



Surely by now everyone has heard of the death-defying difficulties of crossing a street in Vietnam. There is only the forward plummet to be considered. To pause or even think of reversing is clearly a fatal mistake amidst the streams of honking, revving, converging, weaving motorbikes, scooters, tuk tuks, cabs, cars trucks and buses. It's the ultimate initiation into the perilous mysterious world of South East Asia.

But once familiar with this game of deadly dodgem, and having settled in as much as possible to the day to day life of the guest-housing backpacker, one becomes aware of subtler, more insidious dangers to one's personal welfare. Dangers that lurk beneath the veneer of

Asian respectability and hospitality and threaten the naïve Western tourist with a painful, totally unanticipated death.

The ultimate nasty booby trap has to be Vietnamese toilet paper. Anyone who has travelled this part of the world will be familiar with the squat toilet and the mandi. This is not a reference to our toilet-loving local comedienne extraordinaire Ms. Nolan, but rather to the ubiquitous tiled tub full of water and pail that accompany the Asian toilet. The idea is, that having done your business, you use the pail of water and your hand to clean up down below and go happily on your way ... a practice I have never been at ease with due to the inevitable stinky hand and wet bum aftermath.

Except for villages and small out of the way establishments where the squat and mandi combo is still in use, nowadays things are generally different, especially in Vietnam. They actually provide toilet paper as well as a hose with a triggered nozzle hitched up on the wall next to the cistern. Unlike the rapidly-becoming-fashionable bidet fixtures one sees around places like Lismore and Byron Bay these days, where the water stream is strategically fixed, aiming at the crucial area with unfailing accuracy and consistency (and even warm water), the Asian hand held nozzle presents the odd unforeseen hazard to the uninitiated.

Firstly there's water pressure. On several occasions I have been subjected to a blast reminiscent of a water cannon during festivals at Circular Quay. One's fundamental region is hit with a cold liquid blast with enough force capable of causing a lift-off of a metre or so into the air and heavy re-landing on a slippery toilet seat. Very disconcerting. Secondly there's grip and aim. On a couple of occasions the device has slipped and caused a couple of litres of cold water to gush down my trouser leg and all



Mookxamitosis
by Brendan (Mookx) Hanley

over my feet and the floor. You leave the loo to go back to the restaurant looking like you weed yourself before you got there!

And the toilet paper? I might explain that Vietnamese toilet paper is very obviously not made for wiping bottoms. For a start it's about half the width of the scraper we're used to... treacherously narrow for big Aussie bums. And it doesn't tear across in sheets, it shreds longways, leaving you with

a pathetic little handful of party streamer strips, too small to even wipe a fairy's bum. Never was toilet going so hazardous before. Be warned!

Apart from the dangerous dunny dilemma, you could easily die of waiting for your meal in a restaurant while your companion finishes their third course, or be tooted to death in the streets by a million vehicles at once, fatally badgered by tour boat, tri-shaw, tuk tuk or taxi drivers spruiking to take you somewhere, mortally attacked by rampant stallholders, shop and market vendors wanting to sell you anything from a mango to a motorbike, or suffer a terminal msg overdose even having an omelette for breakfast.

Reading fractured English on billboards, signs and menus could easily cause a stroke or brain haemorrhage, and trying to negotiate a ride on an elephant or up a river or looking for a loo or a railway station or a cab or a bus or a meal or a hotel or an ATM when nobody speaks a word of English and you know Jack-shit Vietnamese.

Or then you could just die of having such a good time!

The Chardonnay Set

Really, it's just not fair. Just because a bunch of people have time and money to sit about drinking a Chardonnay over a fine lunch, they get tagged with a negative moniker. Plain jealousy, that's what it is. I know I'd like to have the 'readies' to splurge on a decent bottle over lunch on a regular basis. And Chardonnay would be one of my preferences. There are a plethora of different styles made from this noble grape variety depending on the climate where it's grown and the manipulation of the fruit by the winemaker.

Grown in the hot climate wine bowls of the Riverina and Sunraysia, Chardonnay yields high volumes of quality fruit that makes palatable wines of distinctive varietal flavour and soft palate texture. This variety is not one of natural high acidity so the wines are very drinkable and 'approachable' in their youth, slipping down ever so deliciously without grief to the digestive system. Not only that, but because of the nature of the variety, it needs to be fully ripe before harvesting to attain the desired flavours inherent in the grape. This means that most quality/better wines are



Fruit of the vine
by Terry Beltrane

around 13% alcohol – rich in flavour, and more bang for your buck.

Because of the grapes versatility and adaptability the stuff grows just about anywhere, but, grown in cooler climate regimes Chardonnay still requires full maturity to give its best. Because of the required longer ripening periods, the resultant wines are more subtle and complex in flavour with slightly higher fine 'grained' acidity, lending to a more elegant structure and what the 'trade' call "finesse". Districts like the Adelaide Hills of SA, Yarra Valley, Canberra, Tumburumba, the Hilltops around Cowra/Orange, the south western region of WA and the Tamar Valley in Tasmania stand out as consistently making excellent wines along these styles.

And because there was such a frenzy of planting some

decades ago, there's plenty of fruit, so these wines are great value for money if you can afford to come up with the extra couple dollars. Varieties like Sauvignon Blanc and Riesling are 'tight/taut/tart' while Chardonnay is 'slippery/soft/seductive' which goes a long way in explaining why this variety is so popular – it's a great drink and suited to so many different foods.

Regardless of where the grapes are grown winemakers use any variation in their approach to making wine from this versatile grape. It can be made simply (any of the low cost large volume brands you can buy at our local "back packers") where the grapes are crushed, the juice drained, separated, filtered and then fermented at cool temperatures, then filtered, stabilised and bottled – the stuff gets to you within 4 months of harvest. For higher quality stuff the fruit is crushed, the juice separated, filtered and then goes into oak barrels for fermentation.

The barrels are kept in cool rooms (very expensive, all the barrels, cool rooms and operating cost), and after fermentation the wine is not filtered immediately but left in the barrel with the dead yeast cells (lees) from the fermentation. These wines are then regularly 'stirred' in

the barrel to keep the yeast 'lees' dispersed throughout the wine contributing to the creamy/soft texture of quality Chardonnay, as well as imparting "freshly baked bread" aromas (many breads being made using yeast). The wines are kept in this 'state' for several months and with these 'added' subtle aromas and flavours of new oak, we've now got a wine of complexity of flavour and silky finesse. A thing of beauty and a joy to behold.

The oak used in making Chardonnay is always French. Usually from the forests of Tronçais or Nevers, these oak 'types' are more tightly grained and of dense structure limiting the amount of wood tannin introduced to the wine with less resulting coarseness and astringency. While American oak is great for some red wines, it's too broad, coarse and 'vanilla' in flavour to be used for white wines.

Combine any of the multitude of climatic regions, add some winemaking methodology and a little oak, and the permutations are endless. Small wonder Chardonnay is so popular.

Get with the 'set', be brave and adventurous, try a few different labels and enjoy this fabulous variety/wine over these next warm Nimbin months.

Wine info: terryb88@tpg.com.au

QUICK QUIZ

trivia @ bowlo

Devised by the Nimbin Bowlo's Quizmaster, Marty

Questions

1. An auction this month will offer an item of John Lennon memorabilia that is expected to fetch at least \$16,000 USD. What is it?
2. In what state or territory is the town of Jervis Bay?
3. What flower is worn on Remembrance Day?
4. In what city would you find a body of water called The Narrows?
5. From which Italian town did Antonio Stradivari originate?
6. What were the names of the twins in Through the Looking Glass and What Alice Found There?
7. How many bits in a byte as used on a modern PC? What is the largest decimal number which can be defined by a single byte?
8. What island is the home to wild lemurs?
9. Australian singer June Bronhill took her name from which city?
10. What is the highest mountain in Asia?

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.

At the start of November, the Jackpot stands at \$600.

- Answers**
1. One of his teeth
 2. ACT
 3. Poppy
 4. New York City
 5. Cremona in Lombardy
 6. Tweedledum and Tweedledee
 7. 8, 255
 8. Madagascar
 9. Broken Hill
 10. Mount Everest

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Some regional towers of strength

Photography and text by Len Martin

One tower of strength is club member Ron Ronan, who single-handedly planned, reconnoitered and led all five of our October walks – walks attracting visitors from as far as Houston, Texas, USA, and our youngest participants for a long time. So good onya Ron.

Sunday 9th October saw 12, including he from Texas, scale the heights of the Nightcap Range from Huonbrook – uphill all the way – 4km on North Rocks Road into Nightcap NP, then another 1km (still uphill) to the start of The Historic Nightcap Track. Ron had said the downhill return would be quicker and it was, but such was the gradient, one saw less than going uphill – when the measured stately tread and frequent stops for breath, photography, bird watching and tree hugging allowed for more relaxed enjoyment and observation of the natural world. And there was much to enjoy, including the satisfaction of realising, as one gazed through the trees into the valley and across to distant escarpments, just how high we had climbed – and at our age! Wonderfully varied vegetation, changing all the time as we ascended – rainforest, Bangalow Palms, tree ferns, and huge Eucalypts teetering on the edge of the escarpment exposed to all the forces Mother Nature can fling at them – towers of strength indeed. The chap from Texas had to admit that they didn't have trees as big or strong in Texas – though they do have lots of gas wells. We saw many mint bushes covered with pale mauve flowers and a blooming tree, not seen before, tentatively identified as Grey Possumwood.

Tuesday October 18th saw lowering skies, threat of rain and a mere 7 enjoy 3 short walks in Lismore. First Rotary Park, with towering trees of strength, one with the biggest, most spectacular buttress ever – complete with own waterfall. Easy walking, great rainforest, well marked tracks and many trees labelled. Rotary Park is a monument

to those Towers of Strength in the Lismore community responsible for its regeneration and maintenance. It has long had flying foxes roosting in it and, alas, they do cause significant defoliation, but I believe that the Rotary Park rainforest is big and strong enough to survive it. Currently, most of the bats are Grey-headed Flying-foxes and October is peak birthing season – definitely worth a look. Don't be put off because flying-foxes carry Hendra and Lyssa viruses. Trust me, none of the many, many flying-fox carers, and researchers like me – who have been licked, bitten, scratched, peed and pooped upon by flying-foxes over many years have caught Hendra – seems to need passage via the horse before humans get infected. Lyssa (a form of rabies) can only be caught by being scratched or bitten by a bat – no chance of infection from urine or faeces – so just stay clear of direct contact – don't approach a sick or injured bat – leave that to wildlife carers who are vaccinated against Lyssa.

Our next walk was a major contrast – Lismore Rainforest Botanic Gardens – flying-fox-free and no huge trees – but how enjoyable, how fascinating and what an achievement – wonderful variety of plantings and landscaping and much in blossom. Alas I won't live long enough to enjoy it in its full mature glory – a fabulous monument to more Lismore Community Towers of Strength – inspirational. Alas I had to miss the saunter in Wilson Park Nature Reserve – more fine trees, but as seen previously, much in need of eradication of the dreaded asparagus fern – more human towers of strength needed.

I keep rabbiting on about TOS, because of the huge trees nine of us metaphorically hugged on our October 22nd walk around the Rosewood Loop at Sheepstation Creek in the Border Ranges NP. Some time back I waxed lyrical about Massive trees in Mebbin – but believe they are outdone by those we saw here. If you don't agree, look for yourself. It is a grand walk



Towers of Strength

with good tracks (only an idiot could get lost) - and very mature rainforest. Thus there is little understory to interrupt views of the giants – and I mean giants. I wandered slowly and at one point stood, gradually looking up along the trunk of one large, thinnish (so it seemed) giant, its upper trunk festooned with Crows Nest ferns, the outer limbs bearing massive Stag Horns – such weight. As I looked, I realised that the whole crown was slowly, gently swaying back and forth – much as I once experienced on top of the Empire State Building in New York.

There was additional enjoyment. Don Durrant (a TOS in Northern NSW conservation) brought two grandsons, giving our group an age range of 72 years. The six-year old seemed to lead the walk most of the way. The eleven year old, (who confessed he probably knew more about granddad's camera than granddad) an enthusiastic naturalist, photographer and keen spotter of fungi, was great company. The highlight, for me was when he scabbled his hands in a rotted tree trunk, uncovering many shiny balls. He knew what they were – rainforest millipedes. He asked if I knew what "Myriapoda" are. I said, "Yes, and centipedes have one leg per segment and millipedes have two" (he knew that too). Nary a whinge from either kid, the whole walk. At the end they swam in the creek. I didn't. Too tired – but happy. There is hope for the human race yet – young TOSs.



At the Big Rosewood Loop

Walks Program for November - December

November 6-13th

Moreton Island (booked out)

Sunday 20th November

Condong Falls

Leader Ron Ronan (6633-7207, at night)

Grade 2, 3hr, 4km on fire trails and walking tracks. Two waterfalls and lots of wildflowers

Meet 9am Nimbin car park or 10am Minyon Falls picnic area (top of falls). Bring lunch and water and a hat.

Sunday 27th November

Booyong Reserve & AGM

Leader Michael Smith (6689 9291)

Grade 1, 1hr, flat 1.2km through a Big Scrub remnant.

AGM to follow in picnic area. Photographers, bring your best pictures for the photo competition. Prize will be a hand-made woven basket. Photos must have been taken on one of our walks and all will then be donated to the

Nimbin Environment Centre to help showcase our area. Meet 9am Nimbin car park, or 10.05am Booyong Reserve, Booyong Road (6km east of Clunes)

Bring lunch, water, chair, photos, stories and happiness.

Weekend 3-4th December

End of year break-up party and camp at Koreelah Gorge

Leader Don Durrant (6633-3138 at night). Two day camp, arriving Saturday.

Meet 8.15am Nimbin car park, then Don will meet us at 9am at Kyogle Information Centre to go in convoy to the campsite. Gorge is just south west of the campsite. At the head of the gorge is a deep waterhole surrounded by 4 m cliffs that can be dived from, with bigger waterfalls downstream. Camping fees \$5 per adult.

Bring firewood, camping gear, food, water, luxuries and goodwill to all mankind. Easy bushwalks and swimming on Saturday.

For day-trippers on Sunday 4th December, see you at the campsite at 8.30am to join campers in a grade 4 wild walk. To get there from Woodenbong, drive west on Summerland Way to Old Koreelah and follow White Swamp Road to the park. Road is paved.

There will be no walks in January.

Membership \$15/head to Treasurer Kay Martin, PO Box 61 Nimbin, 2480 (phone 6689-0254). Secretary, Len Martin (pteropus42@smatchat.net.au)

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



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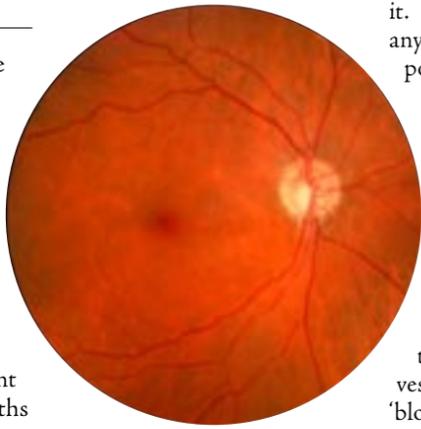
by Tina Fuller

Glaucoma is an eye disease which many people have heard about, but aren't sure of what it is. Most locals are aware that it is one of the conditions being treated with medicinal marijuana.

I will try to clear up some of the mystery, with the hope that the new glaucoma testing equipment I was expecting some months ago will arrive by the time this goes to print.

The terrible thing about glaucoma is that it slowly takes away your sight without you being aware of it. You start to develop small blind spots in your peripheral vision. These aren't noticeable at first, because as you move your eyes around, other parts of your vision make up for the losses.

It's only when these spots join up resulting in tunnel vision, that it becomes more obvious. Unfortunately, by then it is often too late to prevent total blindness, even



Retinal image

with treatment.

On the positive side, glaucoma progresses slowly and is easy to treat with eye drops. An eye check every couple of years is enough to make sure that it gets detected and treated before causing any vision loss.

Despite a lot of research, it's not clear what causes glaucoma and why people get it. Those who have glaucoma in their family, are short sighted, or over 40 are more likely to develop

it. However, it can affect anybody, even babies. And pot smokers.

For whatever reason, the fluid inside the eyeball builds up to cause pressure, which slowly kills off the optic nerve (the link between the eye and the brain).

Marijuana dilates the ocular blood vessels (making eyes look 'bloodshot'), and prevents the fluid build up by increasing its circulation.

Each optic nerve fibre corresponds to one point in the visual field, so as they die off one by one, each point turns into a tiny blind spot.

I will soon have a Visual Field Analyser, which can detect those blind spots in the peripheral vision long before they can be noticed by the person.

Thanks to funding from the Department of Health and Ageing, I will be able to diagnose and monitor glaucoma locally, without any cost to my patients.

The Sport of Kings

Australia held its breath on the first day of November as the great race ended in a photo finish.

In the end, the French horse Dunaden beat the English gelding Red Cadeau by the narrowest of margins – a few pixels on the screen meaning the world of difference to the several punters who were on it at the Nimbin Hotel.

The high odds on Red Cadeaux meant an excellent consolation for those who had backed it each way.

The pub also ran three sweeps on the afternoon, which was very well-attended with some people (pictured) making a big effort to dress a la mode.

Photos: Warwick Fry, Sue Stock



Silent epidemic of pain

by David Beveridge

One in five people in Australia suffers from chronic pain, once described as the silent epidemic.

It is estimated that chronic pain costs the Australian economy \$34 billion dollars each year. It represents a major clinical, social and economic problem.

The impact on economies is enormous, with the cost of back pain alone equivalent to more than one fifth of the country's total health

expenditure, and 1.5% of its annual gross domestic product.

Other reports suggest that chronic pain costs three times the total cost of all types of cancer.

In addition to its economic cost, chronic pain is probably one of the diseases with the greatest negative impact on quality of life. There is no cure, but with treatment people can lead normal lives.

Everyone has experienced pain at some point in their lives, and this is usually

known as acute pain.

Acute pain is pain that lasts for three months or less and occurs as a result of a new injury. Pain associated with acute pain is a warning sign that damage has occurred.

Chronic pain is pain that has been present for longer than three months. This is pain that continues to occur long after the body has healed from the initial damage.

Many people experience chronic pain for years. There is no cure but with effective management, patients can live long and productive lives with the goal of returning to activities they previously enjoyed.

Immediate treatment is available for most people; it can be as simple as increasing your activity level, such as going for a walk.

This may initially be for as short as five minutes with a slow and steady increase in the time spent walking each day. Stretching is also important.

(It may be advisable to seek the assistance of a health care professional to act as your coach when commencing a



stretching program.)

Pain associated with exercise does not mean that sufferers are harming themselves by undertaking these activities, but these simple measures must be continuous – for the rest of your life. Prolonged inactivity will result in a loss of muscle mass, and so to increased pain.

All pain has a strong psychological component and it is therefore important to look after psychological wellbeing.

It is best to avoid the use of medication, particularly strong analgesics like morphine. Recent evidence suggests that even short-term use will cause changes in brain function.

There are a number of other areas where people can get further information.

The book *Manage Your Pain*, by Michael Nicholas, and others will provide further information about chronic pain as well as additional suggestions for its management.

The Australian Pain Management Association is an organisation founded by people with chronic pain and it has a web site www.painmanagement.org.au/ that also provides helpful suggestions for pain management with a 24-hour telephone number (1300-340-357) for on-going support.

Chronic pain can be difficult to manage and despite the best efforts, people may still struggle with the management of their condition. It is important to discuss your pain management with your General Practitioner.

It may be advisable to have your GP refer you to the Multidisciplinary Pain Management Clinic at Lismore Base Hospital. The clinic is a patient-centred model focusing on easing the burden of pain and improving quality of life.

The clinic is an outpatient referral service providing consultation, assessment and treatment.

All patients seen in the Multidisciplinary Pain Management Clinic will receive a comprehensive assessment, including individual consultations with a medical specialist, clinical psychologist and physiotherapist.

After this process, a range of treatments may be offered and provided on an outpatient or day-patient basis.

Treatment options will focus on improved function and generally aim for medication reduction.

They may include education, exercise routines and cognitive-behavioural therapy within a group pain-management program.

Patients will be followed-up to monitor their progress and adjust treatment regimens where appropriate.

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Nimbin Garden Club Notes



Koonorigan Ridge Garden



Photos & text by Gil Schilling

Despite a grey and threatening sky a large group of keen gardeners turned out to visit Gloria and Tom Dunbar's magnificent ridge-top garden. The Dunbars have been working on their garden for 36 years, and their dedication has been rewarded, with mature trees providing just the correct conditions necessary for many hundreds of rare and colourful bromeliads, epiphytes, clivias etc to thrive. When it was time for a closer look, Gloria led us along the formed pathways through the shaded lushness of her garden – pointing out unusual specimens, answering questions and generously giving advice when requested. For me at least the calm tranquility and shaded colours of this garden were indeed a treat for the soul.

As the club's last garden visit of the year it was pleasing to see such a good attendance of members, with a number of new members joining on the day. Many were also pleased to purchase specimens for their own gardens from Gloria's nursery, at excellent prices too. Following afternoon tea Michael sincerely thanked Gloria and Tom for allowing us in to enjoy their garden. In response, Gloria advised that club members were welcome to visit the garden at any time, and that nursery specimens were always available for sale, just telephone first.



Garden Club Christmas Lunch

The club Christmas lunch will be held on Saturday 19th November at noon, at Lynne and Peter's place, 1228 Tunttable Creek Road. An extensive smorgasbord catering for all tastes is planned, with champagne, wines and juices available.

Cost per head is \$20 and members who have not yet done so, please contact Michael Vaughan on 6689-7193 ASAP to arrange payment and allow finalisation of numbers for catering.

Please bring a garden chair and a cup/mug if you would like tea or coffee before heading home.

Car pooling is recommended. Limited off-road parking exists only for about eight cars, so some members will need to drop their passengers and chairs at the property and then drive back to the Tunttable Road turn-off for safer parking. If you arrive in time Bruce will give a lift back up the hill.

Getting There. From Nimbin PO it is 5.6 kms. Proceed down past the Bowlo and along Gungas Road, turn right at Tunttable Road in the direction of Mt Nardi and The Channon. At the junction of Tunttable Road and Tunttable Creek Road you will see the parking area on the left. Turn right into Tunttable Creek Road and look for the third house on the left with a green letterbox and green and yellow flag, and the Nimbin Garden Club sign at the entrance.



Cycling – and Yowie spotting

Family fun, healthy lifestyles and mountain bikes all come together for Wheels on Woodenbong, an exciting new festival on 26-27th November.

The Wheels on Woodenbong event has something for everyone. The cycling festival will be held at the historic showground, where mountains, creeks and forests will provide a spectacular backdrop.

There will be bike events from novices through to experienced endurance riders.

The event starts in Woodenbong on Saturday with the Yowie Country Markets. There will be a range of rides throughout the area, a fun three-person ambrose golf game at the Golf Club, and a family movie on the Saturday night.

The festival on Sunday is from 10am to 4pm, with a four-hour endurance mountain bike ride starting at 10.30am run by Tailwind Promotions.

The festival is expected to attract visitors and bike riders from Northern NSW and SE Queensland. There will be free fun activities for all ages, as well as informative workshops, Aboriginal cultural activities, pony club, stalls and healthy food. Bring your bikes and your talent to enter the Yowie Country Talent Showcase.

Christine Reid, president of the Woodenbong Progress Association, encourages all bike riders and people looking for great family entertainment to take the drive to Woodenbong.



Wide open spaces: Picturesque cycling near the Woodenbong Rocks

"Get active, get fit, eat well and have fun," she said. "Bring the kids and your bikes for the festival day or for the weekend – and try to find the local Yowie!"

For more festival information visit www.wowfestival.com.au or register for the ride at www.tailwindpromotions.com.au

Summer Social Soccer at the



by Simone Rutley

Many years ago the club ran a local summer social soccer competition that, according to all reports, was a lot of fun. Last year we trialled social soccer on a very low-key basis for which there was mixed feedback. Some members really enjoyed themselves, for others it was too disorganised.

This year, thanks to Myfanwy, Loey and their buddies in the women's team, we are having another go. There are six registered teams: Lillian Rockers, Tunsters, Westies, Misfits, Zen, and Moore Soccer. The competition is stiff, the rivalry is bloodthirsty (except for the members of Zen). Scores are being recorded so that by the end of the term there will be winners! Of course this is not important, or shouldn't be – particularly for the members of Zen! The club will open the canteen for dinner on Tuesday 15th November and again on the final evening, Tuesday 13th December. Everyone is invited.

The competition will run again in 1st term 2012, so please be sure to nominate your team by the end of this term: phone Myfanwy on 6689-1512. There is room for another couple of teams. The cost is \$40 per team per term.

Summer soccer at Nimbin is about teams of mixed ability enjoying themselves.

GO THE MIGHTY HEADERS



Just for fun: Summer soccer starts up. Spot the ball!

Horseriding Clinic

John Chatterton Natural Horsemanship one-day riding clinic at Nimbin showgrounds, Saturday 26th November or Sunday 4th December (two dates

allowing for backup date in case of wet weather). \$125.00/day 8-5pm, fence sitters \$30/day. Numbers are limited – \$60 non refundable deposit/booking essential. Contact Laurelli 0447-891-119 or 6689-1119.



John Chatterton

Nimbin Crossword Solution

From Page 23



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Full timetable on-line at: www.wallersbus.com

Normal Mon-Fri Week		School Holidays	
Leaving	Arriving	Leaving	Arriving
Lismore Transit Centre	Nimbin – Main St. (Park)	Lismore Transit Centre	Nimbin – Main St. (Park)
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	5.30pm	6.00pm
3.20pm	4.15pm		
5.30pm	6.00pm		
		Leaving	Arriving
		Nimbin – Main St. (Park)	Lismore Transit Centre
		7.30am	8.00am
		9.00am	9.35am
		4.25pm	5.00pm
		6.05pm	6.35pm

* Mondays & Thursdays Only

No Public Holiday Service
Town Service - Wheelchair access available upon request, 24 Hour notice required
Some Buses connect in Nimbin for Operators to Murwillumbah



Aquarius Nimbin
A New Village Lifestyle

Free Family Open Day

10am – 2pm, Saturday 12th November

- ✦ Sausage Sizzle
- ✦ Jumping Castle
- ✦ Face Painting
- ✦ Helicopter Joy Flights Raffle
- ✦ 4 Brand New Display Homes



AQUARIUS NIMBIN
Alternative Way Nimbin,
just behind the bowls club
www.nimbin.com. 1800 791 916



WIN a weekend for 2 at Pacific Hotel, Yamba

NIMBIN PIZZA & TRATTORIA CELEBRATING



1991 MENU RETURNS

	Large 8 Slices	Family 12 Slices
NIMBIN NATURAL Unadulterated Pizza! Simply Herbs & extra Cheese.	\$9.00	\$13.00
TERANIA TROPICAL Delicious! Ham & chunky Pineapple.	\$10.00	\$14.00
GREENIES CHOICE Vegetarian! Spinach, Mushroom, Capsicum, Onion & Pineapple.	\$10.00	\$14.00
MT. WARNING We're warning you it's HOT! Pepperoni, Capsicum, Onion & Chilli.	\$10.00	\$14.00
THE MYSTIC Surprise, Surprise! Slices of fresh pan-fried Eggplant on special sauce with Garlic, Basil and a blend of cheeses.	\$12.00	\$16.00
AROMA Mama's favourite! Mushroom, Capsicum, Onion, fresh Basil, Chilli, Garlic & extra Tomato & Olives.	\$12.00	\$16.00
AQUARIUS It'll make your mouth water! Fresh medium Prawns, Garlic, Parsley & cracked Pepper.	\$13.00	\$17.00
THE BUSHMAN For meat lovers! Ham, Cabanossi, spicy Sausage & Mushroom.	\$13.00	\$17.00
PIZZA PAZZA Pizza madness! Ham, Cabanossi, spicy Sausage, Mushroom, Pineapple, Capsicum, Onion & Garlic.	\$13.00	\$17.00
SPAGHETTI Bolognaise or Napolitana. (With Josephine's special sauces).		\$7.00

In November 1991, Nimbin Pizza & Trattoria started business in the humble home kitchen of the Nimbin Mill farmhouse on Gungas Road. Beginning with home-delivered pizzas five nights a week, the business quickly grew... Twenty years on and now an iconic part of the Nimbin streetscape, the Trattoria is a place for locals and visitors alike to enjoy authentic Italian food, friendly service and a relaxed atmosphere. Elena, Peter and their dedicated staff would like to thank all their customers for their loyalty and support over the past twenty years. The family is proud to be part of such a unique community, and look forward to many more successful years to come.

'TURNING BACK THE CLOCK' SPECIALS

In 1991 bread cost 90c a loaf, petrol was 70c a litre and a middy of beer was \$1.47... To celebrate our anniversary and show our appreciation, for the month of November we are 'turning back the clock' to prices from our first menu in 1991! *Conditions Apply*

Keep up to date with our ongoing specials and deals:
www.facebook.com/pages/Nimbin-Pizza-Trattoria



NIMBIN PIZZA & TRATTORIA 70 Cullen St, Nimbin
Phone 6689-1427 Open 7 nights from 5.30pm
Bookings Recommended

****CONDITIONS** MENTION THIS AD WHEN ORDERING; TAKEAWAY ONLY; NO VARIATIONS;
NO 1/2 & 1/2; LIMIT OF 2 PIZZAS PER ORDER; ORDERS TO BE PLACED BEFORE 7PM.
SAVE WAITING AND PHONE AHEAD FOR PICK UP!**