



by Kirrah Holborn,
'Traditional Wisdom'

I have been immersing myself in the teachings that 'Sacred Pregnancy' offers. There is a focus on slowing down and honouring each moment of pregnancy. Too often, so much attention is given to the nitty gritty details and 'medical' view of what is happening to a woman's body and how big the baby is and what part they are growing at that point in time.

I think that there is a time and place for knowing the anatomy and physiology of pregnancy, but more focus can certainly be given to the emotional connection and a more heart-centered approach to being pregnant.

It is for this reason that I am

Birth and Beyond

going to endeavour to bring more balance to the information I share. Some food for the soul as well as the ever-inquisitive mind!

Nurture your mind

For the factual component this month, I will be looking at 'due dates'. If you are pregnant, you have probably worked out your estimated due date (EDD). You may have even been given a few dates of when your baby may come.

First and foremost, it's important to reiterate that a due date is not an 'expiry date'. Babies have their own agenda, and each woman is unique in the time it takes to grow a baby.

It can be helpful to consider your 'due month' as opposed to a single date, because 40 weeks is 'just an average'.

According to the American College of Obstetricians and Gynecologists, full term is considered anywhere from 39 weeks to 41 weeks gestation. When you hear women say they were 'late', they usually mean they went past the date their doctor or midwife told them to expect the baby. It can

be helpful when sharing your 'due date' with friends and family to give yourself a bit of extra time.

This way you won't be bombarded with phone calls asking if you've 'had your baby yet?'. This pressure to perform can stop things from starting in the first place!

Nurture your body

As the weather starts to warm up and the days are that bit longer, it can be extra motivating to bring in more movement into your day.

Activities like yoga, gentle walks or dancing to a favourite song all help enliven your body and get your blood pumping around.

Maybe you can ask a friend to join you for an afternoon walk so you feel extra motivated?

Nurture your soul

This month's activity involves creating a special altar or shrine. It is important to have a space that you can call your own. It acts as a reminder of the special work you are doing to grow new life, and also helps you to take time out to relax.

No matter how busy your life is,

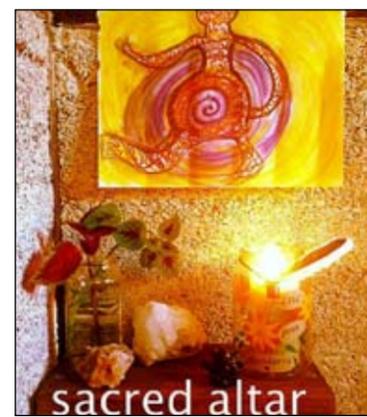
taking five minutes at the beginning or end of the day to simply sit and breathe can help you keep things on track and help keep you positive.

It helps you to connect in with your baby, and helps you connect on a spiritual level.

Choose somewhere quiet in your home that you can call your own.

Create an altar with things like fresh flowers, a crystal, a candle and any other special items that help you remember to slow down and acknowledge the amazing work you are doing to grow a baby. Take a moment each day to sit down and focus on your breathing. You can light a candle and set an intention. You may like to choose an oracle card with a message for this time. Connect in with your breathing and connect in to your baby.

Another nice thing to do is play a song that helps you slow down. Keeping a journal nearby can be useful for helping process what feelings are coming up, and it can be a nice keepsake that you may share with your child when they are older. It is helpful if you set a reminder alarm on your phone for the same time each day, so that you can get into a routine of taking five minutes out for yourself.



Nurture your pregnancy

I am now taking bookings for the 'nurture your pregnancy' group starting in October. This will be a holistic pregnancy group focussed on nurturing and relaxation. It will be held on Thursday mornings at Nurture (upstairs at 115 Keen St, Lismore) from 10am-11.30am.

The first part of the morning will be an activity based on the Sacred Pregnancy movement, which will be followed by a 'sound bath' that helps you connect with your baby and leave you feeling refreshed and deeply relaxed.

For bookings, phone Kirrah on 0429-308-851 or go to: www.traditionalwisdom.com.au

Dry Needling

by Krishna Bear

Hi everyone. I'm very excited to now practise Dry Needling in Nimbin. This is a great adjunct to the other remedial therapies and Ka Huna Bodywork I've been practising.

Dry needling is a broad term used to differentiate 'non-injection' needling from the practice of 'wet injection' needling which utilises a hypodermic syringe to inject an agent such as saline, local anaesthetic etc into the tissue.

In contrast to this, dry



needling utilises a solid, filament needle, the same needles used in acupuncture, and relies on the stimulation of specific reactions in the target tissue for its therapeutic effect.

There are many similarities and differences between dry needling and acupuncture. The dry needling insertion



techniques for example are very similar to acupuncture. The main difference with Dry Needling is the needle is inserted into trigger points rather than Chinese Medicine chi points. This form of needling was originally known as Ashi, or Trigger Point Acupuncture, which has now been re-named and

reformed with Western medicine principles and research to become Dry Needling. It is increasingly becoming popular and used in the management of many musculoskeletal and sports injuries.

Dry needling can be used for a variety of musculoskeletal problems.

Such conditions include, but are not limited to neck, back and shoulder pain, arm pain (tennis elbow, carpal tunnel, golfer's elbow), headache including migraines and tension-type headaches, jaw pain, buttock pain and leg pain (sciatica, hamstrings strains, calf tightness/spasms). The treatment of muscles has the greatest effect on reducing pain mechanisms in the nervous system.

How does the needle work? On a microscopic level, when a needle is inserted into muscle it produces a controlled micro-lesion, and will cut between three to fifteen thousand individual muscle fibres. The body

considers the needle as a foreign invader and will activate the immune system as a response.

The microscopic cuts in muscle fibres also produce an inflammatory reaction that your body will respond to, not just locally but all over the body, to reduce inflammation systemically.

It's a great feeling to help people relieve their pain and I'm very grateful for the opportunity to be of service in town. See you in clinic.

Krishna is available in town on Wednesdays at the Nimbin GreenBank, phone 6689-1881, and Thursdays at the Nimbin Birth and Beyond room, phone 6689-1529.

Skin Disease: Now Let's Make It Clear

While the rest of the world is still searching for the answer to serious diseases like psoriasis and many others, goodskincare by Psoriasis & Skin Clinic has been completely changing the lives of those who have been given no hope.

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Nimbin Hospital Info

Child immunisation clinic

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Early childhood nurse

Every Tuesday. Phone 6620-7687 to make an appointment (through Lismore Community Centre).

Women's Health Nursing Service

Every 3rd Thursday of the month. Next clinic: 18th September. For appointments phone 66881401.

Nimbin community nurses

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Free Diabetic Clinic

Every 3rd Thursday of the month. Next clinic: 18th September. Appointment phone Leanne Boothe 6630-0488.



Nimbin Hospital Auxiliary

Meetings are held on the second Friday of each month in the hospital conference room at 10am. Next meeting: 12th September.

Re-landscaping the self through dream work

Years ago, when I was briefly married to a Jungian analyst, I had a recurring dream. It was a strange dream because it happened on the 10th November every year and involved me reaching for the moon and flying there.

Because I was a Jungian analyst-in-training and not then Narrative Therapy oriented (this was before Narrative Therapy had been formulated), I looked for symbolic meaning and not emotional intent. I never truly understood the dream, until recently. It finally dawned on me that my dreams were nothing but wish fulfillment, and that I desired to move beyond my somewhat limited and limiting circumstance. I did not fit marriage to this man and needed to leave in order to re-landscape myself, that is find myself.

When I left him I entered a rather dark, dank swamp land and wandered from plains to projects, through religious ideas, to scientific endeavour (I was briefly enrolled in medical school), to research and editing projects, to academic study in university and its very verdant, colourful, lush and exciting landscape. I engaged in my philosophical and psychological doctoral work, tutored and lectured, rented houses and built gardens and fish ponds, and started knowing who I was. (I finished my PhD, coincidentally, on 10th November, 2001!) And then my interest perked up again and I trained, once again, in the tools of the trade as a counsellor, psychotherapist and then clinical hypnotherapist.

These were intense years of personal change. I went from

being a scared, timid sort of woman to quite fearless, ready to experiment and explore and confront almost anything. I scuba dived out at sea, talked to people – roomfuls of them, sang in groups of three, performed on my cello, hung up on telemarketers and other nuisance makers, and I learned to listen to and speak my truth, even when I was the only dissenter in a group. I did not do this alone, all the way, but had the assistance, when I needed it, of courageous fellow travellers in the form of therapists, friends, and seers. The “reading” of dreams remained a most valuable tool in my self discovery.

Recently, I have begun thinking about what I learned those years ago at the (Jung) Institute for Analytical Psychology in Zurich in the 1970s, and before that, from a mentor and teacher of mine, at Curtin University, Perth, and from even that husband of mine, and books, and films, and thoughts over the years, and I realize that I was trying to understand Jung’s ideas as dogma, and not as emergent ideas that Jung sought to make sense of. Carl Gustav Jung (1875-1961) was a Swiss psychiatrist and a shaper of many ideas we continue to explore today: the collective unconscious, archetypes, dream work, personality types, and so on.

Most of those I’d listened to had taken aboard a dogma without much examination, nor critique, and it felt cozy and comfortable. Germans have a word for it, *Gemütlichkeit*, which means a situation which induces a cheerful mood, peace of mind, comfy-ness, belonging and social acceptance, coziness

and unhurry. In fact, what I had tried to take in was a trance state. A voice of disquiet hung around me for many years and I was afraid to speak it aloud.

The other day, I watched an early documentary on Jung’s explorations among peoples in Africa and the Native American Taos pueblo in New Mexico where he listened to and asked questions and kept asking questions through letters with the people he’d spent time with, of their dreams. He spoke with Black American patients in psychiatric hospitals and listened to their retelling of their dreams. He asked a question nobody else had, “Are the dreams of diverse people similar or dissimilar across cultures?” He came to realize we all dream rather similarly. It was from this observation that he began formulating his concept of the collective unconscious. He noticed patterns emerging among the dreamscape materials and identified personalities, personas, events, figures, and forms that seemed to be consistent among all people. These, he identified as “archetypes”.

Archetypes are not set but patterns in process. They are potentials only, and while Jung identified a few: archetypal events: birth, death, separation from parents, initiation, marriage, the union of opposites, archetypal figures: great mother, father, child, devil, god, wise old man, wise old woman, the trickster, and the hero, and archetypal motifs: the apocalypse, the deluge, and the creation, there are probably thousands more.

Archetypes are not actual anything. They describe only a clustering of ideas around



by Dr Elizabeth McCardell
M Counselling, PhD

events in stories (literature, movies, dramas) and dreams. Furthermore, the aim of identifying archetypes is not the purpose of understanding stories, however interesting that might be, and however much we, as a culture, have formalized such an activity; we need, I believe, to pay attention to what actually matters to us, what emotional climate there is in the dream, what the dream evokes for us, and how the dream may help us unleash unexplored parts of ourselves.

This means paying attention to the dream and the stories we live by (and each of us do this), and not flipping open a dictionary of dreams to hunt down archetypal images. We are called to our own self actualization and potential, not to a doctrine of ideas. This means bringing conscious attention to our uniqueness, in the landscape we individually occupy, while certainly giving interest to our social belonging. We are born individually, and so are called to be the best version of ourselves we can be.

To come to know this is a conscious process, and thus it very useful indeed in understanding what stories we’ve constructed around ourselves and seek to move into landscapes of our minds that truly nurture rather than limit us.

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or just turn up!

SPRING!

by Brigid Beckett

The season of spring has officially begun, with changeable weather and anticipated warmer temperatures.

In terms of Chinese Medicine spring is important. It is a time where we need to adjust to a new season while often feeling depleted after winter. Also spring is associated with the liver, which in Chinese medicine has very important functions.

The liver’s element is wind, the sense organ is the eyes. The sudden weather changes and wind of spring affects the liver. Often symptoms move and change. The sudden onset of hayfever, moving pain, red itching eyes, dizziness or skin problems are examples.

In Chinese medicine the liver is extremely important. Its role is to ensure the smooth flow of qi which influences all organs and parts of the body. Its paramount influence is on the smooth flow of our emotional life.

The hun is the mental aspect of the liver and is anchored by liver blood and yin. It gives direction and purpose along with the courage to follow plans through. It is active in dreams and supports creativity and insight. Patterns involving liver disharmony can lead to depression, aimlessness,



a lack of insight and direction, feeling hemmed in and stuck, or mood swings, even mania. The Chinese term for depression is Yu zheng, which conveys the constraint of qi flow.

Long term constraint will lead to a constant gloomy resentful state.

Liver qi constraint will also cause physical symptoms as a smooth flow of qi is needed for all body functions. Commonly occurring are chest or throat tightness, digestive problems such as IBD or indigestion, headaches, tight neck and shoulders, menstrual problems and insomnia. Again, longterm these will become more serious and intractable.

Liver qi constraint is a very common problem across all age groups. While the constraint is the cause of many emotional problems, emotional problems in the form of stress, anger and frustration will cause this pattern is the first place. The stress of having too much to do or too much happening without enough relaxation time is enough to cause this pattern.

What is needed is to keep qi moving. Addressing stress and emotional problems that affect us daily is part of the solution. Exercise, especially gentle enjoyable exercise such as yoga, tai chi and walking will help the qi flow.

Acupuncture identifies what is stuck and frees constrained qi. Which is why is is very effective in addressing this

pattern, where change for the better can occur quickly. Diet also plays a part. Things the liver does not like include processed food of all types, preservatives, colourings and artificial flavours, saturated fats, fried foods, hot chillis, also too much cold or raw food. Eating while upset, under pressure or late at night will disrupt the flow of qi. Beneficial is light Asian style food lightly spiced, stir fries, steamed food, plenty of vegetables.

Another function of the liver is to store and regulate blood. In this context it regulates blood volume and ensures blood gets to where it is needed, nourishing tissues and giving energy. “When the liver has enough blood the feet can walk, the hands can hold and the fingers can grasp.” Blood not getting to tissues can cause pain and stiffness or numbness and tingling, also dizziness and blurred vision.

This nourishment also provides the energy needed for recovery and contributes to resistance – needed during early spring to prevent cold and flu or to aid full recovery from winter infections.

With the wide range of conditions influenced by liver energy, spring is an excellent time to address problems and achieve good health outcomes.

Brigid is a qualified Chinese Medicine practitioner who can be contacted through Lismore Community Acupuncture on 0431-702-560.

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Hubby's revenge



The world according to Magenta Appel-Pye

I find myself, Norman Appel, writing this column this month because of my big mouth. I told my wife, Magenta, I could probably make a decent fist of writing her column. "OK smart arse, let's see if you can string more than two words together and sound coherent," she said. In the three years she's been writing this column, I have had my private (and not so private) parts exposed in graphic detail for all and sundry to read. From my man breasts to my slightly extended abdomen, the whole world knows I'm just a fat old fart taking up valuable space. Friends ask me how and why I put up with it. I suppose it's for the sake

of comedic entertainment for the masses, and for the marriage. So, thinking I could finally extract some revenge by writing this column, it was soon snuffed out when Magenta said that I couldn't expose any dark secrets, write anything embarrassing or, most frustratingly, write anything that was untrue. This also included publishing any photos of her stomach or arse, and certainly not her breasts, which I can assure you are magnificent. She has allowed me to list the cunning and creative ways in which she drives me crazy such as cleaning up my workshop, brutally squeezing my zits, shoving vitamins down my throat, cutting my hair, making me go "ommm", picking fights with people, and wanting sex at 3am in the morning. At my recent birthday, when asked what my greatest achievement of the last year was, I replied, "Staying married." Goal for the next year? Staying married! The great Tom Lehrer said, "Life is like a sewer; what you get out of it depends on what you put into it." The same, I'm sure, can be said of marriage.

Nimbin Crossword

2014-9 by Synic



- Across**
1. Regulations
 3. Premise
 7. (and 10) Metronome sound
 8. Composition number?
 10. See 7 across.
 13. Scares
 15. Plant based diet
 18. Compass point (1:30 pm)
 19. Render pointless? For example, flat white or latte.
 21. French definite article
 24. Hoops?
 25. Companionable playground ride
 28. See 22 down.
 29. Drilling platforms
 31. Boardroom-level suit
 32. Less sinful
 33. Hurry
- Down**
2. Perform lead role
 3. Russian post-WWII rifle
 4. AC's bitter rivals? Bury
 5. Facial hair? Way of doing things? Tuntable?
 6. Political messaging
 9. See 17 down.
 11. Not a gentleman
 12. Capital of Malaysia (init)
 14. _____ Guinness
 16. Semi precious silica gem
 17. Volunteer Heroes. Recent saviours of most of Cullen Street (5,4,7)
 18. First PM of India
 20. Brews
 22. New Orleans carnival? Not to be confused!
 23. Outdated nuclear reactor design, typified by high-pressure cores and high operating temperatures
 24. Stoned
 26. Every
 27. Epochs
 30. Partner? (init)
 31. Initials indicating the current monarch

Solution: Page 19

Great posters



Great events

trivia

Devised by Martin Gill

Questions

1. Which city is serviced by John Lennon International Airport?
2. What is the main ingredient of Risotto?
3. Who wrote the book Tarantula?
4. Where is the main factory of the Soda Stream company who make fizzy drink machines?
5. Who was Ganeshe's father?
6. The dish Gozleme originates in what country?
7. Which airline has a loyalty programme called Velocity?
8. Where does the best violin bow hair come from?
9. Where was the Titanic built?
10. Victoria Falls lie on which river?

Answers

1. Liverpool. Jumbo cross the Mersey.
2. Rice. The slimmer the better for those that can stomach it.
3. Bob Dylan. Saw him last week. Ourstanding!
4. In a Jewish settlement on stolen Palestinian land. Boycott the bastards.
5. Shiva. He chopped Ganeshe's head off in anger, and when he calmed down replaced with the best thing he could find. Poor elephant, I say.
6. Turkey. Cheese and spinach sandwiched in pastry and fried. Yum.
7. Virgin. The name is completely ironic – they've been rooted for years.
8. Mongolian horses.
9. Belfast. No Irish jokes please.
10. The Zambezi. They make Niagara look like a Belgian boy urinating into a fountain.

CHAKRAS AND YOUR HEALTH PART 5 - THE BIGGER PICTURE

by Zuela Christie

Spin is the great organising principle of all life. Spin orbits, spirals, circuits.

All energy spins, and all matter is simply energy vibrating at a relatively slow rate that can be seen by the human eye. Although there are many rates and levels of vibration, energy always follows the same basic principles throughout creation.

God "geometrises": we are created within a vast, awe-inspiring system of sacred, energetic geometry. Energy steps itself down by the square of the distance from its source. According to such precise mathematical formula patterns, symmetry, resonance and natural laws are established.

The triune interaction of all energy is referred to in the Chinese understanding as the source or Tao, and the opposites or polarities of yin and yang. The neutral source is the source of all expression of life. This applies across all dimensions

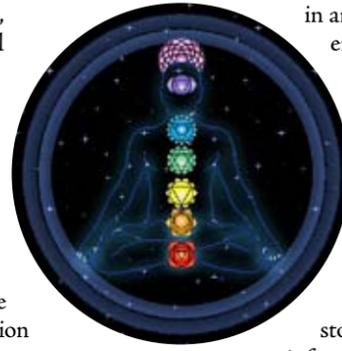
of existence. Planets need their sun around which to revolve. The world needs its axis and poles around which to rotate. Electricity needs its generator to maintain its flow. The circulatory system of the body needs its heart to pump the blood around. Atoms exist due to this arrangement of central neutrons and orbiting positively charged protons and negatively charged electrons.

Energy flows out from its neutral source in a positive, outgoing thrust, and upon completion of its purpose, it returns back via a negative, magnetic pull for its replenishment and redirection. The universe itself is one almighty breath of expansion and contraction. This forms the basic spiral pattern of all energy. It is self-perpetuating and imbued with the consciousness that gave rise to it in the first place.

Within every circuit of energy, the five elements of ether, air, fire, water and earth arise as types of arcs. After movement and impulse arise to give

birth to the positive, outgoing centrifugal yang expansion and inward centripetal yin contraction returns the energies. They form a new centre, vibrating at a lower rate and becoming the source for the next emanation of energies, and so on. This is the path of manifestation and a description of our own chakra system. We are multidimensional beings.

It is through the chakras that the soul is able to function and express itself in form. The chakras are like flowers and have various levels and degrees of openness, depending on the maturity or level of development of the soul. The chakras are more open in an advanced soul. The great seers and saints would have had a fully opened chakra system, depicted



in art by a halo and golden emanating aura rays.

The chakras carry with them memories from past lives, which can affect the way we handle incoming data in this one. The chakras receive, store and transmit

information. They translate

the blueprint of who we are, and emit this, via their currents, into the nervous and endocrine systems, and from there into every cell of the body.

Initially consciousness is vast and holds the blueprint of all that is to come. However as energy steps itself down from its Source, energy patterns solidify and consciousness constricts. Human life manifests as part of the crystallization process. Human consciousness, being housed in the density of matter, becomes constricted and unable to remember

its origin – it is only conscious of its current form of manifestation. It therefore identifies with its shape, thoughts and feelings. It forgets its Source, to which it remains eternally connected.

Yet, we have a purpose and destiny to remember our wholeness and oneness with all that is. This remembering is what occurs when energy turns and commences its path of liberation. As energy steps up to release from matter and its vibration increases, we are once again able to know ourselves in relation to the bigger picture.

When energy is connected in this way with its source it acts intelligently and with purpose. Energy is perfectly balanced and holds still at its source. It is in the stillness or the reunion with source that energies are able to reorganise themselves – this is where healing takes place.

Zuela Christie works locally as a Polarity Energy Balancer and Healer: 0429-501-387.

ASTRO FORECASTS

by Tina Mews

WHAT'S HAPPENING IN THE HEAVENS?

September

September is a month of transition, when the Sun journeys through the earthy and pragmatic realm of Virgo before entering the cardinal sign Libra during the equinox September 23. Virgo, the sign of gestation and preparation is concerned with getting all the details right. During the Virgo passage we shift from developing the personality in all its glory (Leo) to the development of the Soul and its relationship to the whole (Pisces). Virgo teaches discernment and ultimately seeks to separate the non-essential from the essential. Balancing mind, soul and body is central to the Virgo journey. Virgo individuals are able to swing from a phase of working hard while neglecting their bodies to the other extreme of pursuing a strict health regime with lots of exercise. They achieve a state of balance when they have developed their analytical mind alongside with their intuitive powers, and then can judge the amount of duties they want to take on without becoming overwhelmed or stressed. Seeing the whole picture assists with letting go of perfectionism and an over-critical attitude, and lessens the need for escape when things get too much. In medical astrology, Virgo rules digestion. Not only food has to be broken down into smaller parts for the body to be assimilated properly, also our thoughts and emotions need to be integrated. We might feel ready for a calmer period after the turmoils and dramas of the Leo phase just gone. One of the Virgo lessons comprises the humbling of the self-centered ego (Leo), and cleaning up the mess that has been left behind using the correct methods and tools.

The Full Moon in Pisces opposing the Virgo Sun (September 8-9) is another so-called super-moon and the last of this year. Super moons are known for more extreme tides, wind and weather activity, as well as intense emotional reactions to the stressful frequencies they generate. The Pisces Moon conjoins the planetoid Chiron, the archetype of the wounded healer or shaman symbolising the bridge between our instinctual nature and our mind, the messenger between the human and the spirit world. Chiron's close connection to Full Moon signifies the need for the healing of the planet and urges all of us to deal with our own emotional trauma,

our own core wound, so that we stop re-creating the stories of the past. A stabilising trine to Saturn indicates our readiness for taking on responsibility for our own core imprints and healing process. On



September 14 we experience another energetic shift when Mars, the planet of action, enters freedom seeking Sagittarius (until October 26). Mars in fiery Sagittarius is a crusader for the truth and feels driven to expose any lies. However, care has to be taken in regards to strong opinions or bold actions. The Libra ingress of the Sun on September 23 marks the spring equinox on the southern hemisphere and the autumn equinox

on the northern hemisphere. Libra's purpose is to find equilibrium and invites us to visit those areas in our lives that are out of balance. When Libra is involved, we most likely will have to address our relationships and partnerships with others and might ask for greater equality and fairness. It is a potent time for emptying out and letting go followed by the setting of new intentions and a shift in focus towards greater cooperation and inclusiveness. Venus and the dark, balsamic Moon are conjoined in Virgo, the sign of gestation, symbolising the 'divine feminine' before she gives birth to a new cycle at the emerging New Moon a few hours later (September 24). We might use this moment in time for going inward and tuning into a new vision of the future which each and everybody of us has a vital part in co-creating. Let's embrace and celebrate this new season of consciousness. Simultaneously, Pluto, the planet ruling our collective and personal evolutionary journey moves direct after five months in retrograde motion. Personally and collectively we have been forced to deal with unpleasant issues and themes since mid April and hopefully released and purged a lot of outworn baggage. The pressure might slightly ease over the next few weeks so that we can take a confident step forward in the right direction.

For Personal Astrology Consultation contact Tina on 6689-7413 or 0457-903-957, email: star-loom@hotmail.com webpage: <http://nimbin-starloom.com.au>

Astrology at the Lillifield Community Centre: Wednesdays: "Planetary Cycles", 10am – 1pm; 1-day workshop: Jupiter in Leo – 'Igniting the Fires of Consciousness' Thursday 11th September, 9.30am – 4pm.

Aries

The current Virgo energies (until Sept 23) are best used for putting your life back into order and establishing routines for your daily life. Your health or diet might need some attention as well. You might find that the intense soul searching of the last 7 weeks will lighten up around mid month and new insights will guide you towards further actions.

Taurus

Putting attention to details will greatly increase your creative productivity if you can move beyond an overly critical attitude. Getting things right is one thing, but making your goals attainable is another one. Keeping your heart open and moving to a more holistic perspective will bring fulfilment.

Gemini

This is the time of the year where you want to get your house in order, clean out the old and make enough space so that new developments in your life can be anchored and made solid. You might feel the need to be very particular about things right now. Creating a set of helpful guidelines will stop you fussing about over too many non-essential details.

Cancer

You might experience yourself being caught in a mental loop of self-doubt and self-criticism which can have a negative effect on your digestive system. Therefore, find ways to relax and keep an open mind. Eating the right foods that nourish your entire system is essential now. Share your thoughts and communicate your worries which will help with releasing tension.

Leo

This might be the time to deal with your 'overdue accounts' in case you have 'overspent' during the fiery Leo phase. All levels have to be addressed, including the emotional and spiritual. Where did the energy go and how can you recharge your batteries? Maybe there are areas in your life where you need to 'call the spirits back.'

Virgo

Make use of the current energies by initiating a good health regime or building up your skill level. Childhood hurts or trauma might surface around the Full Moon period. Take responsibility for your emotional experience and seek the healing that you need. Take time out and create a special space for yourself to deepen your knowledge and understanding.

Libra

You might find that you have been quite indulgent during the last few weeks and therefore are ready for an overall 'spring clean'. It is a good time of the year for you to reflect on the last 12 months and filter out the essence; let go of what is not needed anymore and dream a new vision that can be planted at the approaching Equinox (Sept 23).

Scorpio

Mars, the planet of action, has been in your sun sign since the end of July providing you with an extra amount of energy to achieve your goals. On Sept 14, Mars enters freedom loving Sagittarius kindling your need for adventure and an interruption of the day-to-day routine.

Sagittarius

Your ability and energy to achieve your goals accelerates when Mars enters your sun sign at September 14 (until Oct 26). During the next weeks you can make the changes that you have been envisioning and break new ground in ways of living. Believe in your own abilities but do not necessarily expect recognition from others. Work to reward yourself.

Capricorn

The intense vibes of the Full Moon (Sept 9) might trigger old feelings of rejection possibly reconnecting you to past events when you felt misunderstood. You might need to take your time and explain your philosophy of life to those who are willing to listen to your truth. Other people may even turn to you for advice because they respect your sincerity.

Aquarius

Your contracts with others are changing and it is essential to know the exact details. You are redefining the ways and methods of managing shared resources correctly. You will find that openness in your communication with others is very helpful and supportive of your cause and will lead the energy into right channels.

Pisces

The organisational mode of the current Virgo influence might help with solving day-to-day tasks and keeping your feet on the ground. Nevertheless, the intense vibes of the Full Moon (Sept 9) might highlight your caring and empathetic nature. Use these energies to nurture yourself and engage in what is emotionally fulfilling to you.

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Flavour of the month – Ukraine

by Thom Culpeper

“Prosymo zavitaty” Welcome, goodwill. The host, bowing, offers the guests at her table an unbroken, decorated loaf adorned with a small cellar of salt. Khliv i Sil (bread and salt) is the symbol of Slavic hospitality, and even in a poor house, the welcome is the sharing of bread and salt. The guest cuts a slice and dips it in the salt, and in eating it acknowledges the gift of food. The table will be spread with her stove arts, *varenyky* – dumplings, prepared from what is to be had on the day. As this part of the meal is nearly universal, I shall give the recipe:

Varenyky

The Dough, for about 30 dumplings:

400gms fine wholemeal flour
150gms sour cream
140gms butter
1 egg
Fold sour cream and softened butter into the flour. Beat the egg in a measure cup, add water to ¾ cup. Fold in the egg-water, adjust with flour to dough consistency, place in deep bowl and cover with a damp cloth.

The filling:

3-4 large potatoes, mashed
300gms mushrooms, sautéed in butter
1 large onion, diced and fried until just brown, or to your preference
Combine salt and spice to preference, with caraway or dried mint.



Borshch



Varenyky

Roll the dough into 20-25 cm length, cut into 30+ sections, roll into discs, fill ½ with mix and pinch closed, slightly flatten. Bring 4 litres of water with a little added olive oil to the boil, drop the dumplings into the boiling water and cook until they float. Remove with slotted spoon, drain, freeze immediately or sauté in butter and onions.

Serve in stock or dressed with buttered bread crumbs, *Smetana* (sour cream) and fried bacon pieces accompanied by braised meats, root vegetables or with Ukrainian *borshch*.

Ukrainian Borshch

Make a stock, cast out the bones and depleted root vegetables. To 2 litres of stock, add finely shredded medium red cabbage, 4 medium julienned beetroot,

sprinkled with lemon juice (preserves deep red colour), 4-5 medium potatoes, and simmer 'til soft.

Prepare *Zapravka*. In a heavy skillet, sauté with bacon or goose fat, 1 sliced onion, 1 medium carrot, 2 tbsp tomato paste, salt and pepper and a little sugar, cook for 10 min, add to stock and vegetables and cook for another 5 min.

Serve with sour cream, minced garlic and garnish with dill, accompanied by fresh 'tough' bread and *Horilka z Pertse* (vodka made with chillies).

It's Virgo time...

by Marilyn Scott

It's Virgo time... the cycle of the Goddess, a focus on the sacred, protection of all life; the spark, the essence that unites us all. Springtime here... buds of new growth, optimism and excitement, a renewed sense of being, time for new beginnings. Harvest time for our northern friends, gathering their bounty, reaping their rewards, celebrating and giving thanks. Mother Nature gives constantly, the pure white light of growth, touching and awakening, the golden glow of gratitude and abundance.

2014 is a big year; I've likened it to a passage, a rough and dangerous passage, from one world into another. Our tiny wooden vessel makes its way through monstrous crashing waves; black thunderous clouds threaten to swallow us whole. The skies, alight with ghostly spirit forms, come to snatch our souls. The smell of fear is strong, the captain roars to keep our head. We try, we do, such a sticky thing that fear. The longest darkest night; we hold on; we will get across. Our journey on this great ocean has been allocated a time; we know we'll reach safe shore we have before... but easy to forget.

A great and wondrous meeting has taken place in the heavens. The Goddesses have returned. Yes, it's been a while. Banished from the kingdom, they moved to other colonies where they were welcome, ready to respond when they were called. That time is now. It's been so long, we've forgotten, generations along the line of time imprinted with the God's agenda. Oh yes, some were not fooled, they carried on their craft. It was dangerous, many perished in the killing fields. It wasn't safe to be a woman then.

But now it's time, they've come from corners far, places unknown; they've gathered to form the Great Circle, the great Circle of Love. Once activated, this circle has great power, forgotten but not diminished. The power of this great Circle of Love will transform our world; will lead us into the new world which awaits our presence. Yes, she can be heard. She can be seen and felt, she's here. Our eyes have grown accustomed to the dark. A word of guidance, don't leave your eyes glued there. It hypnotises and silently downloads words and images into your brain. You're being programmed, be careful, take your focus to the light.

Awareness will take us through these rough and perilous seas, knowing who we are and what we have, really knowing...



not just repeating what we've heard. Our programming has been long and thorough. Blindly we regurgitate, without knowing we sell our souls to Satan. We've forgotten what life is really about. We think we go without; we have the greatest riches, beyond our meagre minds' ability to imagine. We wander in dark alleys, looking for the enemy, when the luminous light of life surrounds us beckoning us to partake in the endless celebrations. As humans we form habits. It's how we learn. When we're little, we imitate, we learn by others doing. It takes time and blessings to follow our own knowing. It takes wanting, it takes passion... it takes focus.

This Virgo cycle, the time of the Goddess, is a time of renewal, of hope, a time to accept our knowing, a time to focus on the solution not the problem. Time is what we're given for our journey on this wondrous planet; our focus will lead us to our destination. We have choice, our hands are on the wheel, we choose where we'll take this precious vehicle we've been given. Time is moving on, it's finite, at least for all of us here. The time of the Goddess is one of great support, great giving, great love... great wisdom.

Oh yes, it's my birthday time too... Happy Birthday to me. I luv being a Virgo.

Evans Head and Gummi Garra



Evans Head walkers

by Peter Spearritt

The ten brave souls who turned up for the Evans Head walks on Sunday 17th August were not fazed by the welcome downpours of the day before, from 22mms near Kyogle to 57mms at Goonengerry.

After a pleasant stroll across the beach, we ascended Goanna Headland with nary a goanna in sight. The headland is home to a number of significant Indigenous sites. With

the waves pounding the headland, we returned via the rocky coastline, walk leader Michele watching our every step. Suddenly the waters rose, and a would-be cleric in the party commanded them to part, but it was a barefooted President Judy who led us from danger.

The same President Judy was the only soul brave enough to go swimming in a clean surf current over lunch, enjoyed on sandstone outcrop, accompanied by dolphins and

diving gannets. The pandanus palms were bearing fruit, while the horsetail oaks looked convincingly horsey.

In the afternoon, we tackled the delightful Gummi Garra loop walk in the Bundjalung National Park, spying native purple irises and beard heath, amid the large scribbly gums, she oaks, paperbarks and shell middens.

As we walked along the banks of the Evans River, we were accompanied by sea eagles and ospreys, and then we saw the proposed 'Iron Gates' development site, saved from developers proposing over 600 housing lots, by the NSW Environmental Defenders Office court action in 1997. After recent land clearing, developers are, yet again, trying to improve on nature, simply to make a buck. We departed, slightly chastened by the human condition.

Our second event in August, a weekend camp at Jerusalem Creek, took place too late for the NGT deadline. It will be written up in the next edition.

Walks Program Sept - Oct

Nimbin Bushwalkers Club Inc.

Sunday 28th September Tweed Coast

Leader: David Holston (0452-471-327)

Walk 1. Less than 4kms. Stroll along tracks behind the dunes (Dunecare Groups) and through Heathlands reserves. Minimal beach walking. Lunch on a headland.

Walk 2. 3-4kms. A walk around Pottsville Bicentenary Gardens (Heath And Littorial R/Forest)

Meet: 10am, at Pandus Parade, Cabarita Beach (behind shops, main carpark on coast side) Bring: Water, lunch and hat.

Weekend Camp 25th-26th October at Iron Pot Creek

Leader: Peter Moyle (0412-656-498)

Grade 2: Toonumbar National Park, 40 minutes west of Kyogle. Walks at Murray Scrub and Eden Creek Falls. Further details next edition

nimbinbushwalkers.com



Goanna Headland



Gill Jones presenting a cheque for a donation of \$250 from the proceeds of the Nimbin Garden Club raffles, to Peter Brooker, representing the Blue Knob fire brigade.

by Gill Jones

The monthly garden club visit to Mountain Top on Saturday, August the 15th was wet and cool, however the afternoon attracted around 18 members. Andrew and Nick's garden is situated on a northerly slope with glorious views to the Nightcap Range and Blue Knob. The valley was shrouded in mist so was particularly beautiful. Only five minutes to Nimbin and yet this 100 acre property could have been miles from anywhere. When Andrew and

Nick first bought the block it was covered in lantana with acres of bladey grass. Now there is at least 30 acres of rolling green pasture, which creates a vista defining the landscape. With the Nimbin Rocks needle holding one boundary to the south and Mountain Top road to the west, the landscape is lush green and very well maintained.

There is a large dam with a gorgeous viewing deck in the front of the property, including a ladder to help scale the slopes after a swim. The winter water lilies were a bright red and maroon colour, with the odd lotus bloom flowering, creating a peaceful retreat for quiet reflection.

Most of the landscape is mown and tidy with a variety of citrus interspersed with native plantings and native gingers, lillipilli and other hardy natives. The variety of other flowering fruit trees included pears, peaches, passionfruit, and lychees, so far escaping the curse of the ubiquitous fruit fly. The tidy garden was a testament to the hours of loving



Nimbin Garden Club



attention that the boys give their home space.

Raffle prizes were generously donated by Landmark in Lismore, who have been strong supporters of the club and with a large supply of delicious cakes and slices a good time was had by all.

Our next visit is at Koonorigan on 20th September. From Nimbin, turn left into Koonorigan Road and head up the hill. Once at the top of the hill, turn right into Gordon

Road North, and drive for about 500 metres. There is a sign at the drive saying Mcgrath/Snow. Look for the g-club signs. It is a lovely property with a large custard apple orchard, and well worth the visit.

Everyone welcome and please bring a plate of food to share and a cup and chair. All old and new members most welcome, as well as any visitors to the area.

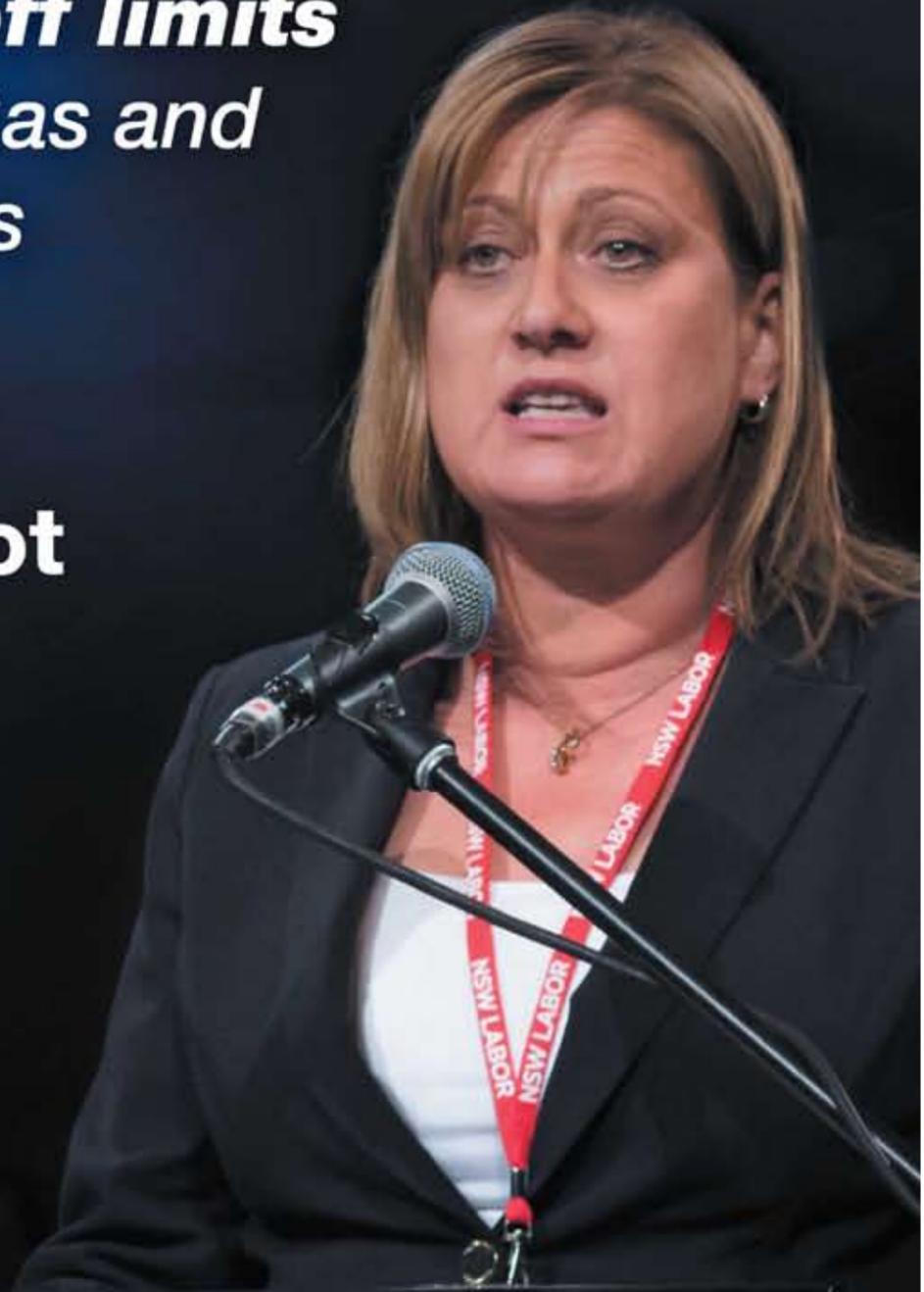
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Angelo Webb (No. 7) scoring a penalty against Lismore Thistles on his 18th birthday

Match reports by Gary and PAC

Womens 3rd Division

Round 15 Sunday 3rd August

Tintenbar V Nimbin Headers

As we swiftly approach the business end of the season, August is the defining month for finals placings. The women's 3rds knew a win at Tintenbar was vital to keep their finals hopes alive.

It was a wet, soggy afternoon at the coast, which made playing conditions difficult for both teams. Tintenbar only fielded 8 players, but that fact is no guarantee of a win. And so it played out. The home side fought bravely and defended well in a tight first half that ended 0-0.

As the second half wore on, lack of numbers told, and the Headers struck first with a well taken goal from Ruby. One quickly became two as Lauren scored, then Ruby grabbed her second for a 3-0 lead. Ginger scored a beauty to round out a comfortable 4-0 away win for the girls.

Round 16 Sunday 9th August

Nimbin Headers V Mullum/Brunswick

A win at home would confirm 4th spot, and our women deserved at least that for a great season to date. They shot out of the blocks, and scored early as Myf struck a lovely low shot from a corner that beat the keeper. 1-0.

10 minutes later Ruby continued her rich vein of scoring to make it 2-0 to the home side. A strike mid-way into the second half from Lauren, and the 3-0 scoreline booked a home semi for next week against a strong Bangalow side, who themselves finished in 5th spot. Well played ladies!

Elimination Final

Sunday 17th August

Nimbin Headers V Bangalow

It was winner takes all in this blockbuster of a game, and the passionate home crowd turned out once again to cheer on the mighty Headers.

The first 20 minutes were edged by us, but Bangalow looked very dangerous on the attack, and created the best chances despite not much possession. Mid-way through the first half they squandered a glorious chance right in front of goal, but took the lead 5 minutes later, when an unlucky bounce saw the ball glance off a Headers defender into her own net. So 1-0 at half time, but it was anyone's game.

As the second half wore on, Bangalow to their credit started to take control of the game. From a swift counter-attack, they chipped the ball into our penalty box, and a mis-kicked clearance fell at the feet of a grateful Bangalow striker who found the back of the net. 2-0, and that's the way it finished.

So Bangalow advance to the next round, and a wonderful season

comes to an end for the Nimbin Headers. Remembering that our women moved up a division from last year, they can all be immensely proud of their efforts. They came off the field with big smiles and received a huge cheer from the ever-appreciative Headers Massive.

Mens 5th Division

Round 15 Saturday 2nd August

Casino Cobras V Nimbin Headers

The Bangalow Blue Dogs were in 5th spot on the ladder, and the way they started this game said that they wanted to hold on to that position.

Within a minute they opened the scoring, splitting the Headers defence, and a little flick and the ball was in the net.

The Headers came under increasing pressure, and with 15 minutes gone, some nice passing by the Blues and a shot into the top right hand corner of the net: 2-0 Bangalow.



Headers Paul O'Reilly heading away an attacking raid from Bangalow in the 5ths

Headers compose themselves and go on the attack, winning a corner, which floats in and Andy Kindermann, playing his last game, fires in a shot, which is saved by the Bangalow keeper.

Lovely play by Headers, and Grant Mercer holds the ball up, and with a lay-off, finds Harry Waddington who pushes the ball past the keeper to make the score at half time Headers 1 Blue Dogs 2.

In the second half, Headers are on the attack and Jacob Charles hits a blistering shot that the Bangalow keeper could not hold, and the ball spins off his body, up into the air and he regathers.

A corner for Bangalow and a forward heads the ball that rebounds off the keeper and falls to another Bangalow player who



Rye Levy scoring the goal that put the Stars in the lead 2-1

slots it in: Headers 1 Bangalow 3.

Some nice play by the young lads up front for the Headers, and a cross comes in which is hit over the bar.

Just before the final whistle, Andy Kindermann is called from the field to rapturous applause from the massive Headers crowd on his last game, so well done Andy for all those years playing for the Headers.

Mens 3rd Division

Round 17 Saturday 16th August

Mullum/Brun V Nimbin Headers

After securing the Minor Premiership last weekend, the guys travelled to Mullumbimby looking to continue their winning ways. It was a muddy affair, and we started the game with 10 players as others arrived late.

This match was not for the purists! Both teams struggled to keep possession as the conditions made it tricky to read the bounce of the ball. Goals from Igor and Phil gave us a 2-0 half time lead.

The win was rounded out by a rare goal from our keeper, Brodie Ross, as he enjoyed some time as an outfield player. So 3-0, 3 points and smiles all round.

Twilight Soccer

This is our third year running of having an organised 7-a-side soccer competition at the Nimbin Headers soccer club, during 4th term of school.

All skill levels are encouraged and welcome for this community fun, so this is a wonderful opportunity to keep playing in the off-season, get fit, try something new or perhaps re-stretch retired legs.

The comp is for men, women and 14 and older youth. 10 weeks of games on Monday evenings at 5.30pm, start 13th October and finish on 15th December. We are looking for complete teams (7-10 people per team) to be submitted before 6th October.

If you are interested and do not have a team, please don't hesitate to call so we can try to place you on one. There are a limited number of teams available, so it will work on a first-in first-served basis.

Total cost per team will be \$40 for the comp, and each team must have at least two women on the field at all times.

To submit a team, express interest or get more information please call myf on 6689-1512 or email: myfanwy@von-we.com



Ruben Mack scoring the Headers 3rd goal against Lismore Thistles Photos: PAC

Headers Fundraiser

Our Major sponsor, the Nimbin Hotel, is kindly hosting a comedy fundraiser for us on Saturday 27th September.

George Smilovici will bring his unique brand of humour to the evening, with tickets at \$30 that

include the show, pizza and a free drink! Kick-off is from 6.30pm.

Catering will be provided by the new Armonica Caffe in Nimbin.

With \$10 from every ticket going to the Headers, let's fill the place and have a great night out! Tickets available from the GreenBank.



Womens 3rd division after their last home game of the season against Bangalow

Headers Juniors in action

Nimbin Headers junior grades 11-15 had great seasons, and learnt a lot about football.

Watch them next year!



Headers Albert Waddington and Jayden Bell, grade 13 vs Alstonville on 16-8 at home Photos: Angus Gough



Headers Oliver O'reilly, grade 11 versus Italo Stars on 02-8 at home



The flying Rubster gives the ball a thump vs Woodburn on 30-8 at home Photo: PAC



Headers Xian Parker, grade 12 vs Goonellabah on 2-8 at home



Fun Run proves a winner

Nimbin's annual fun run attracted a record field of entrants to the 5km cross-country race around the village, held in near-perfect conditions at the end of August.

As well as serious competitors vying for a share of the \$2,500 prize pool, there were many who took the opportunity for a more leisurely jog or stroll.

The pre-race kids activities were wonderful fun, and added to the flavour of this much anticipated family day.

Congratulations to organiser Cassandra Jefferys for again combining fitness, fun and fundraising for additional facilities at Nimbin Showground's Physical Activity Centre.

Winners

12-16 Girls: 1st Neve Smith, 2nd Lindsey Fairhall, equal 3rd Celeste Anderson Hill, Lani Wright.

12-16 Boys: 1st Isaac Hough, 2nd Alec O'Brien, 3rd Tiger Jefferys

Open Section

1st overall and Open female Courtney Gilfillan, 2nd Sophie Walker, 3rd Kate Heyward

1st overall and Open male: Jackson Elliot (pictured above), 2nd Ben Malby, 3rd Mick O'Shea



Over 45s male: 1st Brad Must, 2nd David Sharpe, 3rd Shane Smith.

Over 45s female: 1st Wendy McIntosh, 2nd Cynthia Thomson, 3rd Elaine Morgan.

Nimbin Tennis Courts bounce back

Ownership of the Cullen Street tennis courts now rests with Nimbin Headers Sports Club.

After Nimbin Tennis Club found itself in financial difficulties, community members stepped in to try and keep the courts in community ownership. Nimbin Headers offered to take responsibility for the courts and the process of winding up the tennis club and transferring ownership began.

This took longer than envisaged, as the NSW government imposed stamp duty on the transfer of title. This resulted in additional costs in the vicinity of \$3000, hard to justify when you consider one not-for-profit community group was transferring ownership of land (donated originally by community members) to another not-for-profit community group for no financial exchange.

Special thanks go to

Rainbow Power Company who made a generous financial donation; to Lismore Council who waived a significant portion of the outstanding rates; to community members who joined the club whether tennis players or not; to Nimbin Community Centre and Jungle Patrol who together covered stamp duty and associated transfer costs; Nimbin Law who provided advice along the way and significantly reduced their costs; and to Fabien Prevost, president of Nimbin Headers, and Diana Roberts, Secretary of Nimbin Community Centre, who worked hard to bring this about.

Thanks go also to the anonymous donor who contributed significant funds over the past year, and to Pixie and his wife Wendy, who have handled bookings for years and work endlessly to keep the courts and surrounds looking good.

The Headers club has lots



Thomas George MP at his last visit to the courts in August 2009, when he helped secure state government funding for improvements.

of plans for ensuring the courts see greater use and continue as a valued asset for the community. There are lots of people playing, and night tennis is possible so think about picking up a racquet. For bookings log on to: <http://fastcourts.com/nimbin-headers-sports-club>

If you're not internet savvy, call into the Visitor Information Centre (VIC)

or chat to Byron at the Post Office. You can register to become a member for \$75 (singles) and \$100 (families) for one year of tennis. For guests it's \$10 per hour per court, plus the VIC has racquets and balls for hire (\$5 per person plus refundable deposit).

For more information about the courts, contact Fabien on 0417-298-642.

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| 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 | 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
Some Buses connect in Nimbin for Operators to Murwillumbah

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