

New kitchen at Tuntable shop

After being out of action for 18 months, the kitchen at the Tuntable community's shop is nearly Council approved.

The kitchen had to be rebuilt from the floor up, with white-ant damage to the structure repaired, a complete re-wire, and the old cool room converted into a pantry.

Tuntable residents Steve and Rocky did most of the work, which included leveling and re-tiling the floor, re-sheating the walls with double Gyprock, installing a new skylight and rangehood, and custom-building benches with marble and stainless steel benchtops and splashbacks.

Rob Gall did the plumbing and Pat Hall the electrics.

Driving the project were co-op members Satya and Christine (pictured), who said that \$25,000 had been allocated to the renovation over two years, to bring it up to the standard of a commercial kitchen under the Pure Food Act.

"The shop and hall are the central hub of the community here, and the café helps foster



better communications," Christine said. "It brings the community together, makes it more inclusive."

A new industrial food processor and mixmaster have been sourced through the Nimbin Food Links project, and an espresso coffee machine is also to be added.

Cooks, sauciers and jam-makers on Tuntable are relishing the use of the fully equipped and accredited premises for value-added food production.

At present, there are some last bits of grouting and painting to be finished, but Council inspector Cameron Smith has OK'd the kitchen as it is for café nights.

A grand re-opening celebration is planned for the Australia Day long weekend next year.

Markets worthy of note



by Peace and Harmony Freeborn

Nimbin Markets once again proved to be a spectacular alternative venue during the 2013 MardiGrass festivities. Stall spaces were filled quickly on Friday, with only a couple remaining for late arrivals on Saturday morning. The demand for space was huge, with our last request for a stall space coming in the early hours of Sunday morning.

The musical entertainment on the market stage was organised by Essie Thomas, all the way from Melbourne. The line-up was of high quality, and our local musicians, including Doug and Biskit (pictured), Los Diablos and Imaginary Friends proved extremely popular in the very busy market space.

The main food arena in our top car park, managed to perfection by Cat Anderson, was an assortment of colours, flavours and smells to satisfy tourist and local palates alike.

The Nimbin Markets would like to thank all the volunteers, and people who contributed to the success of our venue over the 2013 Mardi Grass weekend.

Our regularly scheduled market times have resumed on the 4th Sundays, and 5th Sundays when they occur, with our next market on 26th May shaping up to be a post-MardiGrass celebration worthy of note.

Nimbin Markets, great food, great music, great community. See you there!

Herb of the Month

by Tom Culpeper

Cannabis sativa L.

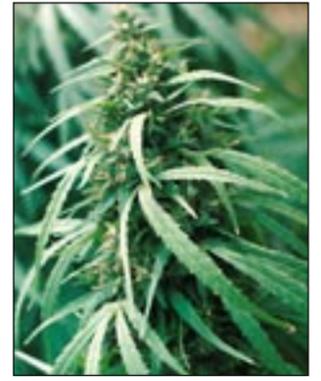
Common names: Dagga, Bang, Kif, Da ma, Hamp, Hennep, Ganja, Canapa, Asa, Bhang, Kanha, Mocconha, Konoplia, Saumya, Grifa, Marijuana, Kannib, Hamppu, etc.

To the Homeric Greeks, who imbibed at just about every opportunity, resined wine was the drug of choice.

Homer says the stuff they added to their wine was 'nepenthe', a plant that "drives out sorrow and despair".

Many scholars think that nepenthe might have been an opium preparation, perhaps similar to laudanum, or an Egyptian wormwood elixir, like absinthe. Others firmly believe it to be cannabis, as the active compounds THC and CBD (cannabidiol) are well soluble in an alcoholic drink like wine, and the effects would fit the given description.

As the story goes, in Homer's *Odyssey* (Book 4), the demi-goddess Helen was given a package of nepenthe by Polydamna and brought it



back to Greece from Egypt, where recorded references to the use of cannabis (a later Greek word) were made around 3000 BC, when the pyramids were being built.

The Purdue University's site on the matter of 'New' crops, has recorded much from a botanical point of view, based in the main on the work of the master of plant chemistry, James A Duke's *Handbook of Energy Crops*, 1983. (Unpublished).

Erowid, *The Vaults of Erowid* ('earth wisdom'), at: www.erowid.org is also a blazing guide on all interesting botanicals, based on sound science.

• *Bhang Lassi* recipe on Page 30

Nimbin Hospital Information

Childhood Immunisation Clinic

For 0-5 year olds. Held in Nimbin Hospital on the second Tuesday of the month, May clinic: 14th May. For appointments phone 6620-7687.

Women's Health Clinic

Held in Nimbin Hospital every third Thursday of the month. May clinic: 16th May. Confidential service includes Pap smears, breast checks, contraceptive advice, postnatal checks and general health information. For appointments phone 6688-1401.

Community Registered Nurses

Available Monday- Friday, 8.30am - 4.30pm. For assessments, wound care, referrals and advocacy. We provide palliative care in the home, also provide and co-ordinate Community Aged Care Packages. Wednesday morning drop-in health check clinic at the NSP rooms. Phone 6689-1288.

Nimbin United Hospital Auxiliary

Meetings are held in the Conference Room at Nimbin Hospital at 10am on the 2nd Friday of each month. Next meeting will be on 10th May. New members are needed to help fund-raise, please do come along and join up. The Hospital Garage Sale will now be held on 8th June.



Blooming bellies and busy babies

by Kirrah Holborn

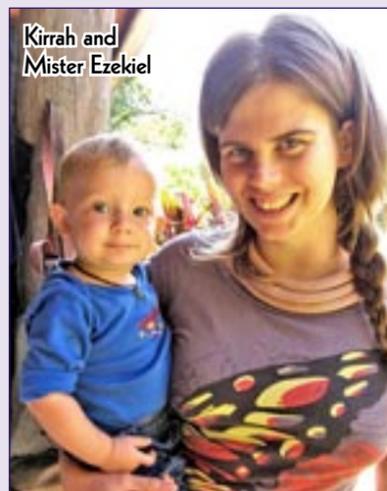
Homebirth Doula, Birthing From Within Mentor, Traditional Wisdom

I've been facilitating Nimbin Birth & Beyond for two-and-a-half years! What started out as a dream to help bring women together, connect and create a sense of community has become a reality every Friday morning.

We originally had a movie screening of the Big Stretch followed by a brainstorming of ideas for future meetings. A lot has happened over the last 120 or so Fridays. We've talked about natural-birth remedies, practised breath awareness, made birth art, danced, done yoga and had guest speakers come share their knowledge.

Then over the last year the 'beyond' part of Birth & Beyond came into fruition and we've had regular mums 'n' bubs groups. The babies have played while the mums have had cups of tea and talked about many things including nappies and sleep (or lack thereof!).

Birth & Beyond is a unique community building and we are lucky to have this divine meeting space. Building a sense of community is not always easy. But in Nimbin, when such beautiful places exist, it's a good place to start! Our library has expanded to include pregnancy, birth and parenting books and the birth pools continue to be loaned out. Really, it's amazing and



Kirrah and Mister Ezekiel

I'm glad to be a part of it all.

I love seeing the bellies blossom, women come into their power and the strong bonds form between mother and baby and then woman-to-woman (and baby-to-baby!).

I volunteer my time to keep this going! It's true. I do this for the love of my community. So, if you're pregnant, get in contact with me or drop in on a Friday morning. I would love to see our group grow and to share all the tips for naturally preparing for birth. Come and see who else is pregnant and due at a similar time. Come and ask questions and find more information about your options of where to birth, who can support you and what therapies and remedies can help you to birth.



I'm all for sharing. I've got over 10-years' worth of knowledge in complementary therapies, mind-body medicine and holistic birth preparation skills. I'd love to help you feel more calm, centred and connected.

Birth & Beyond continues to be a space that mothers and babies can get together and discuss what's going on. In May, come along and talk children's remedies (great with winter coming up) and discuss food (and encouraging your baby/toddler to explore eating).

Birth & Beyond May schedule

Now 9.30am-11am: 1st/3rd/5th Fridays for pregnant women; and 2nd/4th Fridays for Mums 'n' Bubs

10th May: Mums 'n' Bubs talk: kids remedies

17th May: Birthing From Within taster

24th May: Mums 'n' Bubs talk: food

31st May: Natural remedies for birth

7th June: Benefits of bellydance

Nimbin Birth & Beyond meets every Friday from 9.30am-11am. Sessions are run by donation. For more info (or to hold a session): Phone 0429-308-851 or Email: kirrah@traditionalwisdom.com.au To be added to the mailing list just send an email or text.

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"First, do no harm"

Why Bowen Therapy?

by Tonia Haynes

Dip Bowen Therapy, Cert Remedial Massage,
Advanced Panic Healer

Last month, I briefly mentioned Tom Bowen (pictured) and his intuitive ability to return the body back towards good health.

Yet 60 years on, the potentially excellent results gained from receiving Bowen Therapy are still shrouded in mystery.

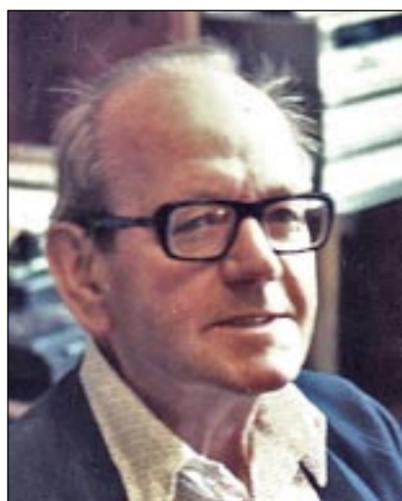
Pain and discomfort can be an extremely complicated affair, like a brick wall that appears to be unclimbable and impassable, no matter which way we approach it.

So why should such simple moves on the body create such a powerful relief from pain? And why does one's body all of a sudden begin to function in a more comfortable fashion?

How does Bowen Therapy have the ability to remove the correct brick from the wall, causing it at worst to crumble to a manageable height and width, or at best, to disappear all together?

Scientific research has proven that at the very least, Bowen Therapy lifts connective tissue that has adhered to the flesh during injury or illness. This lifting of the connective tissue allows the trapped poisonous wastes and acids that create inflammation to be eliminated and water and nutrition to nurture the damaged area back to good health.

For those of you whose passions do



not usually extend to knowledge of anatomy and physiology, basically connective tissue holds our body together. It surrounds every muscle, bone, organ and nerve and if we did not have connective tissue our flesh would hang off our skeleton like an empty sack.

It is also one of our main sources of protection against disease due to its ability to communicate with the immune and other systems, which assist us to life. Therefore any dysfunction or injury of muscles, bones or tissue that interferes with the associated connective tissue can also cause other parts of our body to work less than efficiently.

An example of this might be digestive issues, a cough, or headaches that

seemed to start after an accident, or some time during prolonged lower, or upper back pain.

Is Bowen therapy different to massage? Yes. First of all, for the shy of heart, Bowen Therapy can be executed through clothing.

It is less invasive than massage and gentler than a chiropractic or osteopathic treatment. Nevertheless, the results can be as pleasing, if not more so, than the above-mentioned modalities.

If you have back, neck, jaw, shoulder, limb or digestive issues, you will be pleasantly surprised by the magic of a Bowen treatment. The pain or symptoms do not always disappear immediately after a treatment but, similar to other therapies which keep working long after the event, within two or three days you will be feeling far more together and ready to take on the world once again.

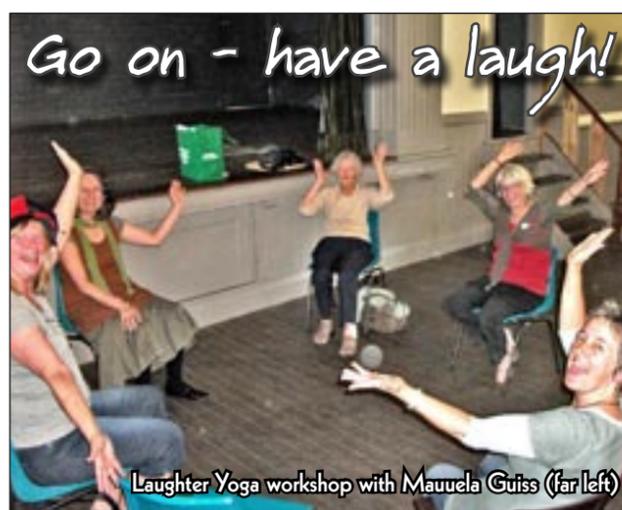
In the meantime, if you want to strengthen the connective tissue in your body and remember, it is everywhere, take a good vitamin C supplement.

I am in clinic in Nimbin on Tuesdays and Saturdays. Make an appointment.

I will assist you in the best way I can, and I am a firm believer in individual treatment for individuals.

Phone: 02 6689-0240,
Mobile: 0439-794-420

**Love, light
and laughter.**



Laughter Yoga workshop with Mauuela Guiss (far left)

Laughter naturally boosts and strengthens the immune system, releases endorphins, diffuses, releases and transforms anger.

It is a great natural way to combat depression, is wonderfully therapeutic in times of sadness or stress, and helps you to discover your sense of playfulness, creativity and fun.

It is also a great cardiovascular exercise and abdominal workout, a natural pain-killer – and can even combat Alzheimer's disease and dementia.

You can improve your life and that of those around you simply by laughing – and better still, you can learn to laugh more with Laughter Yoga.

All you need is a bit of time, comfortable clothing and a willingness to bring out your inner child.

Laughter Yoga began in 1995 in India as a way to spread world peace, and is now practised in more than 60 countries. It is the practice of laughing for no real reason, interspersed with yogic breathing.

At Blue Knob Gallery, a certified Laughter Yoga Leader has been running classes each Saturday morning (8.30-9.30am) for more than two years – and has given the patrons of the weekly Farmers Market much to smile and laugh about.

For more info, contact Manuela on 6689-7457 or go to: laughteryoga.org

How I use dreams in therapy

Are dreams just the random by-product of rapid eye movement sleep? Is their function to fulfil our wishes? Don't they just reflect the ordinary mundane things of everyday life expressed in bizarre form? Aren't dreams the royal road to the unconscious? Are they ways in which the subconscious mind communicates with us? Maybe they are a self-portrayal of the health of the organism through symbolic language, or a way the organism regulates itself through imagery, sensations, and memories? There are many ideas about dreams and the function of dreaming for sure, but how can dreams be useful in therapy? This is what I wish to explore here.

Psychoanalysts, of which I am not one, look upon dreams as keys to unlocking the unconscious mind. They go about doing this by interpreting dreams, allocating meanings to symbols apparently depicted

in the dreams. Everyday objects, people and situations that arise in dreams are viewed as having psychic significance. This is useful, to a degree, but it too readily leads to the idea that everything is a symbol of something else, other than the thing itself, as well as to the notion that the thing has a greater and more universal significance than it might to the individual dreamer. The proliferation of dictionaries of dreams attest to this notion. A simple door can, in this way, be imbued with meanings irrelevant to that dreamer: vagina, opening to the temple, door to the soul, the Great Mother, door to the unknown, etc, etc. Maybe, however, it is simply a door, and maybe the dreamer's interest is not on the door, but what is inside or outside.

It is the dreamer's dream and the meaning of the dream is theirs. Interestingly, C. G. Jung (1875-1961) said virtually the same thing.

He wrote 'Never apply any theory, but always ask the patient how he feels about his dream images.' *Analytical Psychology: Its Theory and Practice: The Tavistock Lectures*. (1935), and yet more generalizations about the meaning of dreams have come about by those reading Jung than by those caught up with Freud. Freudian analysis is less popular these days than Jungian analysis, and more books are written about Jungian perspectives on dreams than Freudian ones.

Dreams and dreaming are wonderful resources and I use them in my own psychotherapeutic practice quite a lot. I ask my clients to record their dreams and to bring them to sessions where we can use them in the work we do together. How, though? I am sometimes asked by new clients. This question, I admit, flummoxes me sometimes, because I use dreams in many ways, and some of them very subtle. I

don't interpret them, that's the one true thing.

Sometimes when a client reads a dream aloud they respond with an "aha," suddenly understanding their problem. Sometimes they'll say, "I don't know what all this means," and so we'll explore the scenario presented. I might ask how they felt in the dream, or how they feel now while reading the dream, and we'll explore what memories arise from that feeling, memories that can elucidate the how, why, and what of the problem they're seeing me about. I might explore the bodily sensations the person has as we explore the dream. These tell me, and them, a lot about the feeling quality of the message of the dream, a feeling quality that can be usefully worked with, in that, or later sessions. Sometimes an image stands out and gets repeated in various forms in a night of dreams, and so I'll ask the client to address it as though the image was a person. Sometimes, using a technique developed by a therapist mentor of mine,



by Dr Elizabeth McCardell
M Counselling, PhD

I'll ask the client a series of questions in written form to respond as a personified entity representing that image or object, thus giving them a perspective that would have been very elusive otherwise.

This latter technique brings into awareness the very something that has been out of consciousness, for whatever reason (fear, rejection, denial, for instance). The images of dreams may be drawn or painted, written about, or even sung to. I might ask the client to write letters to the parts of a dream that seem to have a lot of unrealised

power. Or we might role play some bits of a dream. There are other techniques I might employ, but each is tailored to the uniqueness of the person with me. All the techniques are used to bring conscious awareness to their prevailing problem, for it is here the client can begin to choose options that were previously hidden.

A problem is not the problem, but the beginning place of new insights, new ways of being, and positive change in that person's life. Working with dreams fills out the psychic landscape of old conundrums and new possibilities in a really creative way. Opening to creativity is one of the greatest benefits of working with dreams, which is wonderful not only for artists but for all of us wanting a greater abundance in our lives. I find it enormously fulfilling participating in this process as clients rediscover this resource and become increasingly self confident, happy and able to leave their previous difficulties behind.

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ASTRO FORECASTS BY TINA MEWS

WHAT'S HAPPENING IN THE HEAVENS ?

May

When the Sun journeys through the sign of Taurus the attention turns towards issues regarding stability, practicality, productivity and finance. Since ancient times Taurus has been associated with the fertility and innate riches of planet Earth, the enjoyment of our senses and the beauty of nature. Individuals with a strong Taurean signature have an urge to create abundance and preserve what they value. They love tradition and sudden changes can result in stubborn resistance. Under pressure, they dig their heels in and refuse to budge. Taureans have the patience and determination to wait until they feel their time is right to act. It is said that you cannot push a bull, you can only lead it from the front. Approach Taureans from the wrong angle and they simply become the immovable object that even the most irrepressible force won't shift. They respond much better when given ample space and time to adapt to a new situation. Collectively, we are encouraged to strengthen our connection to Earth and our sense of belonging to and being a part of nature.

The New Moon on May 10 is an annular Solar Eclipse that will be visible in Northern Australia crossing Cape York early in the morning. During a solar eclipse the Moon passes in front of the Sun (= powerful New Moon) and the constant flow of solar energies to the Earth is interrupted. From a vibrational perspective, eclipses disrupt the normal pattern of day and night, and mark intense periods of instability. During these few moments cycles can end, old programs can be erased and new paradigms can emerge while the Earth's magnetic field is altered. The sign in which the eclipse falls indicates the themes that could need readjustment. In the sign of Taurus our focus is on our attachments to property, possessions and people.

The most potent transit of the year is the



Uranus square Pluto, which started forming in 2010 and is activated during May 2013 (exact 22 May).

Its ground-breaking influence will be felt until 2015/16.

Alignments between Uranus and Pluto have been associated with times of uneasiness, crisis, revolution and rebellion followed by deep sweeping changes of the societal matrix. Uranus is the 'cosmic rebel', the bringer of sudden and unexpected change. Pluto symbolises our

struggle for survival and when activated can bring up suppressed and denied emotions, which the conscious ego doesn't find acceptable. On the positive note, we might get in contact with our own reservoir of power that gives us the strength to stand up for our heart-felt truth.

The Full Moon on May 25 is a Lunar Eclipse. It takes place on the Gemini-Sagittarius axis and influences the way we process information. What we perceive is based on our subconscious mind that stores all of our previous life experiences, beliefs, memories, skills, all situations we have been through and all images we have ever seen. It influences our feelings and is responsible for our automatically triggered emotional reactions. During eclipses we experience an energetic re-alignment when patterns can shift unexpectedly and suddenly. Neptune, the planetary field symbolising our dreams, hopes and imagination is closely constellated with the lunar eclipse. It is a great moment for meditative reflection and connection with our intuition. We might find that a troubling situation suddenly clears through a promise of new meaning and magic in our lives.

For Personal Astrology Consultation contact Tina on 6689-7413 or 0457-903-957, e-mail: star-loom@hotmail.com Or visit my web page <http://nimbin-starloom.com.au> Astrology classes at the Lillifield Community Centre: Wednesdays and Thursdays 10am - 1pm. Australian Flower Essences Introductory Course: 4 Mondays 10am - 2.30 pm, starting May 13.

Aries

The Solar eclipse on May 10 offers the potential for a fresh start with regards to how you go about satisfying your needs for security and comfort. You might release out-dated values and possessions while clearing the way for a new vision on May 25.

Taurus

Eclipses mark the turning point of a 19-year cycle. If May 1994 was a pivotal time in your life, then this might be repeated now. If this is the case, be ready to spiral up to the next evolutionary level! Allow for extra space and flexibility because you are receiving a cosmic push to access your own resourcefulness.

Gemini

It is time to let go of fears of failure that hinder your experience of growth. Instead develop trust in a larger more spiritual plan. Get ready for a new approach of being in the world that is built on a sense of purposefulness that derives from trusting relationships with others.

Cancer

Social activities and the feeling of belonging to a group are important now. It is essential to feel appreciated by others and be part of a team that is supportive of your objectives. Let go of self-doubt and cultivate true friendship by developing a more objective approach to your life.

Leo

Endings and new beginnings will take place especially concerning your worldly ambitions and social status. Careful with goals that might feed your ego but which neglect your soul. Instead, work on new models of prosperity that strikes a balance between worldly ambition and the needs of your private life.

Virgo

Open up to new discoveries about yourself and the world through study, travel or through contact with people from an entirely different background than yours. Expand your horizons and allow your personal philosophy to change. Let go of opinions that inhibit your personal growth; instead adopt beliefs that really work for you.

Libra

This Solar eclipse offers opportunity for releasing old feelings of hurt and disempowerment. You are free to shift one notch up and onto the next level of your life's passage. Your judgment of what is acceptable and what is not will change once you are able to look at things with total honesty.

Scorpio

This eclipse season offers opportunities for re-defining your awareness of personal values. What is truly nurturing you? Lingering issues in your relationship dynamics need to be addressed. Release any old resentment and any feelings of mistrust to enhance your own capacity for growth.

Sagittarius

This New Moon Solar Eclipse (May 10) gives you a cosmic push towards establishing a new balance between duties and daily routines and your need for adventure and freedom. Make sure to have enough soul-nourishing time for feeding your dreams, especially during the Full Moon Lunar eclipse, which will be in your Sun sign (May 25).

Capricorn

This is potentially a very creative time for you. Follow your heart instead of doing what is expected of you. At the same token, do not impose your will onto others. Your wealth lies within your creativity. Draw from it to further your goals. Your compassion and understanding for others will grow accordingly.

Aquarius

Be prepared to make important changes to your life direction. This Solar eclipse (May 10) pushes you to let go of old attachments that limit your progress in life. Trust your own resourcefulness and honour your connection to planet Earth. Know that you are supported in achieving your long-term goals.

Pisces

Things are moving rapidly and unpredictably right now and you might not have the time to reflect. However, avoid getting bogged down with fixed ideas and rigid behaviour, this will only restrict the free flow of your energy. Instead remain spontaneous and ready for the next adventure.

Getting what we need



by Marilyn Scott

Lying prone on the massage table, needles in my back and neck: I was feeling a little stressed. By the time I left home for my appointment my head was throbbing - thankfully I was going to have some acupuncture.

I live in such a beautiful place. I'm very fortunate, most days no other sounds but the gentle, healing sounds of the many life forms that also call this home. I only need to sit in my favourite spot, the north east corner of my veranda, and any stress or worries simply fade away.

Feeling a little worse for wear, I set off for my appointment in Urbenville. An old cattle truck appeared in front; my first response was a little frustration. The Mars and Saturn opposition happening was making its presence felt, activating my Mars. No wonder I felt tense.

But it didn't take me long to realise where I was - surrounded by beauty, kindness and care.

On the table and the needles in my back, face in the hole, not the most comfortable place. My therapist friend just mentioned politics.

I've mentioned before, politics is not something that attracts me. After two years of healing in this Sacred Space I've learnt so much, so much has been revealed to me. Learning has always been important to me, but I don't think anyone could have taught me what Gaia has.

So the conversation on the table became a bit passionate. I can be a little like a dog with a bone, I just get so passionate about certain things - particularly Mother Earth.

Mother Earth is our home, there is no planet B... this is it. Yes, I know a new age has only just birthed and it's early days but so many are still steeped in old ways.

But what's important? What's really important? When you break it all down to our basic needs, not our desires, which change with the seasons... they never change.

We need water, we need food, we need shelter, love and nurturing. The changing of an age can be a tricky time. When we stop, be quiet, absorb what's around, the most amazing miracles appear like magic.

We have everything here, Mother Earth looks after us. Yes, it's time for massive change, but I have faith, I have hope, that we can do it.

Terry Bressington
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Who would have thought?

Sexy satin and soft stretches in a wide range of hemp fabrics – the WhoDesigns hemp fashion show at MardiGrass featured the work of designing mum and daughter, Jaz and Judy Who (right).

Photos: Simon Fraser, CloudNine ImageArt



Hippies hippies hooray!



Last week a pair of middle-aged hippies were tried in Byron

The world according to...

Magenta Appel-Pye

Bay court for aiding, stoning and retaining tourists.

Prosecutor Mal Adjusted alleged that not only did the defendants give correct and concise directions to Nimbin, but they also shared a couple of joints with tourists, and on several occasions invited them to stay at their home, gratis.

Judge Al Cohol found the defendants, Brooke River and Cloudy Skye, guilty of all charges. "Such behaviour could kill the tourism industry in Byron Bay and will not be tolerated," he said, fining them \$50,000 each.

"However your most offensive crime is your attire", he vehemently announced. "Rainbow singlets, peace sign jewellery and long hair is hopelessly outdated and antisocial behaviour. The Aquarius festival was 40 years ago and it is well time you grew up, got a crew cut and wore black and grey attire like normal folk."

To help them with their rehabilitation, he sentenced them to gaol for 25 years, humorously adding, "I hope you like orange".

The wayward tourists were bussed out of Nimbin under heavy police escort to be taken to a Byron Bay nightclub for a good bashing, but they drank so much alcohol on the way over that they bashed each other before they got there.

Problem solved, normality restored. Alcohol rules!
Hippy Muddy Grass! Happy Mardi Grass!

trivia@thebowlo

Devised by the Nimbin Bowlo's Quizmaster, Marty

Special 21st MardiGrass Quiz

How much do you know about cannabis?

Questions

1. According to the OED the word 'marijuana' originated in which country?
2. Name the principal cannabinol in the common species of pot.
3. What is the most famous brand of wired papers for joint rolling?
4. What is the literal translation of the word 'sinsemilla'?
5. Name two chemical compound types commonly used to dissolve the active ingredients out of raw weed.
6. Which is generally considered to be the better species for cultivation in temperate regions? Indica or Sativa?
7. What environmental change generally triggers the transition from the growth stage to the flowering stage?
8. What three digit number is a common code for marijuana smoking, or even the weed itself?
9. Name either of the two US states that legalised dope this year
10. The first recorded reference to Cannabis dates from 2737 B.C. In which country was this?
11. What English word describing a murderer is derived from the Arabic words meaning 'Hashish eater'?
12. In what year was marijuana criminalised in the US?
13. What was the name of the Federal Bureau of Narcotics Director instrumental in criminalising dope?
14. Who was the famous drug user and activist who mounted the successful US Supreme Court case that overturned the Marihuana Tax Act
15. Archaeologists found traces of cannabis in the garden of which writer in 2011?
16. Where did the Beatles most famously smoke pot in 1965?
17. Who is accredited with giving the Beatles their first smoke?
18. Who admitted smoking dope in college but says he didn't inhale?
19. How much grass did Schapelle Corby have in her board bag?
20. In 1968 Peter Sellers starred in *I Love You, Alice B. Toklas*. What was Alice's claim to fame regarding weed?
21. What is the name of the film where Nazis who have been living on the moon land in a woman's dope patch when they come to earth?

- #### Answers
1. Mexico
 2. Delta-9-tetrahydrocannabinol - THC between friends
 3. Randy's Wired Rolling Papers
 4. Without seeds (Mexican Spanish)
 5. Fats and Alcohols
 6. Indica - it originated in the Hindu Kush
 7. Decreasing day length (or just turn the lights down)
 8. 420
 9. Colorado and Washington
 10. China in a treatise on pharmacology attributed to the Emperor Shen Nung
 11. Assassin
 12. 1937
 13. Harry J. Anslinger
 14. Dr Timothy Leary
 15. William Shakespeare
 16. In the dunny at Buckingham Palace when getting their MBEs
 17. Bob Dylan - in a NY hotel room
 18. Bill Clinton
 19. 4.2 kg
 20. She wrote a cookbook in 1954 containing a cookie recipe
 21. Iron Sky

Nimbin Crossword

2013-5

by Synic



Across

2. Slang – sister or brother
4. (and 4 down) Volkswagen parade (5,6)
8. Byron, Lismore paper
9. Expression of surprise?
10. Twined together
13. Classical party attire
15. Poppers
18. This pepper might save you? Telephony pioneer
20. (Copper) timpani
23. Pope's (holy?) temporal domain
24. Ambulant treefolk
25. Lowest point
26. Smooth fish

2. Burnt remains?
3. Endure? Carry
4. See 4 across.
5. Method which achieves result
6. Set fire
7. MardiGrass sporting carnival (4,7)
11. Period
12. Boxing Association (init.)
14. (and 18 down) Weekend pass (6,3)
16. Care for a child (as a woman)
17. Laugh on line
18. See 14 down
19. Travelled over snow
21. (carefully) move in, or out
22. Prepare (joint)

Down

1. Dependencies?

Solution Page 30



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EVERYONE SING ALONG NOW...

Cuba's most popular street song, Guantanamera, literally means a "woman from Guantanamo Bay".

Cuban music student Hector Angulo and Pete Seeger married a scrap of the song to a poem by liberation hero, poet Jose Marti. *The Weavers* had a great 50s version of it, then the Sandpipers had a big hit with it in the mid 60s.

Since then it has been recorded hundreds of times all around the world. It is arguably the most well-known song on the planet, as you will see.

A couple of years ago, myself and Julie (Shanto) were in Bali. We had stayed the last few days with Mira and Tansen (Norman and Carol of Birth and Beyond) and played music at a wonderful barbecue-party they held at their Bali haven, with the waterfalls in the backyard.

The party was full of amazing Global movers and shakers, including a man with a diamond in one of his front teeth. Apparently he has the world's largest orchid garden as well. You meet 'em all!

The next evening we were flying out late on the infamous red-eye, and naturally enough went to Jimbaran Bay for a final Bali feast. Dozens of competing restaurants feed people by the hundreds, all seated at tables on the sandy

Mookxamitosis

by Brendan (Mookx) Hanley

beach that stretches right along out front.

So there we were with some of the mob from the party, Mira and Tansen, Sai Frame and our son Madhu (who happened to be in Bali with Sai at the time, quite by coincidence).

There was a wealthy American on the end of our bench who summoned the four-piece wandering band. They come to your table and play, especially if you tip them – which the American kept doing. There were two guitarists, a double bass player and a percussionist with congas and cymbals. They sang great covers until the lead guy broke a string.

When he went off to change a the string, someone said, "Hey Mookx, why don't you and Shanto sing a song?"

I could see there was no way out, so I plunged into the finger-bowl up to the elbows, just as guitarist no. 2 handed his instrument across the table to me.

I asked, "Do you guys know Guantanamera?"

They both nodded, so Shanto and I lined up with them and turned to face the people back up the beach.

I counted in and the song



Shanto, Mookx and Madhu



The band on the night

took off: "Guantanamera, guajira Guantanamera..."

What happened then was astounding.

The closest tables began to sing along. It started spreading back up the beach and sideways to the next table. People jumped to their feet singing full-throated versions of the familiar chorus.

Soon they were all standing, singing along, arms raised over their heads and swaying in time. People came running down with phones and cameras, movies, flashes going off. It was a happening!

People from all over the world, Japanese and Germans nearby, British,

Aussies, a French family, Greeks, Indians... it made no difference. They all knew the song and loved singing it.

As we finished, like the opening scene of *Oliver*, they all sat back down in a sudden hush and resumed their gastronomic gustations as if nothing had happened.

The lead guitar player arrived back, retrieved his guitar and the band moved off to another table. I sat down and prepared to dive back into it when Madhu leaned over and said, "You two are bloody amazing!"

"It was the song!" I explained. "If we had sung one of our songs, nobody would have batted an eyelid!"

Catch and release

by Pixie, fishing reporter



One of our Nimbin Heads Fishing Team members, Harry, was working out of Woody Heads for a few days, being kitchen bitch to 23 American students who are in Australia working with National Parks.

Harry would take some of the students down to the bay for a night fish, and over a couple of nights were catching and releasing small sharks and rays, and it was all good fun until marine biology student, 23-year old Josh from Balls State Uni hooked up big time, and for half an hour had the biggest fight of his life.

Fishing off the beach at night, with line peeling off his reel as if he was connected to a freight

train, then as the fish got closer to the shore, the guys could hear it jumping and splashing in the dark, and then they landed the 1.6 metre shovel-nose shark, weighing around 30kg (pictured left).

After a couple of photos, the fish was released back into the sea.

Fishing without a gimble, Josh then realised all the bruising around his groin and waist, and the pain that goes with a night's fishing – but it was a night he will never forget.

For you guys going on the 16-day Fraser Island trip this year, it's time to pay up your money and get organised, as there are only 25 sleeps to go, and we're getting excited.

Tight lines, guys.



Josh and Harry with the shark

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Playmates

Italians have a philosophy, both spoken and lived by, that life is meant to be enjoyed and, accordingly, they take to their food and wine with gusto – you don't eat to live, you live to eat. Judging by the number of articles written in our mainstream print media (I rarely read them, but they are not easily missed), it seems we take our gastronomic indulgences a little more seriously.

The late Len Evans took his wine seriously, but also knew how to have fun. He was once asked, "What are the stages in understanding and appreciation of wine?" His response? "When you go to your first wine tastings, you sit in the corner with a glass in your hand and you don't say anything in fear of displaying your supposed lack of knowledge. Once comfortable with the jargon and equipped with experience, you join in the conversation and debate. In time you progress to sitting in the corner with a glass in your hand and don't say anything."

Keeping in line with this train of thought, I had the privilege of coaching final year students of the Diploma of Hospitality at the Regency Institute, where wine and food related subjects were an elective. These students had already completed several units in wine and food knowledge, with this final

elective titled 'wine and food philosophy'. There were no rules, such as red wine with red meat or white wine with fish. The format consisted of the students preparing a predetermined number of dishes under the guidance of a master chef to be served and tasted along with a number of different wine styles.

For example, if the topic was 'Asian food' - a broad brush stroke I know - the dishes would reflect the hot spicy food styles from Singapore, like Laksa and Sambals from Indonesia, to the subtle and complex flavours of China's central and eastern Jiangsu cuisine. It was my job to select about 12 wines that would either contrast or embellish and harmonise the flavour and texture of each dish. The students were encouraged to play with their food and wine.

The rules are "there are no rules". Enjoy.



Fruit of the Vine

by Terry Beltrane

One of the 'guides' in food and wine combination dictates that you don't drink a full-bodied red wine with hot chilli dishes. The tannins in red wine exacerbate the heat and the full flavoured character of these wines can mask some of the more subtle flavour profiles. This was generally in consensus for most students. However, Daniel (a student from Singapore) argued that if 'heat' is an integral characteristic of the dish, then the red wine actually contributes to the dining experience rather than to its detriment.

Other students argued that the sweet wines in the range were more conducive to a harmonious experience, because the sweetness of the wine 'softened' the heat and allowed the more delicate elements of the food to shine through. It's not the food that determines which wine you would like to drink – it's the method of cooking and the sauces that are used that determine the end result in food texture and flavour.

I had immense pleasure in 'opening doors' to the imagination otherwise contained within these students, who were constrained by their socio-economic and cultural backgrounds. And one of the things I noted consistently was their unconscious adoption of an attitude towards the approach of sipping wine with their food to enjoy the pleasure of taste and texture, not just tipping it back for the hedonistic (read 'effects of alcohol') indulgence.

Your favourite glass of wine with some great food is meant to be a pleasure, not an opportunity to get smashed. So go and play some games in moderation with your friends of food and wine, and think about the gifts of nature that you put in your mouth.

The rules are "there are no rules". Enjoy.

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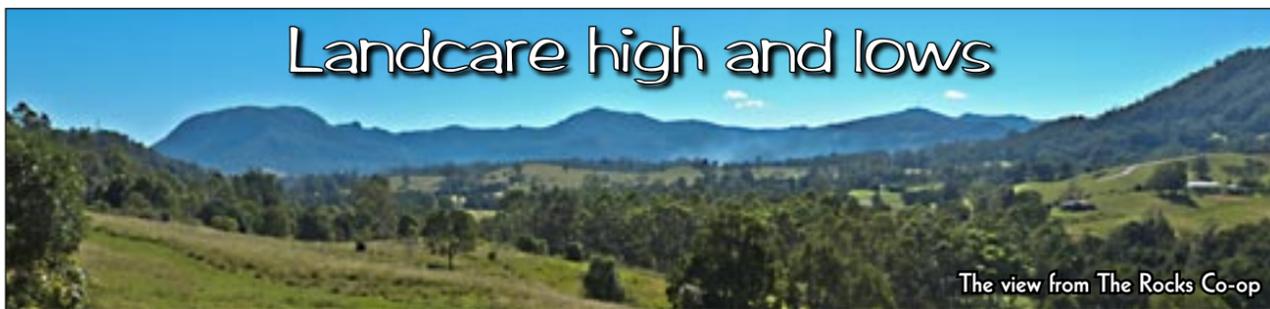
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Landcare high and lows



The view from The Rocks Co-op

by Michael Smith and Catherine Baker

Don Durrant's attempt to show us the mysteries of Tunglebung Falls came yet again to nothing. It had rained too much, National Parks locked the gate to the Cambridge Plateau.

Many National Parks are closed due to damage done by a cyclone earlier this year. There is road damage, trees are down over the tracks and car parks, and sections of track are washed away. National Parks like to keep their walking tracks in a safe condition, and close them when they are not safe. If thus signposted, there is a fine if you are caught using them.

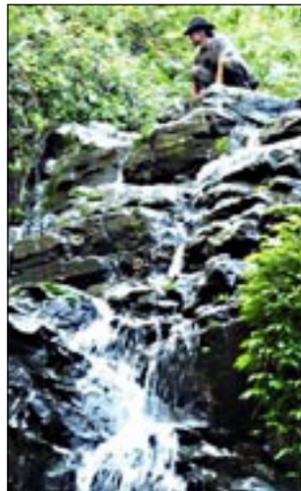
The iconic walk to the top of Mount Warning is closed and not expected to open for six months. The economic effect is already being felt by local accommodation providers. National Parks workers are out there doing what they can, but the job is too big for them at the moment.

Perhaps it is time for the 500,000 Australians who are out of work to get stuck into this job. Each week they are paid the equivalent of two and a half days' pay. Time to put in two and a half days' work. Do not consider it punishment. It is only half of what the rest of us have to do.

– Michael Smith

Michael's observations about the National Parks' job touched a chord just a few days ago when I was walking with family visitors from NZ. We planned to walk from the top of Minyon Falls to the top of Condong Falls, an easy 3-hour round trip along the top of the escarpment in Nightcap National Park.

Coming up for the final leg of the walk, we found half a dozen or so trees had come down across the track. A few were quite large and one member of our group gave up trying to negotiate the obstacles. Couldn't abandon her there. Didn't



get to the Falls. Turned back thinking, "Two guys with decent chainsaws would have this track back on line in a matter of hours." It has been a few months since the ex-cyclone did its thing. The Nimbin Bushwalkers Club is planning to do this same walk the last weekend in June. It'll be interesting to see if that part of the track has been cleared by then.

A happier walking story is that of the Nimbin Rocks Co-op, where the Nimbin Bushwalkers did a 3-hour slow circuit ramble on 28th April. The Co-op's 600 acres was originally bought in 1979. Serious home building began in the 1990s, and there are now five households. Co-op member Len Martin showed us before-and-after pictures – clearly a lot of work has been done.

Much of the credit, as Len and another Co-op member Tony Trott pointed out, must go to EnviTE. Originally part of Greening Australia, EnviTE was created in 1993 to assist the unemployed by providing opportunities in environmental restoration projects.

Since then, the organization has grown to be a provider of a number of other services – EnviTE Environment and EnviTE Training. It now has over 70 employees throughout the Northern Rivers, and strong working partnerships with numerous not-for-profits and local employers.



Group smile

The Nimbin Rocks Landcare Group benefits from a joint grant from EnviTE.

Having spent many years getting my own former property up to Greening Australia's status of 'High Conservation Value', I could see during our Co-op walk ample evidence of funding put to good use.

We wove our way south towards the waterfall, passing through Tony and Lesley Trott's section. They have done an enormous amount – enough to gladden the heart of a now somewhat decrepit regenerator! There were firewheels, cedars, figs and forest oaks, poisoned peach, bunya pines and hoop pines, numerous self-seeding pioneers.

The area around the waterfall could have been a 1950s Hollywood set for Paradise – only better, because it wasn't. We sat for a while. Took photos. Ate. Wandered off in different directions. Ate some more.

Gathered in front of an outrageously-engineered strangler fig for a group-smile photo.

Heading back, we passed a ground nest against a buttressed root, made of sticks, bits of leaves, bark and moss, with a round entrance. Tony said it belonged to the Noisy Pitta, the brilliant but shy 'Jewel Thrush.' Then we saw another – a delightful little conical nest in the upright fork of a tree, made of tightly interlaced bark strips and roots, covered with moss, cobweb and spider-egg cases. Again, Tony identified the builder – a Spectacled Monarch.

I'm back home now, looking at photos of these two beauties in my bird book. Sorry I didn't see them yesterday for real. But I'm happy to know they're there.

They, and a host of other mysterious and marvelous life-forms, are what landcare is all about.

– Catherine Baker

Walks Program for May

Nimbin Bushwalkers Club Inc.

Saturday-Sunday 18th-19th May
Mount Maroon Camp

Leader Don Durrant (6633-3138 at night).

Grade 5, 6 hrs, fit people only. Camp Saturday for early start Sunday.

Meet at the campsite, details from leader. Bring food, water, camping gear. **Bring** food, water, camping gear.

Saturday 25th May

Dirrawong Reserve to Snapper Point, Evans Head

Leader Michael Smith (6689-9291)

Grade 2, 5km, 3hr return. Coastal heathland, sea caves, sandy beaches, possibility of a swim. Chance of seeing the first whales of the season. Optional other nearby walks.

Meet 9am Goolmangar store, 10.15am Dirrawong Reserve, (Chinamans Beach), eastern end of Chinamans Beach Road, Evans Head. **Bring** hat, water, lunch, binoculars, swimmers.

Unless otherwise specified, visitors (non members) welcome, but will be required to pay a fee of \$5 per walk, deducted from membership fee when they join Club. Membership \$15pp to Secretary Len Martin, PO Box 20061, Nimbin, 2480 (Phone 6689-0254; email pteropus42@smartchat.nrt.au)

Website www.nimbinbushwalkers.com

The Colour of Greed

Paint the colour of greed,
a sickly phosphorescent yellow-green
rising from the foetid waters,
a burning acrid colour – deadly.

More gas wells are drilled,
more corruption fuels more corruption
anonymous investors burn with greed
a yellow-green poison mists over the land,
a land in the tremors of dying,
the frogs and lizards long gone.

As a child I drank the water pure,
flowing through forests of energy
in streams through fields of swaying grass.
What do I tell the children?

How would Monet paint the colour of greed?
How do I explain democracy – a deception?
What is majority consensus – a bad joke?
How do I paint the politicians' auras tinged with black,
glowing with sickly yellow-green?

Farmers and mothers and greenies – unite,
a solidarity for sustainability.
Yet still the yellow-green-black politicians lie
their deceptions the manifestation of cancerous evil,
Dear children – I am so sorry!

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Lassi, come home – stoned

Ironically Yours

Travel diary of the irreverent

by Dionne May

Heralding each lighting of a chillum packed with fine Indian hashish, goes out the mighty cry “bom bolenath” which translates as “welcome happiness”.

Of course! A fine and proud tradition signalling oncoming cannabis delight. Surely ten million babas in India can't be wrong, with thousands of years of hashish history and experience to draw on.

I am here in India and have been witnessing hashish and ganja worshipped and used freely in this great country. Such a joy to behold! Families come to their local ashrams each day to give offerings to their gods.

They approach the seated guru for prasad, his blessing. The chillum continues to be passed around. No one pays it the slightest bit of interest, until it is passed to the white woman – who pauses, looks them in the eye and smiles as she inhales on the chillum. Bom bolenath!

This is no ordinary white woman, this is a Nimbin woman: full green power! Here in India I'm giving these babas something to think about. They have shared their ashrams, meals, lives and chillums. The Cookie Queen is in deep.

So what has she discovered? Bhang lassis, people. This highly potent drink will have you flying high. It is a mix of ground dried cannabis leaves, boiled, drained and then re-ground with dried chillies! Yes, apparently without the chilli, the drink has no kick. Then curd and dried fruits are added.

This liquid delight comes with a fairly stiff warning. Even to a seasoned cookie eater and joint smoker, this drink was dynamite. Each experience is a long, intense stone. Starry nights under desert skies with my camel friends, and a psychedelic pass-out by Goan shores. All in the name of research and welcoming happiness of course!

I have also had the chance to experiment with my cookie recipe in Rajasthan by adding hashish instead of green butter. Excellent results. Of course it helps that hashish sells for around 600R to 1500R (\$10 to \$17) per

tola (10g stick or ball). One dollar per gram, isn't that nice, people?

Marijuana here sells on average for \$10 per 10 grams, but you wouldn't waste your money on this Nepalese grass. Seriously, it grows as a thick undergrowth along the side of the road. Cannabis is literally a weed in these places... growing wild and free.

Grab a handful and dry your own. Lovely! Alas, the government and police still continue to pursue the lovers of this fine plant, even here where it holds the most sacred position as the holy smoke of the babas. Insanity prevails on Earth!

So take heart this MardiGrass and let me leave you with this description of one of India's favourite gods: Shiva, the God of Gods. Half-man, half-woman, Destroyer of Evil, passionate lover, fierce warrior, consummate dancer, charismatic leader.

All-powerful – and, most importantly, lover of chillums! Shiva wants you to smoke and be happy. You want to smoke and be happy. Smoke and be happy! Bom bolenath.

Bhang Lassi Recipe

Take your dried cannabis leaves (1 to 2oz) and grind them in a mortar and pestle or mixer. Add one litre of water and place on the stove to slow boil for one hour. Remove from the heat and squeeze out mixture, discarding the excess water.

Now this is the interesting part: hot chillies. With quantity, I am only guessing and please experiment for yourselves. I would suggest maybe two small hot dried chillies per ounce of dried leaf. Grind the chillies and add to the green mix and grind thoroughly together. Do not rush this step, as it is important to release all the goodness.

Next add curd (for full authenticity) or plain yoghurt, dried fruits and ice (optional). The babas always just mix up the whole batch for a day's use when the ashram is full of visiting babas.

For an individual drink, again you will have to do the experimenting. Voila!



Nimbin Garden Club Notes



Paul and Jeni's property at Blue Knob

The Good Oil on Bush Foods

by Gillian Jones

Paul Tait and Jeni Kendall bought their 150 acres of land behind Lillian Rock in 1977. They were looking for good water and friendly people, which they certainly found in our Nimbin Valley.

Originally the land had poor topsoil and was denuded, then Peter Hardwick, our local Nimbin bush food expert, suggested they try growing bush foods as coffee was too high maintenance. In 1996 they planted aniseed myrtles, lemon myrtles and Davidson plums on around 10 acres of their land. The plantings were made on a 30 to 40% angle to the slope; therefore there is little erosion. They ripped a metre deep, added 14 tons of rock dust and used organic products.

Now they use hardly any fertilisers and chemicals – as Paul said, they practice 'poverty farming'. They also improve the fertility of their soil through the use of biodynamics, which alleviates the need for expensive additives, while improving the micro-organisms in the soil.

The lemon and aniseed myrtles are pruned every couple of years to produce dried leaves for tea and oil, which Paul and Jeni produce themselves on the property using a still, which is in the homestead's original cow bales. They produce around 50kg per year of dried herbs and 50kg of oil per year. Their customers make products that include

liqueur, jam and chutney from the Davidson plums, and pastes, as well as teas.

Paul and Jeni have planted thousands of trees since they bought the property, with a goal of 100 trees per year. They also have groves of bamboo, as well as a large variety of native trees.

Playing an active role in setting up the Blue Knob markets, supporting the activities around the Blue Knob Hall, as well as producing and directing their Gaia films, Paul and Jeni are iconic elders whose active vibrant lifestyle are an inspiration.

Their home gardens produce myriad vegetables and flowers, which provided a harmonious backdrop for the Garden Club's afternoon tea.

Michael Vaughan, our Nimbin Garden Club president for the past three years, passed away in April, and his active calm management of the Nimbin Garden Club will be sorely missed. Michael was an active member of the community, giving his time and energy selflessly, and the strength and commitment of the garden club are a testament to his hard work.

Next Meeting

Our next Garden Club visit will be to Will and Athol's garden in Byrill Creek. A bus has been organised for this visit, which will be leaving the Nimbin Post Office at 1.15pm on Saturday 18th May. Please call Denise on 02 6689-9324 if you would like to go on the bus.

Last Post

Reflections of a Refugee

by Chris Aitchison

What Australian is not moved by the haunting and penetrating call of The Last Post?

The lonely cry of a single bugle piercing the silence, declaring to the fallen that they may now rest in peace, that their duty has been served. Its sorrowful but dignified tones resonate in the collective memory of Australians everywhere, reminding a staunch and dwindling few of the courage, humour, and camaraderie – “mateship” – experienced in the midst of unspeakable terror and hardship.

But it speaks also to those of us who have never experienced the horrors and deprivations of war. The Last Post stirs within the hardest of us a certain nostalgia for a page in our nation's history when virtue and substance was prized over slick delivery.

It elicits a yearning for a time when life was less complicated, when self-interest was secondary to service, and when friendship and influence could neither be bought nor sold, and the ultimate price would be paid in defence of a mate, without question or hesitation.

Of course, the ANZAC legend, which in recent times appears to have generalised the selfless actions and extraordinary feats of Australian soldiers in particularly desperate circumstances to an entire

generation of people, existed only as an ideal.

People were people, then as now, capable of thought and action both transcendent and depraved, and while there were certainly attractive facets to the society which allowed a generation of its young men to be slaughtered in distant theatres of war, there were also elements of the social order which many from more recent generations would find intolerable.

But the ANZAC legend is of no lesser value on account of being an ideal. Ideals are powerful catalysts for change, they can urge ordinary people to strive for extraordinary things.

The message challenges the complacent consumer to engage in active citizenry through its annual reminder of past sacrifices made

in defence of democracy. And for one day of the year it provides pause for Australians to climb off the treadmill of materialism and imagine a nation that is governed by the principles of a fair-go, and responsibility to others.

The ANZAC ideal will never resonate with every Australian; even some ANZACs failed to see in their experiences a cause for national celebration. Its narrative, formed out of the fog of war, is certain to entail elements of propaganda (after all, to the victor belongs the spoils, including rights to the conventional interpretation of history).

And as an ideal – a model for a nation – one shortcoming may be its potential to alienate, since relating the legend requires

an enemy against which to prevail.

Lest we forget... May we, as a nation, keep alive the memory of our ANZACs and may we, meanwhile, continue the search for an ideal and a national identity that inspires us toward peace, inclusiveness, and genuine prosperity.

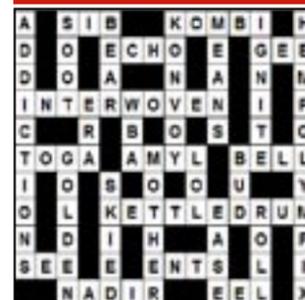
We are no strangers to ideals, and while some have proven to be more utopian in theory than practice, we should not cease to be idealist, but rather we should refine the ideals of our forebears and pursue them in expectation that our

successors will do the same with ours.

This is the path to perfection.

Nimbin Crossword Solution

From Page 27



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8.00am	8.45am	12.00pm	12.35pm *
12.00pm	12.35pm *	2.35pm	3.10pm
2.35pm	3.10pm	5.30pm	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	9.00am	9.35am
9.00am	9.35am	12.45pm	1.15pm *
12.45pm	1.15pm *	3.25pm	4.10pm
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

Nimbin Headers do us proud

Match reports by PAC

The Nimbin Headers men's team delighted their supporters by making it through to the Anzac Cup Final.

They did it with wins over Richmond Rovers 1-0, Ballina 6-1, and Lismore Workers 11-0 to meet Bangalow in the final of the pre-season competition on Anzac Day.

Anzac Cup Final

Thursday 25th at Oakes Oval
Bangalow V. Nimbin Headers

Well, if you like spectacular goals and you weren't there then you missed out on a marvellous match.

The game kicked off at 12.15, and it was all guns blazing. The Headers opened the scoring with a goal from Phil Courtney, 7 minutes into the game. And about 5 minutes later Chip gets his second: 2-0 for the Headers.

Now Bangalow attack and 22 minutes in, they get one back. Now the game is flowing from one end to the other and Bangalow shoot, but just over the bar. Another attack by Bangalow and a good save by Gordon King in the Headers goal. 35 minutes down, Bangalow get the equalizer 2-2.

Bangalow get a free kick on the left hand side, outside the penalty box, it's headed back across goal but hit over the bar again, and that ends the first half.

The ding-dong battle continues as soon as they kick off again, and about 7 minutes in Bangalow score to take the lead 3-2. A corner to Bangalow from the left and a

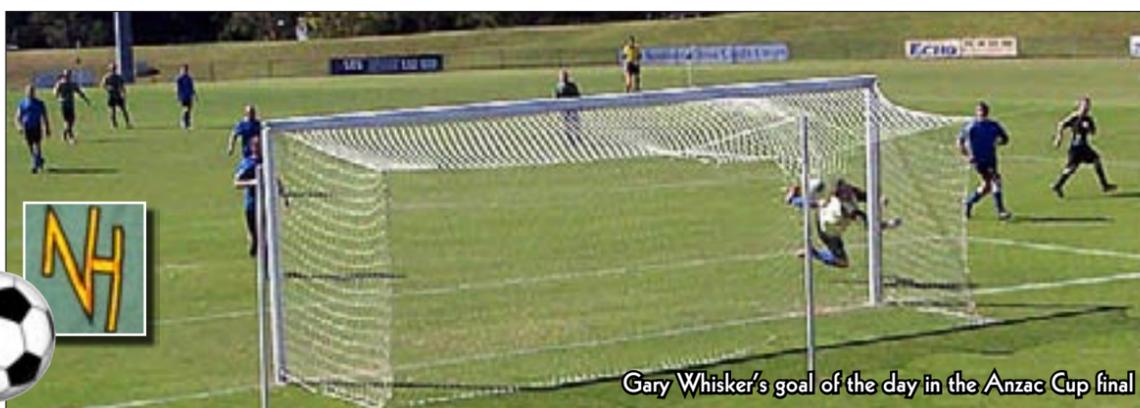
great punch out by the Headers keeper 'Golden' Gordon King. The Headers are on the attack and the ball is pushed through on the left to Gary Whisker (see photo), who slips his man about 12 metres out and at an acute angle, smashes it past the Bangalow keeper to make it 3-3. The shot went right between the near post and the keeper in a gap just over a metre wide, my goal of the day. I am still writing that down when Bangalow are up the other end re-gaining the lead. And later on a player for Bangalow gets his hat-trick, 5-3.

The Headers mount another attack and Steve Wadington chips the keeper and the ball floats into the far end of the goal (he said later that it was a cross for Gary who was right on the spot, but hey, why spoil it) 5-4 to Bangalow. With about 10 minutes to go, Phil Courtney gets his hat-trick with a shot from about 25 metres out, and smashes it into the net. Bangalow 5 Nimbin Headers 5 - what a game!

Within a couple of minutes Bangalow are awarded a penalty and the taker (who has 3 goals already) blasts it past the keeper 6-5. And with time running out the same fellow wraps up the game with one more. His total is now 5 goals and of course he is man of the match, well done Brummel.

Full time: Bangalow 7 Nimbin Headers 5.

The women were competing in the Callan McMillan shield. They had a win, a draw and a loss and just missed out going to the final.



Gary Whisker's goal of the day in the Anzac Cup final



Women's Fourth Division

Sunday 28th April at Uki
Uki Pythons V. Nimbin Headers

A very warm day, and two extra drinks breaks were on the cards one at quarter and three quarter time. Both teams started off doing their fair share of attacking and defending. Emma for the Headers had the first chance but wide. She got a second opportunity and hit the post, but the flag was up for offside.

With about 10 minutes to go in the first half, the Headers struck with a nice goal by Emma who was causing Uki no end of problems.

The Headers were on a bit of a purple patch in attack and scored a great stickers goal from Ruby, who ran through a few defenders and slotted it past the keeper. So at the break the Headers were up 2-0.

Nimbin on the attack again, Ruby gets the ball from a great pass and cuts to the goal line where she crosses the ball on the ground to Emma who was mid-goal, the ball passes the keeper and a defender sliding in puts the ball into the net 3-0 for the Headers.

After the last drinks break, the

Headers were now in complete control of the game and as they attack again, the ball is cleared out to the 25 metre mark and Mif skies the ball back towards the Uki goal over everyone, even the keeper, and into the middle of the net 4-0.

Now Ruby takes them on and pushes the ball past a defender, re-gathers and slots it past the keeper Uki 0 Headers 5.

Some good passing by the Headers finds Penny, who turns a player and passes to Ruby, who does not miss one-on-one often, and she duly puts another one in for her well-deserved hat-trick. A

minute later it's full time.

Full time: Uki 0 Nimbin Headers 6.

Both senior teams have had two wins and one loss and are looking good for the season.

Next senior home games

4th Division mens:

- Saturday 18th May at 1pm V Alstonville.
- Saturday 1st June at 1pm V Goonellabah.

4th Division womens:

- Sunday 19th May at 12.30 V Tintenbar.
- Sunday 2nd June 12.30 V Goonellabah.

Happy 2nd birthday, Nimbin Bakery



May you have many more!

Nimbin Lifestyle

real estate

02 6689 1305

66 Cullen Street, Nimbin

www.nimbinrealestate.com.au

John: 0428 282 182
Lis: 0447 891 004

BEST OF BOTH WORLDS

\$355 000

- 1/2 acre
- Views
- Solar hot water
- Separate teenage retreat
- Established fruit trees

SWEET DREAMS

\$220 000

- 8 acre MO Share
- 1 bedroom cottage
- Solar power
- Very peaceful
- 15 mins to Nimbin

THE CHANNON COTTAGE

\$399 000

- Approx 70 acres
- Spring water
- Views
- Rainforest
- Private

BATTLERS CHANCE

\$135 000

- 1/2 acre MO share
- Close to Steiner School
- 240 volt power
- Multi-level design

TREE TOPS

\$285 000

- 5 acre MO share
- 3 B/R straw-bale home
- 2.5kw solar system
- North facing aspect
- Close to schools

HOUSE AND LAND

\$240 000

- 810.3 sqm
- Near level block
- Great price
- Services
- Walk to shops

SWEET RETREAT

\$490 000

- Approx 22 acres
- 4 bedroom house
- Mountain stream
- Sunny paddocks

WAY-FAR-AWAY

\$375 000

- 8 acres
- 2 bedrooms
- Solar & mains power
- Northern views
- Pizza oven

WIDE AND GRAND

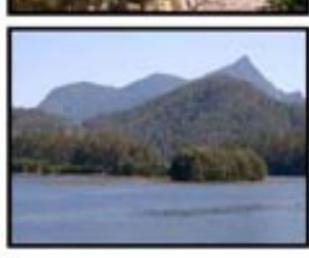
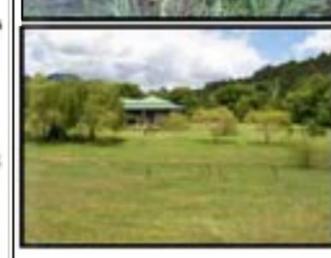
\$330 000

- 155 acres
- Prime grazing land
- 3 Creeks/3 dams
- Amazing house site



LILLIAN ROCK \$275,000	BARKERS VALE \$749,000	DOON DOON \$459,000
 <p>PRICE REDUCED!! BEST OF BOTH WORLDS Want a place in the country with valley views and no near neighbours yet with a very easy to look after 1/2 acre block? This is it. Getaway to your quintessential country retreat with views to the iconic Mount Warning from the back deck of this cute country cottage complete with chook run and lots of room for the vegies. With 3 light filled bedrooms, office and 3 living areas it is comfortable and homely. A peaceful 15 minute drive to the colourful town of Nimbin with the Mount Burrell and Wadeville shopping precincts complete with cafes, fuel, grocery supplies under 10 minutes away and Coolangatta airport around 1 hour to the north east. Great entry price into the market and below replacement value. Inspect today.</p> 	 <p>Paradise Found Wow...what a mix...so much potential here! 36 acres of fully fenced organic lifestyle farm. Fully irrigated income producing orchard including but not limited to hundreds of Pecans, Olives, Custard Apple, Black Sapote, as well as assorted Malibu chestnuts, Jaboticaba, White Mulberries, Cheery Guava, Lili Pili, Lemon Myrtle, Davidson Plum and lots of Citrus. Unleash this potential with value adding! Accommodation options include a timber 3 bed home with light filled loft, 1 bed self contained studio to near lock up stage, unique train carriage 4 bed backpacker style accommodation with deck and communal area including lounge, toilet/shower facilities and currently decommissioned kitchen area. Call for more detail...so much more on offer.</p> 	 <p>PUT YOURSELF IN THE PICTURE Beautiful, warm & cosy cottage set on nearly an acre of manicured easy care gardens with super views of both the Doughboy and of Mt Warning. Very quiet and private location with undulating farmlands surrounding the property. Kick-back on the spacious deck which takes in 3 aspects so you can make the most of the breezes and sunshine and watch the wallabies play in the fields below. The owners have spent a lot of time and money getting this property to the state it is in now where you don't have to do anything. Good water storage, big double garage and ample downstairs storage space complete this idyllic lifestyle picture. Set in Doon Doon, one of the most picturesque parts of the valley and just 30 minutes to Murwillumbah and under an hour to the Gold coast. With fishing, sailing and canoeing on your doorstep just minutes away at Clarrie Hall dam. Put yourself in the picture. Inspect Today!</p> 

BARKERS VALE \$599,000	NIMBIN \$260,000	EUNGELLA \$299,000
 <p>CREEGANS COTTAGE Come fall in love with this slice of paradise nestled at the foot of the World Heritage listed Border Ranges National Park. A lovingly restored hundred year old federation home with classic tongue and groove boards, hardwood flooring, high ceilings and a gorgeous relaxed yet sophisticated feel. Enclosed verandahs on 3 sides and an entertainers deck with views to the Nightcap Ranges and Mount Burrell. Certified underground drinking quality spring water feeds the home, plus you have 5 dams and a permanent 500m creek frontage to cater for whatever livestock you desire makes you drought proof! Capable of running horses and up to 40 cattle. Loads of infrastructure, including a 5 bay machinery shed, 3 car garage, original dairy barn, great fencing and 3 gated access points into this sprawling 187 acre</p> 	 <p>NO MORE RENT Still caught in the rent cycle? Well at this price you can buy your very own home and break the cycle. Priced below current replacement value is this centrally located 3 bedroom home in the colourful village of Nimbin. Beautiful western red cedar features with polished hoop pine and cathedral ceilings give a chalet style feel. Light and airy and set on a large 1200m2 garden block with views to the Nimbin Rocks. Open plan living areas and a large covered deck give it an easy going feel and you are just a 3 minute walk to every amenity offered in the village. Buy to live in now or invest with an eye to the future with great current rent returns.</p> 	 <p>Hidden Valley Is a special place backing onto the Iconic Mount Warning National Park. This 300 acre property is divided into tenants in common shares and this is your chance to secure a share of paradise in the beautiful Tweed Valley. With pockets of rain forest and meandering streams of crystal clear water direct from the underground springs of Wolahmbin you will be enchanted by the location of this 45 acre share with complete privacy and a well positioned 3 bedroom house with a self sustainability theme in a superb 4.0kw solar system which will run all your mod-cons and a great back up geny. State of the art composting toilet, heaps of water storage, creek frontage and beautiful views to "elephant rock." Great common areas and a very relaxed lifestyle in community living. This truly is a private paradise.</p> 

DOON DOON \$E.O.I	KUNGHUR \$399,000	MT.BURRELL \$375,000
 <p>Nirvana - 127 Acres Simply one of the best locations you will find in the Valley! Huge frontage to Clarrie Hall Dam. This is a landmark property. Call it home & relax in "god's country" with a character filled timber residence designed to be at one with the natural area with a solar system, combustion stove, heaps of water storage & fruit trees galore. There is so much opportunity offered here... turn your dreams into reality today! Fishing, Canoeing and Sailing all at your doorstep. Call now!</p> 	 <p>GREAT BONES Nearly 5 acres of flat useable land in the village of Kunghur, just minutes drive to local shops, cafes and schools, 25 minutes to Murwillumbah and just 45 minutes to the coastal beaches of the Gold Coast. This could be your home in the country. The house has great bones and with some TLC and imagination could be restored to the quintessential country pad it once was. With teak flooring, rosewood linings and hardwood framing you have the basis for something special. The back boundary is formed by part of Kunghur creek, with many swimming holes and some resident platypus. There are views to the iconic Mount Warning and you are just a hop, skip and a jump to some of nature's finest playgrounds being surrounded by 5 national parks. There is also great fishing or canoeing to be had nearby at the Clarrie Hall Dam.</p> 	 <p>This 5 acre life-style property just oozes potential for the large family or as an excellent investment for the future. Set high on the ridge at Mount Burrell it is essentially two residences under one roof, you have a 3 bedroom family home with loads of living area together with a fully self contained 2 bedroom flatette overlooking a tropical poolside setting with expansive valley views towards the border ranges, the Pinnacle and beyond. With a central fireplace and air conditioning throughout you are well catered for every season. You will save on power bills too with a 1.5kw grid feed solar system. With a huge double garage big enough for the cars and a handy workshop. There are established fruit trees on the property including a variety of citrus, bananas, mango and papaya. Some TLC to the garden areas will realise the tropical oasis this once was. Very private and peaceful. Just 45 minutes to Coolangatta airport and surrounded by National Parks.</p> 

BLUE KNOB \$499,000	MIDGINBIL \$360,000	STONEY CHUTE \$295,000
 <p>Private Parcel for Horse Lovers This property of 14 acres is loaded with infrastructure. Horse lovers will love the four well appointed stables complete with tack and wash bay. Huge fully fenced chook run, massive shed with unlimited potential, fully fenced and unlimited water with a direct feed line from Websters Creek as well as 3 spring fed dams and numerous fruit trees. The home features a rock wall fireplace and hearth central to the open plan living leading through to the galley style trendy kitchen complete with the old world Falcon stove. Great views to Mount Burrell and surrounds. A feeling of peace and privacy abounds in these natural surrounds. Oups did I mention it has a gorgeous in-ground horizon style salt water pool with brand new glass fencing just off the back entertainment area. Get in quick...priced to sell!</p> 	 <p>BELOW REPLACEMENT VALUE Freehold... 8 acres of fertile land in a beautiful valley with a meandering creek...views to the Nightcap range and Mount Warning, chook shed, stables, and an easy 25 minute drive to Murwillumbah or 45 minutes to Coolangatta airport. This could be the perfect country retreat. Did I mention the 3 bedroom house, in-ground salt water pool and granny flat? Well that's the bonus, whilst some work is needed on the infrastructure, the vendor is throwing that in because this is priced at land value only. See what else you can get at this price and then book your inspection.</p> 	 <p>Avalon This is a truly magical place, a place of healing, a getaway back to our natural intuition and purpose. With privacy, peace, tranquility and the rambling waters of Websters creek running as a backdrop for your own piece of paradise. A 5 acre share on the very organised and easy going community of Avalon nestled in a rainforest and Eucalypt forest sandstone cliff ridge just 15 minutes from the iconic village of Nimbin. Come home to nature every-day, yet just under an hour to the bustling hubs of Byron and Tweed Valley shires. A lovingly cared for and tastefully decorated home of 3 bedrooms awaits you. Self sufficiency in its solar power and composting toilet means no nasty bills. Lots of natural timber and glass features in this fully council approved house...you could call home! Inspect now!</p> 