but due to neglect he was very thin and frightened. Jackson took advantage of this and made sure Merlin knew what a tough guy he was.

The two boys settled down after a while and Mumma C decided it was worth a try to bring Merlin home. His coat and skin were in very bad condition and Mumma C wanted the chance to help this dog with her acupuncture and herbs and all the tasty potions she regular shoves down my throat for my health and wellbeing.

Merlin's treatments started the minute he walked in the door, with bush flower essences, soothing oatmeal bath, sea buckthorn oil, Chinese herbs and acupuncture. Merlin seemed very comfortable at our house. He made himself quite at home on the couch, which I wasn't too happy about. Those bigger dogs take up so much room!

Our first trip to the beach Merlin seemed a bit unsure of the sand and the waves. Jackson was showing off and



trying to get Merlin into the water. I remember only last year when Jackson was the new dog at the beach and he wasn't such a tough guy. Fortunately it didn't take Merlin long to brave the water then he was able to show Jackson up by going out much further!

Merlin's coat and skin improved within days. He was gaining confidence as well. Even though he was only about 10 months old, Merlin walked with a bit of a limp from being malnourished as a puppy and being kicked and abused. Mumma C tried to help his limp with acupuncture but unfortunately he wasn't at our house long enough to have a complete recovery.

A kind woman called Eve adopted Merlin. She had three other rescue dogs and lived on a farm. Merlin was very happy in his new home because Eve gave Merlin all the love and care he deserved, and he was allowed on the couch!

Animal Rights and Rescue Group is a registered charity formed to help the unwanted, injured and neglected animals.

They are at 135 Three Chain Road Lismore, phone 6622-1881 or online: www.animalrights.org.au

No wood, no good!

Fruit of the Vine

by Terry Beltrane



In the early 1970's, Wolff Blass literally revolutionised Australian dry red winemaking.

From a corrugated iron shed in the Barossa, Wolff, along with his cohort and artisan, John Glaetzer, scooped up so many gold medals and trophies for "Best Red Table Wine" in all the Australian major state capital city wine shows that everybody else just had to sit up and take notice.

'Woolfie' introduced two totally new approaches to making red wines: keep the wine soft (minimise tannin extraction from the skins) and then put the stuff in brand new oak barrels of 300litre capacity (Barriques) for a minimum of a year. Woolfie went for American oak – and the emerging, trend setting, wine cognoscenti literally fell over for it. Blass and Glaetzer established the credo: No wood,

no good.

Since then, as with all things evolutionary, there's been a recognition as to not only the influence on the flavour of the wine matured in the casks, but also the subtlety of weight and structure of the wine as a result of absorption of elements from the oak. Oak for barrel maturation of wine is generally sourced from two broad geographical regions: American oak (*Quercus alba*), randomly distributed across much of the Eastern States of USA and in parts of Oregon and, European oak (*Quercus sessiliflora*), sourced from multifarious regions in central/northern Europe. Within these genus are subspecies that reflect the mezo climates in which they're grown. Place the same wine in barrels of any of these different types of oak and the result after a year or so will be just as many different wines.

"American Oak" is a more open grained timber than its European counterpart and different in the flavour it contributes to the wine embraced within it's cocoon. It loves the stuff that lies within and wants to 'give' what it's got. Within 6 to 8 months of being in the barrel, the wine has already begun to marry with the vanillin, coconut flavours the oak has to offer – a spectrum of 'sweet' aromatics that coalesce so well the plummy, chocolate richness of Shiraz grown in Australia. And, Shiraz, being naturally softer in tannins than many other grape varieties

grown here, readily takes on board the 'broader' tannins of American oak. Viola!! Plums, chocolate, vanilla, coconut, rich and full: does that sound like something you'd want to put in your mouth on cold night? You betcha.

European oak is more tightly grained, less overt and more 'savoury' in its flavour profile, say, more towards cedar and 'forestry'. And because it's tightly grained, the wine held within absorbs these flavours and fine tannins at a slower rate with the resulting characteristics being more subtle. Cabernet Sauvignon, Sangiovese and Petite Verdot for example, with their herbal, capsicum, earthy flavours along with their already high tannin levels, just love a big lie-down for a year or so in European oak to absorb some of those 'cedar/forest' aromatics that add so much to their flavour profile without the burden of loads of extra tannin they don't need. The softer, finer tannins from this wood doesn't radically alter the mouth feel and structure of the wine in the same way as would it's American counterpart.

I'm not aware of anyone who uses anything but European oak for certain white varieties, like Chardonnay and Semillon for example. However, like many things in nature, there are no set rules for which wine for which wood, so it's horses for courses and "What would you like for dinner"?

For wine info, email: terryb88@tpg.com.au

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From Surf to Summit

by Len Martin, Secretary, Nimbin Bushwalkers Club Inc.

My original title was going to be Two out of Three Ain't Bad – a reflection on the continuing high frequency of horrid wet days in the region – wet, wet, wet, leading to weeds, weeds, weeds – (the flaming things haven't stopped growing even though the grass has) – and the cancellation of our third May walk – a saunter through Uralba Nature Reserve near Alstonville. Alas, despite a forecast of "cloudy", the day dawned very rainy and cyber-consultation with the weather radar showed multiple banks of rain heading over us from the north. So telephonic consultation with



the leader (who is not cyber-enabled) led to the decision to cancel. I went to Nimbin carpark at the agreed time but surprise, surprise, no one turned up. There was good reason to cancel as the narrow tracks would have been diabolically slippery. At least, with the rain limiting us to only two walks it did enable a snappier title.

Our Broken Head to Whites Beach walk was carried out in perfect weather, blue skies, balmy breezes and a large enthusiastic group of walkers. Our intrepid leader had listed the rugged, spectacular coastal views, beaches and sea birds (all true) and had mentioned difficult walking and rock hopping, but neglected to note that we would be walking close to high tide. To add to the drama, the weather bureau had listed huge waves and dangerous surf conditions with warnings against rock fishing. We started with a gentle climb from the Broken Head camp ground on a made track, through littoral rainforest, with superb views of the Three Sisters offshore, to a lookout on a grassy knoll where our route to the furthest headland lay before us. Then

a precipitous descent on to the rocks where vast waves broke and spattered noisily towards us. Undeterred we clambered on, clutching at footholds and handholds, slowly but surely edging towards our distant goal. A brief respite on reaching the first beach where we encountered some well tanned sun-bathers (the more delicate among us averting our eyes). Then on again to ever more dramatic, steeper, sharper rocks – the waves breaking ever closer and with seemingly greater fury. But we survived, even the one walking barefoot, to reach our destination beach for a well earned lunch under the Pandani. There was one worrying post-prandial moment when our leader seemed uncertain of the way out of the wilderness, but he at last found the steep track leading up through lustrous littoral rainforest rich in cycads to our shuttle cars. A brief walk down another track to a cliff-top grassy knoll where we rested, looking back over where we had come, with a bonus – a perfect view of an Osprey swooping down to catch a fish. For a moment the fish was in the Osprey's claws, but fell away as the bird rose. A magical day indeed.

And then a summit – or rather another summit – for one becomes something of a summiteer with the Nimbin Bushwalkers: Mt Warning; the east peak of Mt Cougal; Mt Chincogan to list but a few one has conquered. And now Mt Chowan. Not that I realised that we were going to be summiteering, as David Holston's walk was simply listed as "North Chowan Rd Mt Jerusalem N.P." Well, we started on North Chowan Road, but almost immediately went off onto a narrow track that followed the ridge up and ever upwards through old logged forest

with tall Eucalypts, many Grass Trees and, alas, a rich sprinkling of Camphor Laurel seedlings. A leisurely ascent with occasional stops for some to photograph orchids before a pleasant lunch stop on sunny rock ledges with views over the valleys to line after line of distant blue hills fading away in the distance. There some remained resting until we started the descent. Others of us went up a steeper bit to reach what seemed to be the top, from whence I returned. However the most intrepid made the actual trig point. Curses, I missed the actual summit! Particularly



annoying as the other septuagenarian made it there. Next time perhaps. We made an easy descent by North Chowan Road fire trail. As we descended - down, down and further down, I realised just how far up we had walked. At the bottom we could view the peak - "Yes" said David, "That's where you've been".

Cor blimey, wonders will never cease.



Walks Program for June

Tuesday 7th June

Blue Springs to Blue Knob (members only)

Leader Judy Hales (6689-1477 or 6689-0254, Len Martin)

Grade 4, 3hr Features a steep climb to a cliff line, followed by an optional rope scramble up the cliff. Spectacular views. A heart-thumping aerobic workout. Grass trees to rainforest **Meet** 9am Nimbin carpark or 9.15am Blue Springs Community, end of Symonds Road Nimbin. **Bring** lunch and water. Will be cancelled if wet. If in doubt telephone the night before.

Sunday 19th June

East Koonyum Range, Mt Jerusalem National Park

Leader David Holston (6672 -5071, after dark)
Grade 3, 5-6hr Features a section of montane heath and rainforest, creeks with one large waterfall. Walk on used and gated-off forest trails with easy off track scrambling sections with views over Upper Wilsons Creek, Palmwoods and Upper Main Arm.
Meet 8am Nimbin carpark or 9.15am intersection of Wilsons Creek Rd and Coolamon Scenic Drive. **Bring** lunch and water. Martin, who abides nearby, has invited us to afternoon tea at the end of the walk.

Saturday Night 25th June

Camp at Cutter's Creek Camping Area, Mebbin National Park

and

Sunday 26th June

Byrill Creek and Ironbark Walks

Leader Eleanor Edwards (6672-3894, 7-8am or 8-10pm)
Saturday night camping at Cutter's Creek camping area, intersection of Mebbin Forest Road and Cadell Road.
Meet campground Saturday 4pm onwards. **Bring** camping gear and torch for Saturday night, food for barbecue, water, hat and sunglasses. **Facilities** picnic tables, wood barbecues (bring own firewood) gas/electric barbecues, non-flush toilets.

Sunday Grade 2, 4hr easy walks to view magnificent strangler figs and other interesting vegetation we'll enjoy a barbecue lunch whilst we vote on another walk.
Meet Nimbin carpark 8.30am Sunday, or campsite at 9am.
Bring water and lunch (NP fees apply both days)

Membership \$15/head to Treasurer Kay Martin PO Box 61 Nimbin, 2480 (Phone 6689-0254).
2011 Memebership Fees are now due.
Secretary, Len Martin (pteropus42@smartchat.net.au)
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Nimbin Headers Women's 4th division after their 4-2 win against Lismore Thistles in May.



Nimbin Garden Club Notes

An Extended Garden

When Garden Club members turned up to see Mark Worrell's garden on Jarlanbah community, they saw far more than the planting in his designated half-acre around his house. Despite the mud, we walked around dams and along beautifully maintained bush trails that took us through regenerating rainforest and along a clear-flowing and picturesque creek. Mark pointed out the amount of natural regeneration occurring as a result of the work of a handful of community members diligently clearing mistweed from around the creek banks and under re-growth.

Perhaps the most popular point of the tour was our visit to the well-appointed propagation area beside the community hall. A large polytunnel was completely filled with rainforest seedlings Mark has propagated for the continued revegetation of community land. Garden Club members happily took full advantage of Mark's invitation for each of us to choose something to take back to plant in our own gardens. After admiring the inviting spaces of the community hall (and in particular, the substantial pizza oven constructed beside it), we continued our tour, plants in hand, winding along the back of several private gardens to return to our starting point.

While he plants only natives in the community land, Mark's own garden is a mixture of both natives and productive and ornamental exotics, ranging from an attractive mixture of cacti planted in four recycled concrete tubs under the eaves of the house, to deciduous plantings around a series of ponds stretching out to the east of his house, providing access for morning sun in the winter. After what we had seen, it was clear Mark has a passionate commitment not just to his own block, but also to all the community land, which comprises more than half of Jarlanbah's 60 acres. "It's all my garden," he said.

June Bus Trip

The bus trip to gardens in the Murwillumbah area on the 18th June – organised by Denise Braidwood, the Club treasurer – is almost fully booked by members of the Nimbin, Lismore and Casino Garden Clubs: only one or two places remain. The bus leaves Nimbin from the bus stop outside the Visitor Information Centre (opposite the Post Office) at about 9am. Please bring mugs and a plate to share for morning tea (folding chairs not required on this occasion).

The first stop is Don Casper's garden in Uki – Don is president of the Uki Garden Club – where we will have morning tea. At Nenderi, east of Mur'bah, we will visit the two-acre tropical garden of Sandra and Tony King. For more information about their garden, go to: www.abc.net/local/stories/201%3/10/2841318.htm

The Condong Bowling Club is the venue for lunch, providing a menu of chicken schnitzel or fish, with chips and salad, followed by

dessert and tea or coffee for \$15 per person. (The advertised visit to a garden specialising in Heliconias is no longer on the itinerary, as these flowers are not in bloom at this time of the year. Instead, the owner of this garden will be coming to talk to the Club in August or September, when the Heliconias are in bloom again, bringing plants with her.)

The bus will continue on to the Tweed River Art Gallery (www.tweed.nsw.gov.au/artgallery), where we can enjoy magnificent views of the Tweed Valley along with the art on display. The bus is expected to return in time for everyone to get back home before dark.

Anyone wishing to book the last places on the bus, please contact Denise on 6689-9324. The cost is \$18 for the day, not including lunch.

July meeting and AGM

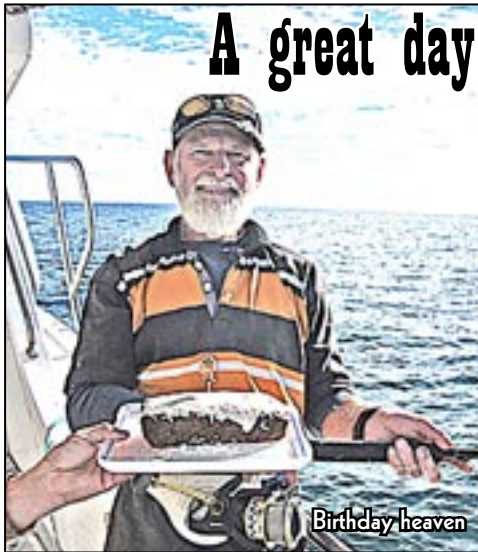
This meeting will be held at Gil and Jan Schilling's place, 166 Stony Chute Road, only a few kms from Nimbin village, on 16th July (the third Saturday of the month) at the usual time of 2pm. We need a number of new committee members, as several of the current committee have been forced to withdraw for new work commitments or health reasons, and others have already given several years of service on the committee. Please consider joining the committee and becoming more involved in the functioning of the club. The committee meets once a month, and we seem to manage everything required without undue effort.

In addition, there will be two guest speakers (not three, as mistakenly advertised in the Newsletter): Allan Lunare, who hosts workshops on intuitive gardening at the Living Arts Sanctuary and Blue Knob Farmers Market, and Amanda Williamson from the Forestry Foundation, who will be speaking about projects involving Crown roads and walking trails.

A raffle for the handsome book *From the Ground Up: A complete guide for NSW gardeners* will be drawn at the usual afternoon tea at the end of the meeting.

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 be operating, for members to share seedlings, bulbs, cuttings and excess produce from their own gardens.

For further information, please contact Denise Braidwood (6689-9324) or Hendrik de Vries (6689-1233).



by Pixie, Fishing Reporter

A small group of six Nimbin Heads Fishing Team members – Zac, Pix, Simon, Al, Scotty and Joel – got together for a shot at some late mackerel.

Overnight the seas had turned from a bright blue to a murky green in the morning, but the water was still warm so we pulled some lures around for a while, but with nothing to show for it, so back to bottom bouncing and float fishing for snapper and whatever comes off the bottom.



The weather was great, the sun was pumping and the seas were calm, which is pretty hard to come by lately. It was just a great day on the water. Zac was showing us how to catch good fish with a good pearl perch and then followed it up with a nice 4kg snapper.

Not to be outdone on my birthday, your humble fishing reporter then also landed a 4kg snapper, but it was Zac's day for fishing and he landed a 4.6kg snapper to finish the day.

Tight lines guys.



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Nimbin Crossword Solution See Page 21



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