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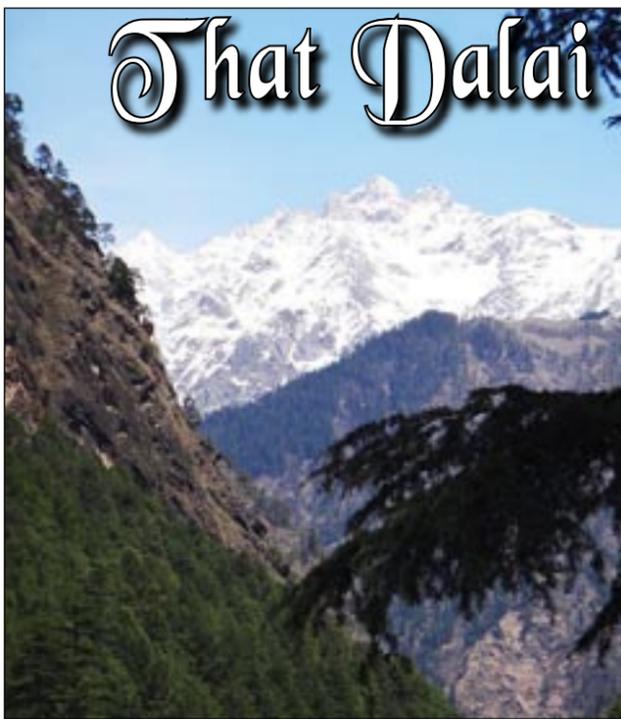
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Ironically Yours by Dionne May

Bhagsu Naag is a small town perched twelve kilometres above Dharamsala in the Himalayan foothills that derives its name from its waterfall shaped like a cobra snake (naag). It is also the home of the Dalai Lama. Lofty views of snow capped mountains are revealed and soaring eagles cast no shadows as they soar high over the valley below where the Tibetan Government-in-Exile building stands like a fortress in the centre, raised high above the city surrounding it.

Many Buddhist monks solemnly walk the streets. It is a month before the season starts here, so few tourists have braved the post Winter cool. Following my friend and guide Amrit, I am led up the only narrow steep road in the town. Evening is closing in and the temperate is plummeting. Nearing the end of the road, we take a set of steep concrete steps that weave their way up the mountain as Amrit heads directly to an old friend's guest house which has a small basic cafe serving, or rather sharing, the family's meal of the day (despite a detailed menu), and thick warm blankets to stave off the night chill.

Two weeks into my mountain retreat, I meet a young Portuguese woman who enthusiastically informs me that the Dalai Lama is giving a public talk in the morning and just like that I find myself joining a steady stream of monks in the brisk morning air on my way to see one of the great spiritual leaders of our time. I'm grinning like an idiot as I forego the lengthy

by Marilyn Scott

It was 1993 and my first walk up the mountain; we hadn't been there long and I wanted to explore. I walked behind the 'Banana Shed' in the Palmwoods village, around the bend and over the rise... a few metres really. Then I saw it. Acres and acres and acres of bananas. As my eyes saw, my heart felt and my ears heard. The Land spoke to me. I wrote in my journal when I returned, with tears in my eyes.

*I heard it speak
it said to me
I hurt, I'm in pain
look what they've done to me
Quite unexpected it came
a city girl I've often been
and white skinned
didn't expect the Land to speak to me
The Heart within me felt the pain
the same Life
that sustains us both
Oh my god! I said
tears came to my eyes
why have they done this to you
Human Beings
where has our feeling gone
Awaken, awaken
the danger time has come....*

Twenty one years have now passed... And I'm bone weary... so tired. I've been created as I have... how do I protect myself? Oh yes, I've tried many things. But nothing seems to screen the volume of energy available to my feeling sense.

Having polio as a toddler, I have a body that needs extra care. I can't afford to tire or over stress it now... as the outcome

That Dalai Lama Smile!

and professional body search and make my way through the crowded temple.

The ground floor is taken up with large groups of school children so I head up the stairs to the main central temple where the Dalai Lama will sit. I find a tiny spot to squeeze into between two monks and am busy adjusting the dial on my rented radio and headphones for translation when a hush descends. Looking up I see the great man himself and my first impression is that he is small and frail, but then he turns around and his beaming smile dispels this thought immediately. My impression is of a happy child. He is escorted to his seat and despite the uncomfortable wait, the crowd is calm and patient. His talk today is about how healthy minds and bodies create compassion. He begins by reminding us all to look after ourselves, foremost by eating simple food.

"To be compassionate you must be as healthy and happy as you can be. Then you can help others. And now you must all eat," he declares and suddenly a silent stream of monks begins filing along the walkways with huge silver teapots and crates of delicious cornmeal rolls. Some monks playfully toss the rolls to eager outstretched hands that then pass them on to their neighbours. Small cups of chai are passed and delivered to every individual and with no fuss thousands of people are fed by the Dalai Lama. A small-round faced child sits near me on top of his grandfather's shoulders with a "Free Tibet" beanie on his head. His small hands are clasped in prayer as he gazes over the heads of the crowd towards where the Dalai Lama sits.

I am moved by the tableau in front of me. Moved by the plight of these quiet humble people facing the bleak reality of living in exile from their homeland, as China refused to return Tibet to Tibetans and the world turns a blind eye. And yet here they sit at the feet of their great leader who speaks only of love and compassion.

"It is the only way forward," he finishes with another gentle smile.



could be fatal. And I can't do anything if I'm dead!

I understand one thing... that my life is the most precious of gifts. And the goal is staying alive. Everything else needs to follow. With a 'radar' like mine, it's often difficult... what do I do with everything I see and hear and feel. It sometimes overwhelms me. Yes, Mother Earth needs protection but so do I.

These are massive times... yes, I've said this before, but they are. The intensity keeps building, the decay more stinking, the lies more forthcoming... my god, it's a nightmare! But we need to survive. We need a whole new set of survival skills.

I'm so tired of it all. I often feel so alone, unsupported... like living in an alien world. I need my friends and family... my tribe. My pioneer spirit is drooping. No-one can do this alone. We all need support.

Not my normal style, I know. I like to focus on the abundance, the growth, the beauty... the magick. Pluto hitting my Moon could have a bit to do with it, intensified by even more activation of the Cardinal Grand Cross. But it's been

building for a while. I guess that's what's happening... whatever's been building needs an outlet, and soon. I know I'll return to my natural focus, I will... I am after all a child of the Light. This is a process, not unlike the one inflicting us all in one way or another. We need to find our strength, our core, our support... as we learn new survival skills amid a raging war. Whatever the degree of our awareness, there's one thing common to us all... things need to change. We could write this in big letters over every visible surface. Changes needed on both the inside and outside.

Community will be imperative during these volatile times... we need to help each other, we need to have each other's back. There's no escaping this torrent of upheaval... and it could go on for a while. Yes, important to keep the focus on the beauty, strength and kindness... and be there for each other when the tears need to be shed. We are human after all.

There comes a time when enough is enough... at that time I'm sure, our Guardian Angel steps in. I need to feel her around... I need to know that I'll be safe.

From a fragile human traversing this battle field....

Footnote: the Gemini New Moon creates the new cycle for June. Neptune and Hygeia strongly energize this New Moon cycle. Both bring healing energy. Neptune takes us behind the veil... revealing worlds often hidden from our view, he sensitizes all he touches.

Hygeia the Goddess of Health acts as a cleanser, a potentizer and can activate transformative processes. She could be the Guardian Angel we need.

The Border Ranges, plus Hell's Hole and back



by David Holston

Our first event in May was a weekend camp in the Border Ranges National Park. We based ourselves at the Sheep Station Creek camping ground. Great camp ground. Lots of little nooks and crannies, each with its own fireplace. Not that we needed a fireplace, because new member Peter from Ocean Shores had brought his own (along with an impressive non-electric coffee-making machine – best coffee I've ever had while camping). So we were really able to pick our spot, placing Peter's fireplace in the centre. We'd all brought more than enough wood.

There were just three of us to start with on the Saturday morning. After we'd set up our campsite, Michele drove myself and Peter to the Red Cedar Loop walk. It was an easy, short walk through sub-tropical rainforest that led us to an impressive red cedar tree that is estimated to be a thousand or so years old. An adjacent walk, the Helmholtzia, another quick and easy circuit walk, is lauded by our long-term member Michael Smith as THE walk to do if you have limited time in this lovely national park. Well, I couldn't argue with that. The Helmholtzia Loop Walk is the stuff of Hollywood dreams. Except reality does it better.

I missed having our super-knowledgeable friends like Michael Smith, Len Martin, David Holstrom and Don Durrant accompanying us. We saw a lot of fantastic-looking fungi, and I recognized the beautiful hoop pine, in abundance. Then we went on to visit to 'The Pinnacle' lookout, where you can literally see the whole of the caldera in all of its lava-flow splendour. Standing in the grand silence of that spectacle confirmed for

me that I live in paradise. We returned to the campsite to greet three more Club members, get the fire going, the food cooking and the stories and beverages flowing.

The following day's walk was the main event. An apparently three-hour walk, it took us four hours due to stopping for photos, picnic and general discussion. The Rosewood Loop, six kilometers return. Obviously, plenty of Rosewoods, some of it old growth. Also Flooded Gums, White Beech, and the dreaded Giant Stinging Tree. Some of the oldest trees in this region are protected here, and there was so much to see, I found it hard to keep focussed on where I was putting my feet, keeping myself steady while crossing lovely mountain creeks and moss-covered rocks – you know, the kind of thing young people and real bushmen do without thinking. In other words, I had a good time. And I think the others did too.

– Catherine Baker

For the Club's second event in May fourteen of us walked from Rockface Road to Hell's Hole in Mount Jerusalem National Park. Seven new members were welcomed and the party was made colourful with the inclusion of a Frenchman and a Thai girl, both invited by Judy. Tracks were through open eucalypt forest with grass trees, wallaby grass, and Banksias, etc., suggesting Aboriginal fire regimes of earlier times.

As always, Dave H. was a fountain of bush lore, and although he couldn't show us any orchids flowering because it was not the season, he led us on a side track to a lookout comprising sandstone boulders, caves and ferns. We lunched at Hell's Hole, where a 40-metre waterfall discharges into a great pool halfway down the cliff-face. A series of rock



pools in the creek are carved into rhyolite rock folds laid down by the Chillingham volcanics 200 million years ago, according to Tim. So Hell's Hole is a place of beauty and not all fire and brimstone.

Judy swam there and her friends experienced the kindness of members who gave them a very nice lunch, because they omitted this preparation in their haste to hitch from Nimbin. Getting out of Hell's Hole was a steep uphill battle for some and we were buzzed from above by some bikies. Near the end, Graham and perhaps Lyn had to be restrained from leaving the mountain track and following their homing instinct to bush-bash to Rowlands Creek and Uki in the valley below, which is where they live. But everyone survived! It was disappointing however, to see no wildlife; their Aboriginal guardians sadly having been displaced.

Bushwalking follows in the footsteps of the indigenous people. For us too it can engender a relation to country, as the following words convey, from Bill Gammage's *The Biggest Estate on Earth: How Aborigines Made Australia*, p.323: 'We have a continent to learn. If we are to survive, let alone feel at home, we must begin to understand our country. If we succeed, one day we might become Australian.'

– Bill West



June Walks Program

Nimbin Bushwalkers Club Inc.

Sunday 15th June

Wanganui Gorge, Goonengerry National Park

Leaders: Catherine Baker (6684 2160)

Grade 2: An easy circuit walk (approximately 1 hr 30 mins walking, more if we start near beginning of Mill Rd) on easy tracks. Fabulous views over the Gorge and beyond.

Meet: 11am at Goonengerry School near the junction of Goonengerry Rd and Mill Rd. Will drive as far as possible along Mill Rd (if weather has been wet, last part of Mill Rd can be a challenge for 2WDs. Also, don't confuse it with Mill Rd at Huonbrook).

Bring: Water and picnic lunch

Sunday 29th June

Bush Rangers' Caves, Numinbah Valley

Leader: Bill Potter (0428 737 747)

Grade 2-3: Three to four hours return. Ascend from the Queensland border gate along the border fence to caves screened by waterfalls. Extensive views back to the coast and up the Numinbah Valley.

Meet: 9.30am at the border gate on Numinbah Road about 15 kms north of Chillingham. If you want a lift from Murwillumbah please phone Bill.

Bring: Water and lunch.

Nimbin Garden Club



by Gill Jones

Contemporary Koonorigan

Many people were at the Bentley celebrations on the day of the May Garden Club visit to Koonorigan. However, there was a healthy turnout to Denise's lovely colourful garden, which sits on the ridgeline at Koonorigan just out of Nimbin.

The colourful mosaics sit alongside the bright autumnal colours of the myriad bromeliads that surround the house. Denise's family have lived on the property for a number of years, and the 15 acres have been well designed to provide an intensive visually pleasing cultivated circle around the house, which leaves open space beyond to provide perspective and dimension. Many

palm trees and tropical varieties provide a shady cover for the azaleas and other bright foliage plants that ensure a low maintenance garden to enjoy.

The feeling of a contemporary garden with traditional design blended well to provide a highly enjoyable afternoon's visit.

Beautification

With the cooler weather, Nimbin Garden Club members have been enjoying tidying up and beautifying the main entrances to our village. We have all stopped at the lookout on the way to The Channon, only to peer over long grasses to try and see the view.

There were 12 of us with 4 brush cutters, and in an hour we had unearthed the beautiful panoramic view overlooking our sacred valley. Not only were the Nimbin rocks visually outstanding, but we could also see Mt Lindsay near Woodenbong, as well as Lillian Rock and the horizon to the west.

The next day, when we went to admire our work at sunset, there were a whole lot of happy campers all lined up with chairs,

taking in the full view of the valley. It was such a fun thing to do, and we all shared a strong sense of achievement. It was lovely that locals stopped to say thanks, and we enjoyed a cuppa in the shade at the end of the morning's work.

Next meeting

Our next visit will be held on Saturday 21st June at the Lismore Rainforest Botanic Garden which is located up Wyrallah Road in the entrance to the Lismore Revolve Centre. Follow the signs to the gardens.

We plan to have our AGM there at 2pm at the picnic tables, so please bring the usual cup and plate of food to share, as well as your membership for 2014/15 which is \$15 p/a. We will be given a guided tour of the gardens, which spread over a large space on the outskirts of Lismore.

We look forward to welcoming new members to enjoy our wonderful world which we are so lucky to live in. Check us out on facebook and we look forward to seeing you.

nimbingardens@gmail.com

A mixed month for the Headers

Headers Womens 3rd Division

Match reports by Gary Whisker

MardiGrass is always a tricky weekend for the Headers. Teams are often lucky to field 11 players, let alone have the comfort of subs on the bench.

The Women's team could only muster 9 for the visit to Alstonville, who themselves had 16 players! Villa took the lead in the first 10 minutes, and must have thought it was going to be their day. Think again. Our mighty female warriors lifted to another level, and started playing attacking, positive football. Goals from Emma and Ruby took them into an amazing 2-1 lead at half-time.

The second half proved even more fruitful, with Emma and Ruby grabbing another goal apiece, meaning incredibly that they ran out 4-1 winners. Talk about great team spirit! That win gave the girls three in a row, and confidence was flowing in abundance.

Next up came a visit to Bangalow. The Bluedogs have a strong team, and were well up for this one. They took the lead mid-way through the first half, and playing some good possession football. In the second half our girls dug deep and began to get back into the contest. Bangalow were tiring in the afternoon heat, and the Headers had 3 corners in a row, alas to no avail. Time ran out and Bangalow secured the 1-0 win, but they had been given a scare in their own backyard.

A Friday night game at South Lismore was always going to be a battle, and so it proved. The Lismore outfit boasted a number of quick, skilful players and deservedly took a 1-0 lead into half-time. The Headers seemed to lack a bit of cohesion, and Souths capitalised on this to double their lead and run out 2-0 winners. Sometimes you've just gotta chalk it up to experience and move on.

And move on they did! To Mullumbimby the following weekend. It was a hot, sweaty Sunday arvo, and a struggle physically for both sides. Mullum Bruns took the lead on 20 minutes, but that just fired the Headers into action. Ruby showed her searing pace to outrun their backline and coolly fire past the keeper. Five minutes later she did it again, and a fantastic first half was wrapped up with a nicely taken goal by Ginger: 3-1 to the Headers.

The heat took its toll in the second period, and the game became a bit scrappy. A handball in the box gave Mullum a penalty, which was neatly converted. Again, the girls lifted and intense pressure resulted in an own goal by the home side. 4-2 to the mighty Headers! That's how it finished, and got the women back in the winning groove. Well done all.



Nimbin Headers Womens team at Mullumbimby

Headers Mens 5th Division

Match reports by PAC

• **Round 4 Dunoon United V Nimbin Headers Fri 2nd May**
I mentioned in my April report the problem with the Headers fifth division players turning up for away games; well it happened again, just the bare eleven and no-one to give anyone a break. And as at Ballina, the outcome was the same, bar one extra goal for the opposition.

The Headers started OK and it looked as if they could give a good account of themselves, but 26 minutes in, Dunoon took the lead through a great over the top cross and a lovely glancing header into the far corner of the net. And two minutes later they doubled their score.

Dunoon were now having the lion's share of ball possession, and I think they had five corners to nil. And so the first half finished Dunoon 2 Headers 0.

In the second half, Dunoon were controlling the game better than the Headers. The Headers passed well out of defence, but as soon as the ball was in mid-field they would lose possession, increasingly putting the defence back under pressure. And under that scenario, it was not long before Dunoon scored again; from a cross and a headed goal, and the next one came



Headers player Jake Charles (left) competes for the ball against Pottsville

Photo: PAC

from a throw-in right into the middle of the penalty box, and another headed goal as the forward had a free go as nobody picked him up in defence.

The Nimbin Headers did peg one goal back with a great pass, finding Andy Kinderman who had space and hit a lovely low drive past the Dunoon keeper into the net. Dunoon 4 Headers 1. After all that, Dunoon put the icing on the cake, getting their fifth goal.

Throughout the game the Headers had their moments, and one of the forwards hit the bar, but they need to win some away games if they want to be closer to fifth spot.

• Round 5 Nimbin Headers V Pottsville Sat 10th May

Coming into the match, Pottsville are ninth on the point score table, losing all their four games so far.

With only eight minutes gone, the Headers take the lead with a well constructed goal involving the two young forwards Jake Charles with a run at the defence and a nice lay off to Michael Longmuir with a lovely finish: Nimbin Headers 1 Pottsville 0.

After the restart it's end-to-end play, and 23 minutes down, Pottsville produce a nice goal to even things up. Five minutes later, Pottsville hit the underside of the bar, but the ball comes straight down onto the line and is cleared by the Headers defence.

Header's midfield playmaker Steve Waddington gets injured just before half time, and it's one-all at the break.

The Headers increase the pressure in the opening stanza of the second half. With 18 minutes gone, Headers forward Michael Longmuir is hacked down from behind in the box while he's through on goal. Midfield player Brett Webb step up and retakes the lead for the Headers.

Six minutes on, the Pottsville keeper gathers up a ball and as he's kicking out from the edge of the box, he mis-kicks the ball straight into the back of a defender's legs and the ball ricochets off, eludes the keeper and runs into the net (one of the most bizarre goals I've ever seen) to make the score Headers 3 Pottsville 1.

The Headers have the majority of possession now, and a great pass from last line defender Nigel Hayes finds forward Jake Charles with defenders either side of him, he's through on goal and he calmly slots it past the Pottsville keeper for the Headers first win of the season, and thoroughly deserved. Full-time score: Headers 4 Pottsville 1.

• Round 6 Nimbin Headers V Kyogle Sat 17th May

The first 20 minutes of this game was pretty even, with only a couple of half-chances per team.

Then Kyogle pick up a loose ball from a defensive lapse by the Headers, and the Kyogle striker is through on goal and slips the ball past the keeper, then five minutes later the same forward gets his brace: Kyogle 2 Headers 0. The same Kyogle scorer gets his hat trick with get a well-deserved goal just before half time: 0-3.

Kyogle are a mix of older experienced players and youth, and their ability to hold onto the ball is creating problems for the Headers team who sorely miss their midfield general, injured at the last home game.

After the half time break, Headers change their keeper Nigel Hayes for Andy Kinderman. With 28 minutes down, the Kyogle No.8, who's given the Headers so much grief, receives a nice pass and shoots across the keeper to give them a comfortable lead in the game.

Kyogle are now shooting at will (or should I say Andy) but within a ten minute period, Mr. Kinderman makes five saves and one of them a double save, and another one where the Kyogle forward tries to put the ball through his legs but he got down too quick. So, well done Andy from keeping us under a cricket score.

At full time, the visitors run out 4-0 winners, moving them up to fourth place on the ladder.

• Round 7 Byron Bay V Nimbin Headers Sat 24th May

This game was a close affair with Byron running out 2-1 winners, and fullback Bruce Hatfield scoring a penalty for the Headers.

• Round 8 Nimbin Headers V Eureka Sat 31st May

Before the game, Headers were 9th on the ladder and Eureka were 3rd. And after three minutes Eureka get a corner and a goal is scored from it.

Shortly afterwards, Headers have a corner taken by Mercer Grant who curls the ball in and a Eureka defender heads the ball into his own net Headers 1 Eureka 1.

The half is coming to an end when Jake Charles makes a break for the Headers down the right hand wing from 15 metres inside his own half, right to the goal line, where he squares the ball right across the goal and it's met by Mercer who scores, putting the Headers in the lead. And so the half time score is Headers 2 Eureka 1.

In the second half, Eureka are pushing hard to get the equaliser, and it comes after four minutes, when a Headers defender misses a cross and it's an easy header

for the Eureka forward: 2-all. With about 10 minutes down, the Headers lose the ball in midfield and with a pass onto a forward it's in the net for Eureka: 3-2.

Then Eureka get a penalty (which I thought was a bit soft) and it's put away to make the score 4-2. Headers on the attack; a forward is brought down; penalty. Bruce Hatfield steps up and makes the score Headers 3 Eureka 4, game on again, but with time running out Eureka get two more goals to make the final score Headers 3 Eureka 6.



Heads up at Stars
Photo: Paris Naday

Headers Mens 3rd Division

• Round 5 Nimbin Headers V Pottsville Sat 10th May

Before this game, Pottsville were top of the table with four wins and on 12 points, and the Headers were in third spot with three wins and one loss.

Nine minutes down, a Pottsville striker runs onto a pass and from 25 metres out unleashes a shot straight across the keeper and into the far corner of the net: one-nil to Pottsville.

On the 26 minute mark, Headers forward Ruben Mack runs onto a lovely pass and instead of shooting, flicks the ball to winger Igor Santos who smashes in a volley at the far post, giving the Pottsville keeper no chance. One-all.

With about 15 minutes left in the first half, the Headers were passing the ball across the field just outside the box and are being pressured by Pottsville and one pass too many is intercepted and is put into the back of the net to give Pottsville the lead again.

With time running out in the half, the Headers are awarded a free kick outside the penalty box, which Saki Hayashi takes but is saved by the Pottsville keeper, who is a very capable keeper and has probably been heavily involved in their four wins so far. So at half time the score is Nimbin Headers 1 Pottsville 2.

Straight after the restart, a Pottsville player is injured, holding up play for a little while, and with 12 minutes gone the Pottsville keeper dives at the feet of the smallest player on the Headers team, Angelo Webb, and gets injured in the collision. After a long stoppage gets to his feet, but has to be replaced.

With half an hour down in the second half, some beautiful passing by the Headers finds Ruben who runs from left to right across the penalty box line, out-pacing two defenders, and smashes the ball past the replacement keeper to make the score Headers 2 Pottsville 2.

The Headers are now dominating possession and a lovely through ball is picked up by Ruben Mack and one-on-one with the keeper, hits the ball straight at a very relieved Pottsville keeper.

And so ends a very entertaining game for the Headers big home crowd who applauded both teams off the pitch.

> Continued next page

Fun run for all



The 2013 start

This year's Fun Run will be held on Sunday 31st August at the new time of 11.30am (entries close 11am).

For the fifth year in a row, the Nimbin Hotel and Backpackers and Mt Franklin Spring Water are again the Nimbin Fun Run's major sponsors.

Each year, local business provide individual runner sponsorship, and joining them this year is the Nimbin Show Society who have put up an additional \$500 for the first overall male and female to cross the line.

This will make the fun run attractive to runners far and wide, as the first two runners will take home up to \$750 worth of prizemoney.

The Fun Run starts and

finishes at the Showground, and for those travelling for long distances, the Show Society offers fabulous camping grounds and excellent facilities right in the picturesque village of Nimbin.

The Fun Run provides financial support by purchasing and maintaining equipment in the Nimbin Physical Activities Centre.

Race Director Cassandra Jefferys of Discover Fitness invites men, women and children to participate in the event as a competitor, for leisure, or just to offer support for our wonderful facility.

Entry costs \$20 adult, \$15 child. Best dressed entrants, raffle prizes just for entering, under 12 races and games.

Horses for courses

by Marion Webb

Ade Bowden and her wonder horse Ace (pictured) will be in Nimbin to inspire local students to think more broadly about their future career choices.

Teachers can rave on forever about how relevant schooling is to future choices, but actually meeting people across many varied occupations helps to make it real for students.

Horse training is one of many career options on offer at the Careers Market Day at

Nimbin Central School on Wednesday 11th June.

Over thirty local businesses, services, community groups, organic growers and dairy farmers will be available to chat to kids.

Year 5-8 students from five local schools will get to experience first-hand what it takes to become a fire fighter, lawyer, accountant, barista, homeopath and a large range of other occupations. The central message is to find your passion and skills so that you



are the creator of your own future.

While career paths may be chaotic or at times non-

existent, education and training can empower students to choose smart, pro-active futures.



©Teresa McCosmbe Photography

Gatton winner

Congratulations to Mrs Lavina Hemming and Our Jack, Champion Australian Draft Horse, on 3rd May at the Gatton Heavy Horse Show, one of the biggest Heavy Horse Shows in Australia

Design the ultimate Green Granny Flat

Sustainable House Day is an annual national event that invites people to open up their sustainable homes to the public, similar to the Australian Open Gardens scheme.

Lismore City Council, Byron Shire Council, Rous Water, Byron Community College, TAFE North Coast, the Green Building Centre and Nimbin Neighbourhood Information Centre's 7 Sibley Street project have partnered up to make this year's Sustainable House Day event a little bit special.

In addition to the Trade

Expo, information sessions and local open houses such as those held in the past two years, this year we are inviting residents and practitioners in the Byron and Lismore LGAs to design a sustainable granny flat.

UBIQ has come on board as a major sponsor of the competition, which is open to professional architects and designers, the community and young people, with more than \$1200 in cash and \$2000 in industry prizes for the winning designs. Entries close on 15th August.

More information at: www.sevenonsible.com/shd2014



Gary in the mix. Photo: Paris Naday

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• Round 6 Nimbin Headers V Alstonville Sat 17th May

The game starts fast for the Headers: a ball to Gary Whisker, a cross to Ruben Mack who slips the ball back to Angelo Webb who shoots through a wall of defenders and past the Villa keeper: 1-0 to the Headers after one minute.

Two Headers players get yellow cards within minutes of each other.

With 17 minutes gone, a long throw-in by Headers centre forward Phil Courtney finds Leon Kinderman in the box, who is pushed in the back and is awarded a penalty. Gary Whisker steps up to slot the ball past the Villa keeper into the right-hand corner of the net: 2-0 to the Headers.

Ruben Mack, who has been a nightmare for the Villa defence, gets his first goal of the day with some nice build-up play by the Headers midfield. A few minutes later the ball is passed to Headers front man Phil and onto Gary who volleys it into the net: 4-0. The Headers are now running rampant, and another goal soon comes as Ruben gets through the defence and smacks it past the keeper: Headers 5 Villa 0.

With five minutes to go in the half, Alstonville, who have tried hard whenever they've had the ball, break down the right wing and with a lovely floating cross and a sliding volley by the forward running in, in the middle of the park, puts it past the Headers keeper to put a bit of respect into the score-line before half time: Headers 5 Alstonville 1.

The second stanza starts as a mirror image of the first. Saki Hayashi collects a pass, turns one defender, runs square dragging a defender with him, puts on a bit of a spurt which gives him room to shoot the ball high into the net: Headers 6 Alstonville 1.

With 24 minutes gone, Villa produce a lovely second goal with some good passing and a nice finish at the end of the move. Soon after, some nice passing by the Headers team gets centre forward Phil Courtney one-on-one with the Villa keeper and he slots it past him for the Headers' seventh goal.

Headers midfielder player Saki Hayashi, who was booked earlier in the game, gets booked again for a tackle he did not have to make, as the Villa player was turning infield on the

halfway line and going nowhere, and is sent off.

With time not running out fast enough for Villa, the Headers are awarded another penalty and left back James Van Hest grabs the ball and says it's mine boys, and slots the ball past the keeper to make the final score Nimbin Headers 8 Alstonville 2, putting Headers back into second spot on the ladder.

• Round 7 Italo Stars V Nimbin Headers Sat 24th May

The opening shot of this game went to Stars striker Quinlen Cox (one of five ex-Headers players now playing for Stars), whose shot across the Headers keeper is palmed away and cleared by a defender, just in time as an attacker was ready to fire it back.

There were chances for both sides, but nothing on the scoreboard until, with less than ten minutes left in the first half, Headers get a corner after Stars have to put the ball out under pressure. Backline defender Leon Kinderman takes it, the ball floats over to the far post, Headers left wing Gary Whisker volleys the ball towards goal and forward Ruben Mack volleys it onto a defender's shoulder and it spins into the net. Italo Stars 0 Nimbin Headers 1, and that brings a very entertaining half to a close.

Both keepers were tested throughout the second half, with no addition to the score until, with 17 minutes gone, after some lovely passing by the Headers, the ball finds Igor Santos, who takes the ball to the left hand side goal line, slips it past a defender, regathers and smacks it just inside the post: Stars 0 Headers 2.

Some nice passing from the Headers from the right hand side to the left brings out back defender Leon Kinderman, who makes a run deep into the Stars defensive area and from outside the penalty box unleashes a brutal kick which give the Stars keeper no chance as the ball slams into the back of the net: Italo Stars 0 Nimbin Headers 3.

On the half hour mark, the Headers lose the ball in their own half, and a nice pass to Stars frontman Quinlen Cox sees him smack the ball high into the net, a well deserved goal: Italo Stars 1 Nimbin Headers 3.

I have to mention here the three back players for the Headers: Leon, Dean and James; for keeping Quinlen Cox from getting at least a hat trick.

With only a few minutes left, Headers keeper Brodie Ross makes a brilliant save at the feet of a Stars attacker, and that was about the last action of a very entertaining game of football and a credit to Third division.

This win consolidates second spot for the Headers.

• Round 8 Nimbin Headers V Mullum/Brunswick Sat 31st May

The start to this game is fast with some lovely passing by the Headers to find Leno Sarsale (who joined us this year from Uki) who strokes the ball past the Mullum keeper.

Soon after, forward Phil Courtney has a run down the wing

and crosses the ball straight across the goal line with two Headers attacking, the ball ending up in the net: Headers 2 Mullum 0.

One minute later, Headers Gary Whisker runs onto a ball and smacks it in: 3-0. The next goal is not long coming from Gary again, who goes down in the box but still has the time to flick the ball past the Mullum keeper: 4-0.

A penalty to Mullum puts some respectability into the game: 4-1. Another penalty comes for Mullum as the ball jags up off the turf and hits Headers defender Dean Chaussivert on the hand: 4-2. And that ends the first stanza.

In the second half, Headers player Phil has a run at the Mullum defence from the right into the middle, passing a couple of defenders on the way, making a bit of room for the shot, and slams it past the keeper: 5-2 to the Headers.

Saki Hayashi has a run and a shot, and the Mullum keeper could only palm away and the ball bobs up just right for centre forward Phil to nod in for his brace, giving the Headers a 6-2 lead.

In the last minutes of the game, Mullum have a mini purple patch, scoring two goals in quick succession and giving them some hope for their next home game.

The final tally was Nimbin Headers 6 Mullum/Brunswick 4.

Crossword Solution

From Page 22





LISMORE - NIMBIN NIMBIN - LISMORE BUS SERVICE

Ph: (02) 66226266 Fax: (02) 66226682
Phone for a very competitive quote on quality seat-belted coaches, capacity 18 to 59 including wheelchair accessibility
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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	7.30am	8.00am	8.30am
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	
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
4.30pm	5.15pm		
6.05pm	6.35pm		

* Mondays & Thursdays Only

No Public Holiday Service
 Town Service - Wheelchair access available upon request, 24 Hour notice required
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AUCTIONS

14th June 11am at our office
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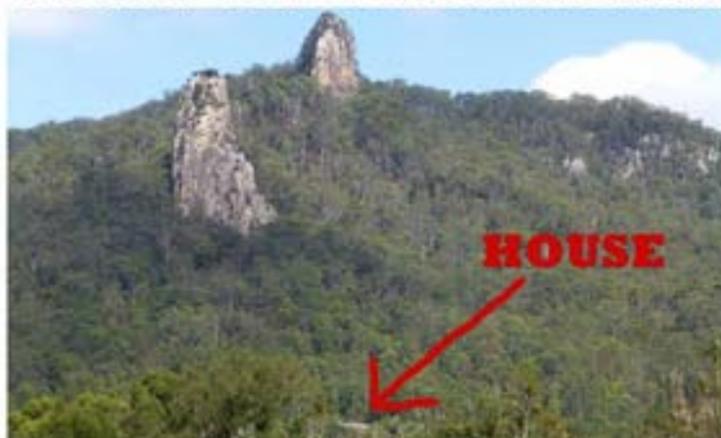
Jerrapark

- Approx. 40 acre permaculture property
- Creeks, waterfall and springs
- Huge home with extra accommodation



Just Magic

- Approx. 13 private acres
- Mudbrick home minutes to town
- Beautiful views to distant mountains



Affordable acreage Price Guide \$150 000-\$170 000

- Approx. 4 acres close to cawongla village
- Power and phone on-site
- Superb house site



Ticket to dream Price Guide \$370 000+

- Approx. 168 acres with a creek
- Tarred road frontage
- Great position with northern views

